



## Administration to expand business classes

Jessica Molina  
*Sentinel*

In late September, Principal Larry Tucker e-mailed faculty about plans to expand the business curriculum by changing current courses and adding new ones.

Tucker's own research shows that approximately 33% of recent Marist graduates are business majors, but the school's current enrollment in business courses is low.

Proposals include changing full year courses, such as accounting, economic, and personal finance, to one semester, in hopes of encouraging more students to register and get a taste of the class.

Possible new courses include business law, also known as commercial law. This course would teach students about the specific body of laws that apply to commerce.

Another proposed course is entrepreneurship, where students would learn the fundamentals of successfully starting and maintaining one's own business.

"The entrepreneurship course would allow students to form teams and create a product idea," Tucker said.

"A business plan would be developed and presented to a panel of actual business experts who would assist each team. Then, a product prototype would be built, and teams would explore marketing and selling their product as any entrepreneur would."

Funding for the course would be donor-based, according to Tucker.

Marist students may have noticed the addition of a live stock ticker to the cafeteria. This addition was inspired by Tucker's visit to Butler University, where business students invest real money in real stocks as part of their business education experience.

At Marist, students in personal finance classes track the investment portfolios of donors to increase their understanding of how the stock market works.

One student successfully explored the business field over the summer. Senior Cormac Hesselbach attended Saint Louis University (SLU) for a sports business camp.

Hesselbach had a general interest in sports business before camp and now plans on pursuing a business major in college.

At the camp, participants had the opportunity to meet the presidents of both the Rams and the Cardinals football organizations. They also received tours of both the Edward Jones Dome and the University of Phoenix Stadium.

Hesselbach learned that sports business involving professional athletes is a necessity because they often have trouble keeping up their own finances and making wise investments.

He strongly recommends this camp for any students interested in pursuing sports business.

"I found it beneficial that people who work in different business fields came and spoke to us," Hesselbach said.

"Then, working in small groups, we had to actually create and present a marketing plan to a semi-professional basketball team."



photo by Jessica Molina

**Senior Cormac Hesselbach gives business tips to Principal Larry Tucker in Champagnat Square. Hesselbach attended a sports business camp at Saint Louis University this summer, while Tucker recently announced plans for expanding Marist's business curriculum.**

Adding to the business curriculum will allow Marist students more opportunities to experience courses before pursuing a business major in college.

"We've explored business courses at other high schools and reviewed college business experiences," Tucker said.

"These changes and additions to our own curriculum will help us create one more niche at Marist that differentiates us from our competitors."

Students interested in taking business courses at Marist should talk to their counselors prior to registration.

## Students for four years, husband and wife for life

Brooke Wyderski  
*Sentinel*

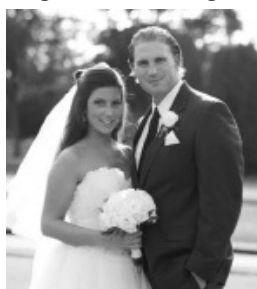
In this 50th anniversary year, school history has been made again as Marist's first high school sweethearts married this past summer.

On Aug. 17, alumni Emily Haliki and John Spirakes, both of the Class of 2006, exchanged vows at Holy Family Church in Chicago.

The newlyweds met in their astronomy class senior year. They did not start dating until after prom, because John's best friend asked Emily first.

"John stole me away from his best friend, but the three of us are still close," Emily said.

After Marist, they both attended Southern Illinois University. Emily now works as an interior designer for Cannon Design, and John is a staff accountant for Centro, a digital advertising company.



Shannon and Tyler Newsome

Marist's second alumni newlyweds met at a RedHawk football game during the bride's freshman year and have been together ever since.

On Sept. 21, Shannon Ruzevich, '08 and Tyler Newsome, '07, were married at Most Holy Redeemer in Evergreen Park.

Tyler attended Lewis University and is a special education teacher and baseball coach at Shepard High School in Palos Heights. Shannon attended DePaul University and works in the child care industry.



Emily and John Spirakes



photo by Morgan Weidman

## Breakfast welcome for Argentines

At a breakfast on Oct. 13, Marist welcomed 14 students from our sister school, Colegio Champagnat, in Buenos Aires, Argentina. The students observed classes and took field trips to attractions in Chicago before leaving for home on Oct. 28. They are pictured here with the Marist students they lived with during their stay. (Row 1) Agustin Rebolledo, Ana Thomas, Hannah Kelly, Marty Kelly, Tobias Huergo, Marcos Dick Naya, Lucas Pezzi, Francisco Zabaleta, Mike Davidson, Maggie Bentley; (Row 2) Consuelo Gomez Barinaga, Kayley Rayl, Eduardo del Piano, Sofia Diaz Menendez, Anna Senteno, Nick Messineo, Kara Rusch, Sarah Valek, Cassie Goodman, Clara Pellegrini, Camila Colantonio, Barbara Maccario; (Row 3) Tehya Fortune, Amancay Vera, Carola Borgeaud, Camila Cerutti, Jordan Blameuser, Lauren O'Neil



# Looking back: Marist 1973

Katie Salmon  
*Sentinel*

People tend to remember the turbulent decade of the 1960's, but the 1970's can long be remembered for its dramatic changes that continue to impact us today.

The 1970's ushered in both national and local changes. Scandal spread through the federal government when, on October 10, 1973, Vice President Spiro Agnew resigned amidst charges of tax evasion.

Ten months later, on August 9, 1974, President Richard Nixon resigned under threat of impeachment in the wake of the Watergate scandal.

This involved a break in by five men at the offices of the Democratic National Committee at the Watergate Hotel in Washington D.C. during the 1972 campaign.

Nixon resigned his presidency when the Supreme Court demanded he turn over secretly recorded White House tapes. These tapes revealed that Nixon and his close aides had conspired to cover up the scandal.

While the executive branch of our country was in turmoil, Congress continued to address mounting pressure to bring an end to the Vietnam War. They passed the Case-Church Amendment which prohibited the United States military from further advancements in the Vietnam conflict without the approval of Congress.

The nation had grown tired of the war and these tensions mounted significantly after four college students were gunned down by state troopers in an anti-war protest on the campus of Kent State University in Ohio in 1970.

Another monumental change of the decade involved the Supreme Court's decision to legalize abortion in 1973. Known as Roe v. Wade, Jane Roe challenged Texas law that forbade doctors from aborting a baby in order to save the mother's life. Millions of pro-life supporters continue to challenge this law today.

Locally, the Chicago skyline underwent a dramatic change as construction on the Willis Tower (formerly known as Sears Tower) was completed. The building's many offices were available for purchase in May 1973.

The Marist community gathered in sorrow that same year with the tragic death of popular sophomore Michael Duggan. The St. Catherine of Alexandria graduate died in a freak accident when a brick structural sign he was sitting on collapsed. Duggan was a gifted athlete and his sudden passing shocked the student body.

The health field advanced with the introduction of Magnetic Resonance Imaging (MRI) that gave doctors a three-dimensional view of body structures that aided in their diagnosis.

The discovery of recombinant DNA in 1973 helped open the door to genetic engineering. The first test tube baby, Louis Brown, was born and the first retail bar code scanner was introduced in 1974.

On a lighter note, the 1970's will be remembered as the decade of mood rings, lava lamps, Rubik's Cube, smiley face stickers and pet rocks.

## Dignitaries Return

# MARIST CELEBRATES TENTH

**RON CONTE**  
Marist High School celebrated its Tenth Anniversary with an eventful week which was culminated with a special Mass of Thanksgiving on Sunday, December 9, 1973.

The Anniversary celebration was kicked off with a Dinner Dance on Friday, November 30th, held at the Martinique Restaurant. The evening was organized by both of the Parents Organizations. Brother James Devine and Brother John Cogger were the moderators of the committee.

Many of the former teachers were present to help commemorate ten years of Marist High School. Brother Pius Xavier, founder and principal of Marist from 1963 to 1969, Brother Patrick Cestaro, principal of Marist from 1969 to 1972 and Brother John Malich, the Provincial for the Marist Brothers, were among the honored

guests for the evening. Brother Paul Stokes, a prominent administrator at Marist for several years was also in attendance.

The celebration continued during the week of December 3rd. Each class at Marist celebrated the Tenth Anniversary with a liturgy of Thanksgiving on Monday through Thursday, one class per day.

Friday, December 7th was something special at Marist. Brother Pius Xavier, founder of Marist High School, addressed the student body in a special assembly. The theme of the assembly was one of Thanksgiving. Several students took part in the program in capacity of saying the opening and closing prayers and of an announcer.

On Sunday December 9th, a special mass was celebrated by Bishop McManus. The 3:30 PM mass was by invitation only, and

Fr. Frank Falco, Master of Ceremonies for the day, expecting over 500 people to attend. Monday, December 10th was a school holiday commemorating the placing of the cornerstone on that day, ten years ago.

Brother Vincent Andiorio was the center of attention on Saturday December 8, when he professed his final vows as a Marist Brother. The ceremony was witnessed by many people, including the family of Brother Vincent. Several Marist Brothers from different schools around the country were present for the ceremony.

The planning and organization of the weekend was done by a special committee formed by Brother John Shanahan. The committee included Brother Gerard Geofroy, Brother Kevin McArdle, Mr. James Hall and Seniors Dan Fahney, Bernard Burns and Curt Westerhausen.



Br. Pius and Mother's Club Officers examine portrait on its arrival.



## Marist SENTINEL

December 7, 1973



Marist Band in now-famous "M" formation.

### Biggest Band Ever

**MARK LEGAC**  
"With the changing schedule and new creditation procedures in full swing, this year's band promises to be the biggest and best in the history of Marist High School," said Harry Haczak when asked about this year's outlook.

It seems true that the band is living up to these expectations. This is partially due to the fact that band practice now occupies the first period time slot, and is recorded as 1/4 credit per year for band member. Having already performed at numerous football games throughout the season (including marching shows), the band has just completed a concert at Ford City, the tattoo here at Marist, and now Christmas Concert practice is in full session.

The tattoo held on November 27 was a successful marching show, which included the three themes presented throughout the football season, namely "Spain," "Homecoming '73", and "A Trip Across the U.S.A." The football team also performed between band sessions.

The December 16 Christmas Concert promises to be as entertaining as the band's reputation demands. The usual traditional Christmas songs, as well as some classical and modern arrangements and the Christmas carol sing-a-long are sure to make this year's concert a worthwhile affair.

The future holds many promising prospects also. As soon as the Christmas Concert is over, practice will begin for the spring tour and concert season. After two to three months of practice, the band leaves on a concert tour, which in the past has included such places as West Virginia, Indiana, and Wisconsin. Concerts are held at schools in these areas, and the Marist band has won statewide acclaim due to their performance.

The Spring Concert follows the tour and is held in mid-April. Although far in the future, President Haczak is confident of the concert's success.

Finally, the band wraps up the year with their performance at graduation. This has always been a highlight to graduates, faculty and parents, as the band signifies much of the Marist tradition.

Hence, the band's season begins with the first football game, and ends on graduation day. The longest running, hardest working, and probably the most under-recognized "team" at this school would have to be the Marist High School Marching Redskin band.

### Captive Weekend

On November 9, 10, and 11, the Marist Theater Guild presented Agatha Christie's long running murder mystery, "The Mousetrap." Healthy crowds witnessed the talents of the budding young thespians Mary Mahoney, Dan Capron, Paul Kelly, Betty Callahan, Charlie Vanderwarf, Marge Tischer, John O'Rourke, and Dave Simpson.

The success of the play was due largely to a combination of experience and hard work. Director Mr. Robert Meyers and his assistant Br. Kevin McArdle had the unenviable task of selecting five actors of the forty who tried out. The female leads were filled by young ladies attending Mother McAuley and H.L. Richards. Once the roles were established, six weeks of practice followed.

Much credit is due to the fine efforts of Br. Kenneth Marino and the Marist Stage Crew for providing what Mr. Meyers called "one of the best sets we have ever had."

The Theater Guild's next endeavor will be an evening of four one-act plays in February, one of which will illustrate the versatility and talent of certain faculty members.

## PROSPECTS INVESTIGATE MARIST

**MIKE BUSCH**  
With the school year less than one half over, plans are already underway for the Marist graduating class of 1978. The long series of decisions, exams, and applications has already begun for these young men who will soon be faced with the many aspects of high school life. The Open House held on November 18 signaled the beginning of the preparations with the January 12 Entrance Exam date rapidly approaching.

This year Marist's annual Open House was held on Sunday, Nov. 18. The purpose of the open house is to give eighth grade school students and their parents an opportunity to visit the school and to become better acquainted with the facilities and programs of the school. The program began at 2:00 PM and lasted until 5:00 PM. The students and parents were allowed to visit various classrooms and laboratories. Assorted members of the faculty were present to answer any questions the guests might have had in regard to curriculum or facilities.

Along with the faculty representation, students interested in the various academic areas demonstrated various pieces of equipment available in the labs.

This year's freshman entrance examination will be held on Jan. 12, 1974. The exam will start promptly at 8:30 AM and will end at 11:00 AM. The examination fee will be \$5.00, as in the past.

The test focuses on ability in Math, English, Verbal Comprehension and General Aptitude. The exam is an attempt to determine the student's ability to cope with the academic program offered at Marist.

The student's exam score as well as his grammar school grades are considered before the notices of acceptance are mailed in early March.



The entire December 7, 1973 edition of the Sentinel is available online at [www.marist.net](http://www.marist.net)

Most popular movie: *The Exorcist*  
Most popular television show: *All in the Family*  
Most popular name for a baby boy: Michael  
Most popular name for a baby girl: Jennifer  
Most popular song: *Tie A Yellow Ribbon*  
Most popular male heartthrob: David Cassidy  
Most popular female heartthrob: Olivia Newton-John  
Most popular arcade game: Pong  
Cost of a gallon of gas: \$0.39  
Average price for a home: \$32,500  
Average house hold income: \$12,900  
Cost of a postage stamp: \$0.08  
Cost of a gallon of milk: \$1.31  
Cost of a dozen eggs: \$0.78

At  
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# Think before buying: animals suffer, die in product tests

Morgan Weidman  
*Sentinel*

Virtually everyone shops for cosmetics, cleaning supplies, personal hygiene and first aid products and over-the-counter medications.

What most consumers do not know is how harshly some of those products are tested on animals.

To test consumer products in the United States, 1.26 million animals such as mice, rats, cats, dogs, rabbits and birds are poisoned, blinded, and killed annually.

These animals are forced to inhale toxic fumes, are force-fed pesticides, and have chemicals rubbed on their skin and eyes.

Most of these tests performed are not required by law and often provide inaccurate results.

Some testing programs are funded by U.S. taxpayers, for example, when the tests are done by the U.S. Department of Agriculture.

Most of the animals are bred specifically for testing and have no life outside of the laboratory.

To test consumer products in the United States, 1.26 million animals, such as mice, rats, cats, dogs, rabbits and birds are poisoned, blinded, and killed annually

Organizations such as People for the Ethical Treatment of Animals (PETA) focus on trying to eliminate the suffering of animals.

Founded in 1980, PETA currently has over 3 million members and maintains a website that lists manufacturers that do and do not test their products on animals.

Among the companies listed that do test are Arm and Hammer, L'Oreal, Johnson and Johnson, Unilever, and Revlon.

According to PETA street coordinator Annie Leal, "Teens can get involved by checking labels when they shop, buying cruelty-free products, and visiting [www.peta.org](http://www.peta.org) to help stop animal testing."

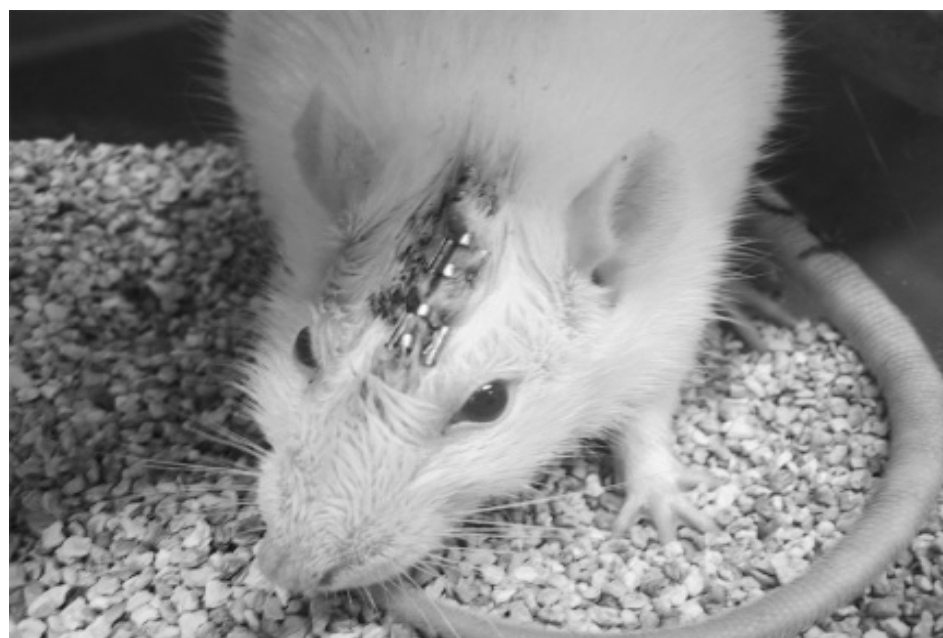


photo courtesy of Annie Leal, PETA

**Scientists implanted an electrode in this rat's brain to conduct experiments, a practice fought by organizations like PETA (People for the Ethical Treatment of Animals). Visit [www.peta.org](http://www.peta.org) to see a list of companies that test on animals as they develop and manufacture their products.**



photo by Megan Karas

**(L to R) Senior Emily Vlahos and juniors Lauren Quigley, MaryKate Guidici and Nora Lipetzki have all been accepted into PeaceBuilders, an organization of teen service providers who aid their local communities.**

## Blessed be the PeaceBuilders

Megan Karas  
*Sentinel*

Senior Emily Vlahos and juniors MaryKate Guidici, Nora Lipetzki, and Lauren Quigley have been accepted into PeaceBuilders, an organization of teens from different high schools and parishes who perform service projects for their local communities.

After completing the online application, the girls were interviewed by organization presidents Craig Gould and Birgit Oberhofer.

Over the summer, the girls lived on the Hyde Park campus of the Chicago Theological Union (CTU) for a week of graduate level theology courses, social justice service projects, and small faith group sharing.

According to Deacon Andy Neu, who serves as Marist's liaison to CTU, the girls have been commissioned by PeaceBuilders to create service projects that raise awareness of human concerns.

"They are all very excited to be in the beginning stages of planning their projects," Neu said.

Lipetsky wants to raise awareness of people with disabilities in her project.

"It would be great to raise money through a dress down day at school or students buying pies to throw at teachers," Lipetsky said. "The money we raise could benefit groups like Autism Speaks, or the ALS Foundation."

Over the summer, Guidici was also selected to serve on a committee of students that meets regularly with Cardinal George to give input on various issues facing young Catholics.

"We discuss how the Church can utilize technology and how to get single parents back to the Church," Guidici said.

Anyone interested in applying for PeaceBuilders should see Deacon Neu.

## Davis wins news literacy award

Allie Janich  
*Sentinel*

Sophomore Solomon Davis was presented with Columbia Links' first news literacy award on Sept. 6.

Davis is one of 17 high school students from across Chicago who graduated from the print and broadcast news literacy, journalism and youth leadership program at Columbia College Chicago this past summer.

The program teaches high school students to ensure that news is accurate, timely and objective, according to Brenda Butler, executive director.

"Davis has a keen interest in news, leading the class each day in finding and vetting lead news stories, and explaining why these sources were viable and real," Butler said. "He also demonstrated that reading credible news sources every day is essential to being well-informed and smart. He was ahead of the class."

Regarding the role of journalism in society, Davis said, "There are so many stories out there waiting to be told, to be shared, and so many are willing to listen."

"Journalism is a tool that helps those in need, to shed light on an issue, but mainly to give a voice to those who do not have one."

Davis and the other Links students reported stories over the summer related to the theme, "Going Global: Around Chicago in 18 Days," reflecting the many cultures and community issues in the city.

Davis' broadcast, about how young people connect through social media to create social revolution, is available online at [www.columbialinks.org/page/links-today](http://www.columbialinks.org/page/links-today), as are applications for next summer's program.

*Marist Theatre Guild  
Proudly Presents*

*"Twelve Angry Men"*

*The RedHawk Theater*

*November 7, 8, 9  
at 7:30 p.m.*

*\$5.00 -students*

*\$8.00-general public*

*by special arrangement with The Dramatic Publishing Company*



THE  
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 121. Letters must be received by the first school day of the calendar month if they are to be considered for publication in that month's issue.

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

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Why we need the dress code

Between August and October and from April through May, the boys and girls dress code here at Marist High School is limited to red, white, or black short sleeve polos.

The underclassmen girls wear khaki skirts, while the upperclassmen girls wear black skirts; all boys wear khaki slacks. Between October and April, long sleeves are required for girls and boys must wear dress shirts and ties.

While some students object to a rigid dress code, in the end, uniform dress has its benefits.

A recent study by the University of Houston shows that wearing a uniform can actually help students improve their grades. Students who wear uniforms are more likely to be attentive and focused in class.

The study showed that students who wore sweatpants and t-shirts were more likely to get distracted or fall asleep in class.

There is an on-going debate about wearing casual clothing to school, and school officials are concerned that some students will come to class dressed in distracting, even ridiculous outfits.

Students focus less on what they should be learning and focus more on what the other students are wearing.

What if a student walked into history class trying that new look Miley Cyrus sported at the Video Music Awards?

We would get distracted, spending more time judging that student than judging the idiot who thought invading Russia in the winter was a good idea.

Students who want to express themselves through fashion should do so after school and on weekends. In school, students should express themselves through getting good grades.

Also, do we really have the time to get up in the wee hours of the morning to put on a fashion show? That time would be better spent on other things, like sleep.

Wearing a uniform also allows the school to establish order and prepare us for life after high school. Few workplaces exist without a dress code.

At Marist, the male teachers are once again required to wear dress shirts and ties.

As one male faculty member said, "I would prefer to wear a polo year-round, but I agree that more formal dress contributes to an atmosphere of professionalism and seriousness."

A school district in Long Beach, California published a newsletter pointing out that wearing a uniform was more economical and safer for students. This is just good common sense.

School is for learning and bettering ourselves, and it is right that we dress appropriately and uniformly.

We are preparing for the real world, where professionalism demands higher standards and casual dress is reserved for the nights and weekends.

Illinois cannot afford minimum wage hike

In a speech given at Fellowship Missionary Baptist Church on Sept. 1, Illinois Governor Pat Quinn proposed raising the minimum wage to \$10 an hour, a \$1.75 increase from the current \$8.25.

Quinn said, "No one in Illinois should work 40 hours a week and live in poverty. There is no better way to honor hard-working men and women across Illinois than by raising the minimum wage."

With this raise, Quinn points out, half a million Illinois residents with minimum wage jobs would make an extra \$4,800 a year.

While the benefits seem obvious, at least to the Governor, he seems to be overlooking one very important point.

The state of Illinois cannot afford a minimum wage increase.

The federal minimum wage is \$7.25 per hour, a full dollar less than the current Illinois minimum wage.

A raise to \$10.00 an hour would make Illinois the state with the highest minimum wage in the nation, 81 cents higher than Washington.

Illinois is broke. Illinois does not have the money to provide government workers an extra \$1.75 an hour without going into an even deeper debt. More harm would be done to the state with a raise.

Illinois ranks fourth in the nation in terms of debt, with a total deficit of \$153.9 billion, according to a survey published by [www.usgovernmentspending.com](http://www.usgovernmentspending.com). Raising minimum wage will make this situation worse.

The state's unemployment rate would likely worsen if the minimum wage goes up. Companies would have to pay their employees the higher hourly wage. To even it out, companies would have to raise their prices, which would negatively affect consumers.

Alternatively, small businesses might attempt to save money through employee layoffs, which would lead to an increase in those seeking unemployment benefits, something else the state cannot afford.

Students would be directly affected by a minimum wage hike. Many students earn minimum wage in part time jobs. If the companies can no longer afford them due to Quinn's hike, companies would have to let them go, leaving them jobless.

Overall, a raise in minimum wage in Illinois will negatively affect our state economy and sink Illinois into even worse debt. That debt would be brought about from a raise that is unnecessary and could make the unemployment rate even worse.

If the minimum wage does go up, and all of these negative effects come to pass, Quinn could always push for a tax increase to cover the deficit.

Illinois cannot afford that either.

The ACT exam: Is the pressure too much?

The ACT is designed to evaluate a student's preparedness for college through tests in math, science, English, and reading. It also helps to determine the student's current level of knowledge in these areas.

A student must be able to use reasoning and logical thinking in many parts of the ACT. It is known to be one of the most important tests in one's academic career, and most colleges require it in the admissions process.

Junior year of high school is known to be the scariest and most difficult. The pressure of the ACT is very overwhelming for many students.

Although there are many opportunities to prepare for the ACT, most of them are not affordable. Some can range up to \$200.

Poor scores on the ACT do not just come from lack of preparation. Many things can affect a score, including anxiety, poor testing taking skills and learning disabilities.

In some of the most serious cases of test anxiety, students may develop some depression. Thoughts that they will never be good enough to get into college or smart enough to do well on the ACT begin to take a toll on the student.

Another one of the pressures that the ACT brings is choosing a college. A student could have good grades, but because of a poor score on the ACT, they may not be accepted.

Once the pressure of the ACT wears off, the pressure of choosing a college to attend begins.

Students begin having questions. Which college is right for me? Is this college too expensive? What do I want to do with my life? Will they accept an ACT score this low?

The pressure begins to be overwhelming. Anxiety can kick in and it seems like no one can help answer these questions.

Choosing a college is a huge decision in one's life.

Preparation for the ACT is very important. Weeks before the test, try taking some practice tests. It will help, when taking the test, to be familiar with the format and types of questions.

It is also important to get used to the time limits; this is another way that practice tests can help.

The day before the test it is important to prepare for the early morning ahead. Get all the materials ready for the test: pencils, calculator, school I.D., etc. Do not go over any more practice tests. Give the mind time to de-stress and mentally prepare.

Getting a good night's sleep and having a healthy breakfast the morning of the test will give one the stamina needed for the ACT.

When choosing a college, make sure it fits one's criteria: majors, campus, location, size, etc. This college will be one's home for the next four years, or more. It is important to be comfortable with the decision.

# Cheerleading IS a competitive sport

A sport is defined as “an activity involving physical exertion and skill in which an individual or team competes against another or others for entertainment.”

Few people, it seems, believe that cheerleading falls into this category.

Most people deem that cheerleaders are just forms of amusement. Surprisingly, competitive cheerleading takes more than just being able to yell “Rah, Rah, Rah!”

Competitive cheerleading requires skills of coordination, strength, endurance, and more. But coordination is most important. In order to throw someone in the air or even throw your body backwards, you must have accurate perceptions of where your hands must be at all times.

The stereotype developed for cheerleaders has made them seem weak. But while other athletes are throwing 14-ounce footballs, and 22-ounce basketballs, cheerleaders are lifting and throwing 100+ pound girls.

A typical cheerleading routine contains many sections, including an opening, a cheer, stunts, running, tumbling, a pyramid, and a dance. These elements require a massive amount of endurance.

The talent portrayed by cheerleaders often looks effortless, but in reality takes years of training. Most if not all cheerleaders start out with tumbling lessons at a very young age.

The tumbling in cheerleading routines is often believed to be the most appealing part of the routine. In fact, watching someone throw themselves off the ground and land on their feet seems a little inhumane at times.

Most cheerleaders are familiar with ice packs and knee braces. In fact, a little too familiar. The American Academy of Pediatrics said, “cheerleading accounted for 65% of all direct catastrophic injuries to female athletes.”

Unlike any other sport, cheerleaders must achieve greatness in a shorter time than any other athlete: 2 minutes and 30 seconds, to be exact.

Any routine that exceeds this time limit will be penalized.

Unfortunately with cheerleading, if you or your team makes a mistake, there is no second chance. In other sports, athletes can afford to slack off for a few seconds, but a simple slip-up in cheerleading often results in a great loss.

A quality all cheerleaders must have is being able to work together. Other sports often have a star player or MVP, someone who sticks out and seems to carry the team.

Yes, one member of the cheerleading squad may have more talent than the others, but if all of the actions performed are not synchronized, the team will not win.

Cheerleading is more than just a sport. It is a battle, a fight to the finish. It is more competitive than any other sport in the fact that cheerleaders compete against more than just one team.

Squads do not win titles at competitions, but at practices. An off-season is virtually nonexistent in the life

of a cheerleader. The many hours they put in a week will show up in their performances.

They cheer at regionals, nationals, sectionals, and, if they make it, state. Many national and world cheerleading competitions are televised on ESPN, a network for broadcasting sports.

Marist has its own team of competitive cheerleaders who practice 3-4 times a week and have a short off season which lasts only one month.

The RedHawk cheerleaders have not been state champions since 2005, but have been on the podium in 3rd and 2nd place in the past two years. Last year at state they were runner-ups to Providence Catholic High School, losing by only .7 of a point.

Stereotypes of cheerleaders being just something nice to look at on the side of the field have been overruled by their growing image as powerful and determined athletes who have the same goal as all other athletes.

The goal is to be a champion.

# Keeping homework policies fair

At Marist and other high schools, students have complained about getting too much work in an academic class taught by a teacher who also teaches an honors or AP class. Marist has many teachers who teach AP, honors, and academic courses during the course of their professional days.

Some students complain that their academic or honors course teacher also teaches an honors/AP class, so they give them the same amount of work, but the academic/honors students do not get the credit for doing the same work as the AP students.

This is an unfair practice that teachers need to be more aware of .

Some math students complain, for example, that in an academic level class they will get 100 problems for homework, the same amount as students in the honors class. This is unfair to the academic students because they are doing the same amount of work but receiving less credit than the honors students.

Students are put into different kinds of classes based on how quickly they learn, so it does not make sense for academic students to get as much homework. If a teacher is going to teach different course levels, then each class they teach should have different homework, tests, and work at different paces.

Some teachers think that they should challenge their academic-level students to work as hard as their honors-level students. This is unfair to the students at the academic level because they are not getting the honors credit. Many students in this situation are fed up. Students should not have to struggle to keep up in a class that is meant to fit their learning style and speed.

In addition to the amount given, homework policies also should be uniform across academic levels.

All teachers of the same course and level should share a common late homework policy. For example, if one teacher accepts late work for partial credit and another teacher of the same course/level does not accept late work, then some students will struggle harder to get a passing grade.

It is not right to penalize one student because of late work, when that student would not be penalized had he/she gotten a different teacher.

Teachers of the same course and level should all come together to decide on one homework policy.

Finally, all teachers should regularly post homework assignments and deadlines to Edline. Students who are absent need to be able to check for assignments they missed in order to get caught up. This is something that benefits students and teachers alike.

## Letters to the Editor and guest editorials

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 e-mailed to [sentinel@marist.net](mailto:sentinel@marist.net).

## photo opinion

If you could change one or two things about Marist, what would you change?



**Kevin O'Finn**  
freshman

*I would make the lockers double the size they are now.*



**Billy Godfrey**  
sophomore

*The prices are really expensive in the lunchroom. I wish the prices would go down.*



**Sky Patterson**  
junior

*I think that all classes should offer more “hands on” experiences and more field trips.*



**Catherine Quinn**  
senior

*I'd really like to see Marist build a swimming pool and start classes at 8:15 and get out later.*



**Mr. Christiansen**  
guidance counselor

*The students should not have to wear uniforms because it takes away from their individuality.*



# ‘Love Them All’ commissioned as anniversary theme song

Shannon O’Keeffe  
*Sentinel*

Many people helped to make the 50th Anniversary Mass special, including Mr. Rory Cooney, who wrote the song “Love Them All” especially for the occasion. Cooney is the director of liturgy and music at St. Anne’s Parish in Barrington, IL. He was contacted by Therese Lenz, who is the director of music for all the school Masses at Marist. Lenz asked if Cooney could write a song for the Anniversary Mass and provided him with information about Marist and St. Marcellin Champagnat. This was Cooney’s first composition for a high school concert band. St. Marcellin’s words to his fellow Marist brothers to “love them all, and love them equally,” particularly struck Cooney. The phrase became the hook, or inspiration, for the rest of the song.

“It took a lot of reading, praying, dead ends, and so on. But once the hook happens, it’s a fairly quick process, just a few days,” Cooney said. When the song was finished, it was played for a committee that included Marist President Br. Patrick McNamara and faculty members. “The first time I heard ‘Love Them All’, I thought to myself, this is a wonderful reflection of the love that St. Marcellin had for young people,” Br. Pat said. “He loved them all equally. I thought the song reinforced that belief.... no matter who you are.....you are welcome and loved in a Marist school. That’s our lifeblood.” The committee suggested changes to some of the words and phrases to make the song have a more “Marist” feel. “Everyone was wonderful through the whole process. I hope someday you’ll be able to hear a good version of it on iTunes,” Cooney said.

Vocal-Piano Score

Love Them All  
(Song of St. Marcellin Champagnat)

Rory Cooney  
arr. by Bob Moore

The cover from the sheet music for “Love Them All,” a song composed for Marist’s 50th anniversary by Rory Cooney.

Q: What does God see in you?  
A: Great things!

*Real brothers.... and sisters too! Real stories. A real difference.*

To explore vocation opportunities talk to Br. Hank, Mr. Caramele, or Deacon Andy.

To learn more about the Marist Brothers check out [maristbr.com](http://maristbr.com)

To learn more about the Marist Sisters check out [marists.org](http://marists.org)

## Students enjoy retreat in Esopus, New York

Allison Connelly  
*Sentinel*

Seniors Moira Stephens and Jake Moran joined 30 other students from Marist schools across the country in a retreat held at the Marist Brothers’ retreat house in Esopus, New York on Oct. 12-13. Esopus is a sanctuary for young people and adults seeking to grow and foster a spiritual life. Stephens and Moran were chosen for this opportunity by Mrs. Colleen Pochly of Campus Ministry. Pochly made an announcement during lunch mods about the service trip and asked for volunteers. Students participated in what is called “Lavalla Weekend,” helping to clear a path in the forest surrounding the retreat house, then building benches along the path. Next to each bench, the students put up posts with information cards that

explain one event of St. Marcellin Champagnat’s life that influenced the Marist Brothers. The students also attended many prayer services. “We also had a lot of free time to hang out with other Marist students from around the country, which was really fun,” Moran said. Both Moran and Stephens agreed that their retreat to Esopus was life-changing and both would recommend the program to fellow Marist students. “I would recommend this to anyone who has the opportunity to go,” Stephens said. “It was unquestionably one of the greatest times of my life and I could not be more thankful for it.” Mrs. Pochly advises students to join Marist Youth if they are interested in participating in the Esopus or other retreats. Marist Youth meets every Tuesday after school in the cafeteria.

## Junior wins Spanish scholarship

Clare Gilligan  
*Sentinel*

Junior Maddie Kelly was awarded a scholarship to attend a Spanish language immersion program at Lake Cass, Minnesota this past summer. Only 18 students from the United States were chosen to attend the camp at Lake Cass. The camp at Lake Cass is through the Concordia Language Villages, whose mission is to prepare youth for leadership in the global community. They aim to teach qualities that make a responsible world citizen. Señora Nathan-Gamauf, Kelly’s sophomore Spanish teacher, urged Kelly to apply for the scholarship. “Maddie was by far the most interested in doing [the camp],” said Nathan-Gamauf. “She met other kids from across the country who won the scholarship, so she was with this group of pretty elite people as she represented Marist.”

Kelly was approached to do the camp because of her impressive scores on her freshman and sophomore national Spanish exam. She then had to complete an application, create a video featuring her speaking Spanish, and write an essay. Kelly and other participants from around the world engaged in camp activities and spoke only Spanish for the duration of the camp. The students also learned different cultures in the Spanish speaking community. “I think it’s important to learn different languages to begin to understand people’s cultures and form a connection with people outside of our little part of the world,” Kelly said. Information about the immersion programs and other programs through Concordia can be found on the [concordialanguagevillages.org](http://concordialanguagevillages.org).



photo by Colleen Pochly

Moira Stephens (2nd from left) and Jake Moran (4th from left) joined students from across the country to participate in a retreat at the Marist Brothers’ spiritual center in Esopus, New York, on Oct. 12-13.



# Soccer wins regionals, ends 15-7-2

Megan Karas  
*Sentinel*

The Redhawk varsity soccer team won the regional finals against Bolingbrook High School with a final score of 1-0 on Oct. 23.

The team advanced to sectionals, winning the first round 3-2 against Lockport, but then losing in the semi-finals against Thornton 2-3, ending the season.

During the regular season, the team held a 10 game winning streak that ended with their 11th game in a tie with Marion Catholic.

Junior goalie Noah Kemp had 6 shutouts this season against Benet, Lincoln Way Central, Mt. Carmel, Marian Catholic, Joliet West and Bolingbrook.

“I expect the defense to do their job and I have to do mine. When we work together, and work together well, every game should be a shutout” said Kemp.

## Swimmers make waves

Katie Salmon  
*Sentinel*

Led by senior captains Claire O’Ryan and Catherine Quinn, the varsity girls’ swim team finished 7th overall. at the Maine West Invitational on Oct. 5.

Varsity swimmers junior Ellie Dolehide, and sophomores Fiona Haran and Mackenzie Germino also contributed to the team’s success. The team earned 23 personal records in a total of 27 races.

Quinn said, “My mission was to make cheering for teammates a habit. I definitely see our results reflecting that mission.”

On Nov. 3, the team competed at conference hosted by Saint Ignatius, placing 10th overall. The 200m freestyle relay team of Quinn, Dolehide, senior Kara McGrath, and freshman Leah Hood won their heat.

The team will compete at sectionals on Nov. 16. Time and location were not announced at press time.

The RedHawks had a 2-0 win against Benet Academy on Sept. 30. Benet is ranked at 5th in the state, and prior to the game against Marist, the Benet team scored 35 goals in the previous seven games.

Charlie Earner scored the first goal in the game for the RedHawks, followed by Brendan McHugh, while Kemp had 13 saves. The RedHawks were the only team to shut out Benet this season.

“The Benet game showed that we all can really work together well,” said captain Joe Panella, “Everyone worked especially hard to make sure we won.”

The JV team also held onto a strong streak this past season. The team was undefeated in conference play all of last year, and in all but the last conference game this season. Even with the loss, the team won conference and ended its regular season with a 16-4-1 record.

The JV team was led this year by captains Desmond Mulcahy and David Carreon.



photo by Deb Dougherty

**A St. Laurence Viking chases senior Eddie Cunningham to the goal on Oct. 14. The RedHawks came away with a 3-3 tie.**

Marist High School

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girls’ tennis

**Foggie, Pace advance to state**

Shannon O’Keeffe  
*Sentinel*

On Oct. 18, Marist tennis singles, freshman Kaitlyn Bowe and sophomore Diana Flores, competed at Stagg in the IHSA Sectionals singles matches.

Marist doubles, seniors Kaelyn Pace and Courtney Foggie, joined by second doubles, juniors Maggie Ringbauer and Claire Callahan, also competed at Sectionals.

At Sectionals, Foggie and Pace beat Sandburg and Oak Lawn to advance to the state finals, where they did not place.

The team celebrated and said goodbye to seniors Krista DiBennardi, Theresa Lantz, Kaelyn Pace, Beth Richardson, Nora Smith and Courtney Foggie in their last home match on Sept. 28, losing a close match against Nazareth (2-3).

Season highlights included victories against Marian Catholic (5-2) on Oct. 3 and Lincoln-Way North (4-0) on Oct. 5.

# Freshman advances solo to state cross-country finals tomorrow

Allie Janich  
*Sentinel*

Maryclare Leonard earned a place in school history this year by becoming the first freshman to advance to state on the girls’ cross-country team.

This year’s IHSA state meet is at Detweiler Park in Peoria tomorrow morning.

On Saturday, Nov. 2, the boys’ and girls’ teams ran their final races at the IHSA Sectionals at Hinsdale Central. Both teams ran hard, with many participants beating their personal record times.

The girls’ team came in 8th overall. Leonard placed 5th to qualify for state, with a personal record time of 17:44:96 in the 2.x mile run.

Her sister, senior Annemarie Leonard placed 27th in the sectional race, beating her personal record with a time of 18:29:69.

Senior Julie Yaeger placed 43rd in the meet with a personal record time of 18:57.53. Sophomore Catherine Viz

placed 51st with a personal record time of 19:04.24, and junior Molly Fahy coming in 80th with a personal record time of 19:55.97.

“I am very excited to compete this weekend,” Leonard said. “There is no way I could have accomplished this without my sister, Annemarie, and my big sister on the team, Julie Yaeger, who pushed and encouraged me.”

The boys’ team finished the season without qualifying for state.

Senior Kyle Haberkorn hit a new personal record time of 16:16.62 in the 2.x mile run, placing 75th. His brother, senior Luke Haberkorn, finished 95th, beating his personal record time with 16:45.29.

Juniors Mike Conrad, sophomores Cameron Blakey, Jack Kelly, Kyle O’Farrell, and freshman Anthony DeFilippis also beat their personal records times at the sectional meet.

“We had a solid season, which has had its ups and downs like always, but everyone ran some of their best times and in the end that’s all you could ask for,” Luke Haberkorn said.



photo by Patrick Quinn

**Maryclare Leonard (343) runs in the IHSA sectional meet on Sat., Nov. 2. She placed 5th and advances as the first freshman on the team in school history to tomorrow’s state final meet.**



IHSA State Football Playoffs-Round 2

RedHawks head to Bolingbrook tonight

Brooke Wyderski  
*Sentinel*

Hard work from both the offensive and defensive lines have carried the RedHawk varsity football team into round 2 of IHSA state playoffs, as the team travels to face #1 ranked Bolingbrook tonight at 7:00 p.m.

In round 1 last week, the team hosted and soundly defeated Plainfield South, 64-28.

Standouts were senior Nic Weishar with 77 yards and one touchdown. Junior Jawall Aldridge had 145 yards with three touchdowns, senior Peter Andreotti went 150 yards with one touchdown, and junior Flynn Nagel went 80 yards with two touchdowns.

Senior left guard Mitch Schleyer said, “Games are won Monday through Thursday in practices. We were all on time and ready to bring a lot of juice every day.”

A 49-21 victory over conference opponent Benet Academy on Oct. 18 secured the RedHawks’ spot in the state playoffs.

The victory came a week after the RedHawks fell to Notre Dame, 35-45.

“After an embarrassing performance against Notre Dame, we became closer as a defensive unit and realized that if we wanted to make it to week 14, we really had to step it up,” said senior linebacker David Nelson.

“We use the saying ‘all in’ at the end of practice because we realize it doesn’t take only 11 guys playing, but the entire team of 68 to earn the win,” Nelson said.

Wide receiver Nagel contributed three touchdowns for a total of 144 yards in the game against Benet, joined by senior quarterback Jack Donegan, who also scored three touchdowns with 279 yards.

“We are all really excited to play Bolingbrook,” Donegan said.

“They are a great team, but we control our destiny.”

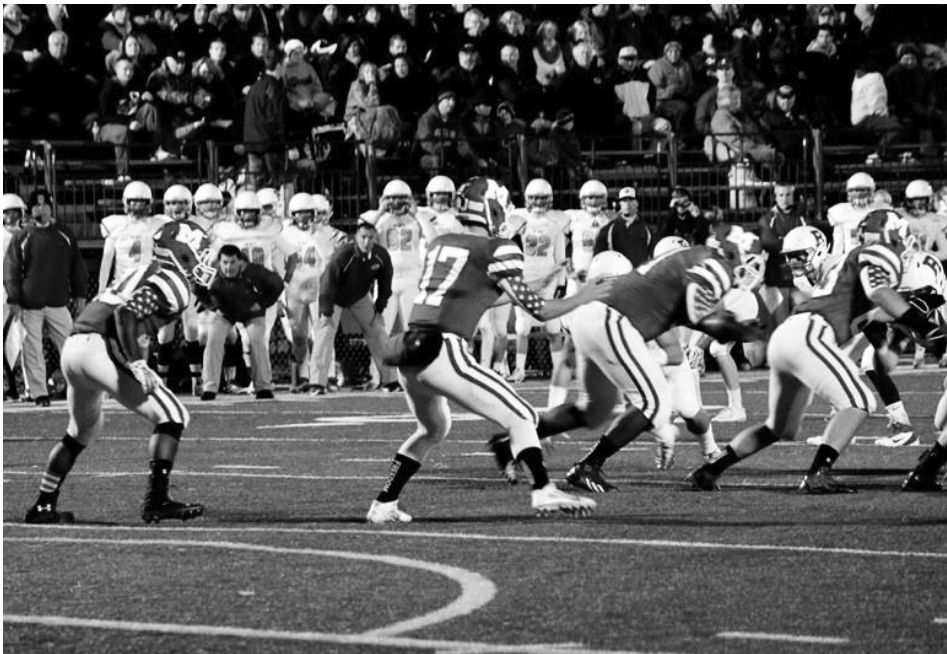


photo by Jonathan Bigott

The RedHawks defeated Benet Academy on Oct. 18 to secure their spot in the state playoffs.

RedHawk hockey season gets underway

Jessica Molina  
*Sentinel*

The RedHawk varsity hockey season opened with a 7-4 win against St. Patrick on Oct. 3.

This year, the team is led by senior captains Jake Soukup and Conor Evans.

Teammates include seniors Perry Favia, Jimmy Medrano, and Matt Claus, juniors Jack Dombrowski, Joseph Scurek and Ryan Loizzo, and sophomores Mark Karczewski, Brandon Schneider, Ryan Gill, Tim Carlson, Vito Dellorto, Donald McGrath, C.J. Antonelli, and Jake Barclay.

Freshman Zack Meeker completes the varsity roster.

“We are a young team with a lot of sophomores and juniors, but we have a lot of potential this year,” Evans said.

The team suffered a loss against Glenbard North on Oct. 6 (1-5), but rebounded with a win against Waubonsie Valley on Oct. 15 (6-1).

The RedHawks fell to rival school Brother Rice on Oct. 17 (2-4).

“Even though we lost, we know we played well,” Soukup said. “Some younger players stepped up big, our goalie played well, and we’re confident that we will win next time we play them.”

Keeping busy off the ice, the team joined Chicago Mayor Rahm Emmanuel and Alderman Matt O’Shea on Oct. 12 for the announcement of a new sports center in Morgan Park. The center will include an indoor ice rink and gymnastic facility.

The team also visited Hope Children’s Hospital in Oak Lawn to donate toys they collected for children undergoing treatment for cancer.

The team travels to Indianapolis this weekend, and will face Deerfield in a home game on Nov. 17 at Arctic Ice Arena in Orland Park at 7 p.m.



photo by Greg Medrano

Sophomore Donny McGrath (#89) and senior Jimmy Medrano face off against a St. Joseph’s opponent on Nov. 3. The RedHawks lost 0-4. The team travels to Indianapolis for exhibition play this weekend.

Volleyball goes 23-9, perfect in conference, regional champs

Morgan Weidman  
*Sentinel*

With an impressive regular season and a 7-0 conference record, the varsity girls’ volleyball team advanced to the IHSA state playoffs on Oct. 29 and defeated Oak Forest in two, 25-19 and 25-22.

The team advanced to the regional finals on Oct. 31, defeating Lincoln-Way East in two, 25-18 and 25-14 to take the regional championship.

On Tuesday, the team travelled to Sandburg for the first round of sectional competition.

That contest marked the end of the season for the team as the RedHawks fell in two, 18-25 and 23-25.

“The game was tough loss,” said senior Carolyn Yerkes. “We came and played our hearts out.”

Teammate Molly Mayo said, “I think we just got away from our goal and our focus wasn’t there. You truly need to play every game like it’s your last.”



photo by Patricia Enright

The 2013 RedHawk varsity girls’ volleyball team and coaching staff pose in the Red and White gym with their IHSA regional championship plaque.

On Oct. 1, the RedHawks defeated Providence Catholic in two, 25-8 and 25-19. The team then played in the ASICS Challenge tournament on Oct. 4, winning five of six games.

On Oct. 18-19, the team played in the annual Nike Tournament of Champions held in Phoenix, AZ.

The RedHawks were placed in the toughest division of that tournament and came out 6th overall out of 64 teams from around the country.

Senior Night was celebrated on Oct. 23, which also marked the final home game for the team and seniors Mary Sheeran (manager), Shannon McKevitt, Lauren Marx, Carolyn Yerkes, Morgan Murphy, Bridget Krasowski, Molly Mayo, Megan Ryan, and Leah Gbur.

All but Ryan are four-year members of the team.

The team hosted Bishop MacNamara on Senior Night, winning in two, 25-9 and 25-6.

The team’s 2013 regular season record is 23-9.