

# THE SENTINEL

MARIST HIGH SCHOOL



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MARCH 27, 2015

# Tucker shares 'principal' visions for 21st century

# by Katie Magliano senior reporter

Principal Larry Tucker has many plans to enhance the educational quality of Marist and his goal is to make the school a model of 21st century education and ensure that students leave with the best possible education.

Tucker visited the journalism 1 class on Feb 10-11 for his annual press conference and spoke about his goals and visions for the future.

He focused mainly on the 21st century model for education, which is based on three components: curriculum, technology and space. He explained that curriculum needs to be based on the best way students can learn. Space is needed to create classrooms that are different from traditional ones. And technology will continue to play an important role.

"The IDEA classroom incorporates all three components and this is what schools are beginning to do," Tucker said.

Tucker also emphasized the importance of good teachers who will work to transform students.

"Teachers need to start asking questions that will send students on a journey of discovery and learning rather than just giving out information to students," Tucker said.

According to Tucker, students learn better when they are attentive and involved with the material they are learning. He feels the iPad initiative is a benefit for the students because it gives them an opportunity to be curious and find information on their own.

Tucker also discussed the goals that he has for students who attend and graduate from Marist. He wants them to leave Marist with what he calls the 'four C's:' curiosity, confidence, compassion and creativity.

He believes students should leave Marist being curious so that they continue to question things and use technology to help find answers. As students discover what interests them and pursue those interests, they will gain confidence.

"Confidence is key," Tucker said. "The more I read, the better I become in a subject. The more I see, the better I am. I want us all to be better at Marist."

Creativity is a quality he feels that will help students. Tucker thinks that the curriculum should be geared more toward giving students more opportunities to create, again citing the IDEA class as an example.

As a Catholic school, Tucker feels that all members of the Marist community should continue to develop a deep sense of compassion toward others. He pointed out that the slogan above the door to the main entrance to the school reads 'leave as servers of Christ.'

"I want students to leave Marist and continue to be compassionate toward others," he said.

Tucker also envisions building new science labs and remodeling more classrooms to make them as modern as the IDEA entrepreneurship center.

"We will need to fund raise by seeking out donors, but I think we can get people excited about some of these projects," Tucker said.



photo by Maggie Stimac

Principal Larry Tucker discusses the iPad initiative during his annual press conference with journalism 1 students. Mr. Tucker also shared his vision of what makes Marist excellent and his ideas for bringing Marist into the 21st century.

Tucker also called on students to be leaders in order to set high standards of student involvement. He would like to see more students supporting each other by attending each other's events.

"The hope is that if the band went to see a basketball game, the basketball team would attend a band concert," he said. Tucker believes that increased student leadership will help Marist continue to become a 21st century school.

"We will blow other schools out of the water by creating more dynamic learning spaces, adding the right types of technology and continuing to build a strong curriculum delivered by great teachers," he said.



photo by Patrick Meyer

#### Students attend black heritage Mass

by Akia Davis junior reporter

The 37th annual black heritage Mass at Holy Name Cathedral brought together many groups of people, including 42 Marist students, on Friday, Feb. 20.

This year's theme was "This is Our Story: We Need Each Other to Survive." Those in attendance heard the stories of famous African-Americans who kept their faith in God in spite of suffering discrimination, such as Jean Baptiste Point du Sable, credited as the first permanent resident of Chicago.

"It was good to see a bunch of people from different backgrounds come together," said junior Byron Love.

Students from high schools in the Archdiocese also spoke about hardships in their lives. One student spoke about losing his grandmother and how difficult it is for him to cope with her death.

Many students were influenced by the young man's story and by the event in its entirety.

"It gave me something to think about," said sophomore Alyssa Hamilton. "I now truly recognize and appreciate the difference between today and what blacks used to experience in the past."

#### Journalists win conference awards



photo by Matt Hickey

(I to r) Senior Megan Karas, junior Solomon Davis and senior Clare Gilligan

The staff of the *Sentinel* and members of the journalism 1 class attended the 23rd annual McCormick Foundation/Scholastic Press Association of Chicago High School Media Conference at Roosevelt University on Thursday, March 12. At the conference, Junior Solomon Davis served as a student panelist in a workshop on how to report and write tough stories. Senior Megan Karas won a superior achievement award in personality profile writing and excellent achievement awards in sports feature writing and photography. Senior Clare Gilligan won excellent achievement in news and feature writing. The *Sentinel* also won excellent achievement for overall layout.

#### Students attend conference in Mexico

by Noah Kemp senior reporter

Juniors Elyse Fell, TJ Bjorklund, Alexandra Lenz and Catherine Lewellyn accompanied Mrs. Erica Nathan-Gamauf to the first International Marist Youth Leadership Conference Feb. 19-23 just outside Guadalajara, Mexico.

The five day conference took place on the campgrounds of the Marist Brothers' Villa Santa Maria Tlapalli. It was the first time the Marist Brothers assembled delegations from the 'Arco-Norte,' or northern arch, which includes the United States, Canada, Mexico, Ecuador, Brazil, Venezuela and Central America.

"The conference was an amazing and unforgettable experience for all of the 100 students involved," Nathan-Gamauf said. "The first evening, each delegation shared information about their schools and communities and the type of Marist Youth service projects they do."

Nathan-Gamauf and the students joined teachers and students from New York City and Miami to represent the United States at the conference.

"I believe the overall goal revolved around furthering the Marist mission in our student leaders today," Bjorklund said. "Through workshops, friendships and general exposure, I learned things about myself and Marist that I don't think I could have here in the United States."

Student participation in this conference is the latest opportunity Marist students in the world language department have had to travel abroad this year.

"It is our goal in the department to inspire our students to travel beyond our borders to learn from other cultures," Nathan-Gamauf said. "For these four students from Marist Chicago, I have no doubt that this was life-changing trip. We learned so much from our Marist family in Mexico and are truly blessed to have had this opportunity."

Plans for a mission trip to Guatamala are currently in the works.



photo by Erica Nathan-Gamauf

American delegates to the International Marist Youth Leadership Conference in Mexico, including juniors Elyse Fell, Alexandra Lenz, Catherine Lewellyn, gather with their host delegates between meetings on Feb. 19.

## **Marist Improv opens with laughs**

by Sarah Peel senior reporter

Students who are fans of *Saturday Night Live* or Second City should consider joining Marist Improv, a comedy group that performed its first showcase in the RedHawk Theatre on Feb. 26.

The group, which calls itself Funny Bunches of Oats, features juniors Alex Klimala, Cici Miranda, Gwen O'Connell, sophomores Maureen Mitchell, Hillary Jones and Megan Capparelli, and freshmen Chrissy Garla, Jenna Ford, Bryanna Norvell, Jaliya Ellis, Jillian Okelman and Marshall Callery.

Ms. Sarah Rakauskas serves as faculty moderator and was the master of ceremonies for the Feb. 26 show.

At the performance, the group performed in several improv games, including freeze, hitchhiker, scenes from a hat, the dating game, four square and world's worst.

Many of these games involve see Ms. Rakauskas or e-r suggestions from the audience, which the rakauskas.sarah@marist.net.

cast then uses as a basis for creating and acting out a scene on the spot.

"Improv is a great way for students to have fun, act goofy, laugh and enjoy themselves," Rakauskas said.

Students who participate in improv also develop their public speaking and creative thinking skills.

Improv also allows students to get up on the stage in front of a live audience, express themselves and get to know who they are.

"It is okay if you get nervous or mess up," Ellis said. "The audience doesn't know what you want to say. If you act the same way when you're with your friends and just be yourself, it's easier to be funny on stage."

The group does not plan any more showcases this year, but will continue to meet weekly to practice for future performances.

Anyone interested in joining Marist Improv should stop by the iCenter and see Ms. Rakauskas or e-mail her at rakauskas sarah@marist.net



photo courtesy of Sarah Rakauskas

Members of Marist Improv, also known as Funny Bunches of Oats, perform in the RedHawk Theatre on Feb 26. Anyone interested in joining the group should see Ms. Rakauskas in the iCenter.

## Marist speech and acting team members qualify for nationals

by Courtney Johnson senior reporter

The Marist Speech and Acting team ended its regular Catholic league season with a first place finish at the Chicago Catholic Forensics League final national qualifying tournament at Stagg High School on Feb. 28.

Five members of the team qualified for the national competition, to be held in Fort Lauderdale, Florida over Memorial Day weekend.

Junior Kelly Collins was tournament champion in original oratory, the category in which she placed second in the nation last year.

Junior Ben Barry qualified in two categories after taking 3rd in humorous interpretation and 3rd in duo interpretation with his acting partner senior Brian Canchola.

Sophomores Alyssa Sorrentino and Jack Golden finished 2nd and 4th in declamation, respectively.

Freshmen Cate Hynes and Morgan Johnson took 2nd place in duo interpretation. Senior Tim Johnson also advanced after placing 4th in humorous interpretation. Juniors Liz Travnik and Bridget Ryan qualified as alternates.

"Students from all over the country will be competing in Florida," said head coach Mrs. Holly Cox. "I believe that our talented students have a good chance of doing well in the highly competitive tournament."

On Feb. 7, Collins placed 3rd in original oratory and freshman Ashley Kikos placed 3rd in impromptu speaking at the IHSA regional meet at Shepard. Both girls advanced to sectionals the following weekend but did not break to the state finals.

Collins was the only RedHawk to make it to finals at every tournament this season

"I'm proud that I was able to place at regionals and that I will have the opportunity to represent Marist at nationals again this year," Collins said.



photo by Samantha Paoletti

Members of the Speech and Acting team pose in between rounds at the IHSA regional competition at Richards High School on Feb. 7. Seven members of the team have qualified to compete in the Catholic League national finals this year.

# Top Catholic math team in Illinois heads to state

by Brooke Sitasz senior reporter

The Marist math team took first place in the regional competition on Saturday, Feb. 28, qualifying for the state tournament on May 2. The team is also currently ranked as the number one Catholic high school team in the state.

First place individual winners included freshman Jake Rahn, junior Rich Maugie and seniors Joe Kezon and Patrick Sweeney, who tied for first place.

"After winning the regional, I feel this team is in the best position to make a real run at the state championship in early May at U of I," coach Jeff Nicholson said.

Last year, the team was the top private school at regionals and was ranked as the top Catholic School in Illinois and in the Mathfax competitions, a set of four competitions spaced throughout the school year. The four test scores are combined per category to determine the winners, which can be individuals or the entire team.

Both the coaches and students look forward to the state competition after all of the hard work and practice they have been putting in to win. Their goal is to advance yet another year to the Illinois Council for Teachers of Mathematics.

"At this point and time all levels of the team are doing extremely well and the key is to keep the momentum going," Nicholson said.

The students meet every day after school to practice and the seniors are hoping to bring home the first place trophy since it is their last year.

"All of the senior math team members are really well rounded this year and an essential part of the team," senior Mitch Schroeder said. "The rest of the year levels are doing very well also and we have high hopes for state this year."

The team is also coached by Mr. Owen Glennon.

"I joined the team because Mr. Nicholson made it sound very interesting and fun my freshman year," Schroeder said. "Now that we're seniors on Mr. Glennon's team, we're all really good friends."



photo by Sarah Peel

Math team members Mike Serwetnyk, Tim O'Connell, Joe Kezon, John LaMantia and Matt Spinazzola practice on March 17 in preparation for the state finals on May 2.

#### Juniors volunteer at St. Coletta's

by Taylor Allison junior reporter

On Thursdays during the second semester, campus ministry has sponsored junior service trips to St. Coletta's, a facility in Tinley Park that serves children and adults with developmental disabilities.

St. Coletta's provides elementary through high school education and teaches adults with special needs the importance of being self-sufficient, how to take responsibility and how to integrate into the community.

On Feb. 26, Deacon Andy Neu and Mr. Vince Andiorio took 11 RedHawk volunteers, including Michela Pestrosino, Elizabeth Seip, Valerie Minnick, Marlynn Lopez, Tom O'Sullivan, Alex Lyons, Tara Carson, Courtney Minieko, Cecelia Mirandez, Aravi Perez and Vanessa Romero.

Students began the day in a conference to discuss the day's schedule, then were divided into groups. Some students were assigned to play basketball with residents, while others worked on St. Patrick's Day crafts or played bingo.

"As soon as we walked into the room, you could see the smiles and the faces of each and every person light up," said Aravi Perez.

Student volunteers also spent time simply visiting with residents and listening to their stories.

"Throughout the day, we go through a lot with school," said Lyons, who volunteered in January. "We deal with tests, quizzes and so much more. But when a person walks into St. Coletta's, they forget about all that."

"Volunteering helps us realize that people in this world really do have bigger problems, and gives us a new perspective on the many big picture things in life that we must think about," Lyons said.



photo by Andy Neu

Volunteers and Deacon Jim Renwick pause during their work at St. Coletta's on Jan. 15. Groups of students have been volunteering at the facility on Thursdays this semester to work with children and adults with developmental disabilities.

#### Marist hosts parish leadership day

by Matt Hickey senior reporter

Approximately 1,700 people gathered at Marist for Parish Leadership Day on Feb. 21, an archdiocesan-wide convocation attended by lay men and women and clergy. The event is held annually and alternates between north and south side locations.

Archbishop Cupich was also in attendance, his third visit to Marist since succeeding Cardinal George.

"The day brings us together to pray, learn and encourage each other," Archbishop Cupich said. "This year, our focus falls on the theme of living the sacraments. Pope Francis' vision of healing and community inspires the day, as he has inspired this year of our Archdiocesan strategic plan."

The day included meetings, workshops, lectures, lunch and a keynote address by Archbishop Cupich.

Topics at the workshops included the sacraments, working as a Catholic community, healing and discipleship.

"The most productive session I attended was on planning and goal setting," St. Bernadette parishioner Carol Zofkie said. "It was presented in an organized and direct way and I can take the new format back to my pastor for review and implementation."

Archbishop Cupich concluded the day by presiding over Mass in the Red and White Gym.

Deacon Andy Neu said that attendees learned "how to be better ministers, better workers in the vineyard and better builders of the kingdom of God."

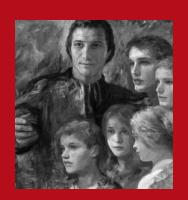
Neu credits several members of the Marist community for making the day a success, including Mrs. Iris Shanahan, Mrs. Irene Halko, Mr. Jason Logan, Mrs. Alex Brown, Mrs. Ruth Maloney, the campus ministry and security staffs. He also expresses his gratitude to the student ambassadors and students in the work study program for their participation.



photo by Olivia Gorney

Archbishop Blase Cupich delivers his homily during Mass at the Parish Leadership Day, hosted by Marist on Saturday, Feb. 21. Over 1,700 attendees enjoyed workshops on topics related to living the sacraments.

# 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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#### Going to the movies is too expensive

by Caroline Roeper junior columnist

While prices to see a movie at local theaters are going up, many teens are left with dwindling options for plans that do not involve getting into trouble on weekends.

Many teens do not wish to spend their money on a movie that they can soon access on DVD or online for less money just a few weeks later.

In 2014, ticket prices increased to an average of \$8.17, according to Brent Lang of *Variety U.S.* While this may not seem like much at first, the ticket price has to be added to the cost of popcorn, candy and beverages. This can bring the total to over \$20 per person for just a couple hours of entertainment.

According to Scott Bowles of *USA Today*, in 1973 movie ticket prices averaged \$1.76. The affordability of tickets at that time is what originally drew in the teenage crowd to theaters nationwide.

Before prices increased, going to the theater was a popular activity for people of all ages, especially for teens looking for something to do on Friday and Saturday nights.

Theaters around the area that question the recent absence of teenagers should consider that a major factor is steep ticket prices.

Many teens work for their own spending money. With the high cost of movies, many teens choose to spend their money on something more worthwhile, such as going out to eat with friends or catching a \$5 train downtown.

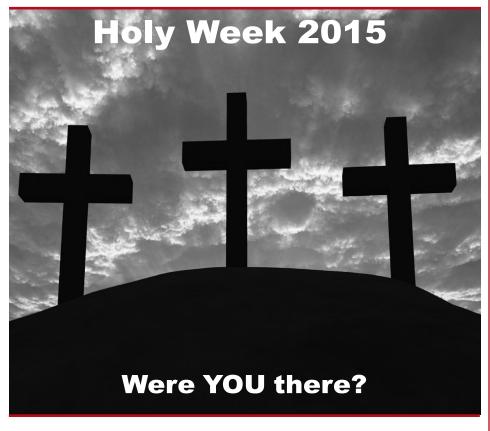


Movie critic Richard Roeper also admits that movie prices are high.

As he told Marist journalism students last month, Roeper reviews films with the potential audience in mind to help make sure that they are going to get their money's worth.

The downside to teenagers not going to the movies is that they find other things to do that could lead to getting into trouble.

Theaters need to consider lowering prices, especially for teenagers. Discounts for good grades, for example, would be a step in the right direction.



#### **Homework:** how much is too much?

by Faith Laughran sophomore columnist

After about eight hours in the classroom each day, students are coming home with a great deal of homework each night. Homework is beneficial, but the amount is too much. On average, high school students spend about three hours a night on homework, according to a poll done by the *Los Angeles Times*.

According to the National Sleep Foundation, teenagers need about nine hours of sleep per night, but only about 15% of teens sleep more than eight hours. Students can wake up as early as 5 a.m. to get ready for the day, and there is not possibly enough time to do everything that needs to be done.

Schools need to consider this and limit the amount of homework given to two hours a night, according to Duke University education professor Harris Cooper.

High school should be a positive experience. According to a survey done by NBC, students stress levels average 5.8 on a 10 point scale, compared with adults who average 5.1. Teenagers should not be dealing with the same levels of stress as adults.

The American Psychological Association also did a survey that found that 30 percent of teens are sad or depressed and 31 percent feel overwhelmed.

It is difficult for teenagers to enjoy high school or life in general when their whole world revolves around their grades. Teachers need to be more aware that students have other classes and should not pile on the homework.

A two-hour limit per night would be a great solution to the homework problem. This limit would improve student performance and overall well-being. Teens could get more sleep, spend more time on extracurricular activities and socialize with family and friends.

#### NCAA paves way toward paying college athletes

by Jake Weisenfluh senior columnist

Walk into any grocery store and the magazine racks are bursting with glossy covers that tell time as well as any clock or calendar: college football is always just a short pass away.

The college game has evolved over decades into today's faster, harder-hitting spectacle. The money which is gained through the fans and merchandising of the sport brings in a great deal of funds to the schools and the networks.

The players hardly see even a dime of this, aside from tuition, room and board, and this can be viewed as unfair to the hard-working student athletes. Change is inevitable.

All signs indicate an unavoidable start to paying student athletes. The questions of the moment do not include whether we like it, only how soon, how much and who decides.

This is the shorthand version of two pivotal NCAA decisions, one in an Oakland, Calif., courtroom and the other by the Division 1 Board of Directors.

In Oakland during the spring of 2014, a federal judge ruled for the plaintiffs in what has become known as the O'Bannon case, ordering NCAA members to pay football and men's basketball players up to \$5,000 per year for use of their names and images.

Those payments could start in 2016, but by then, the NCAA could well be operating under new rules, if its full membership agrees to give new freedoms to members of the so-called power-five conferences. Those conferences want to set their own rules, including payments to certain athletes beyond scholarships.

Obviously several questions arise from this situation. Will these paydays be limited by sport? What about women's athletics and Title IX? Is \$5,000 per year the number? Should every athlete earn the same amount?

And most importantly, who rules? The colleges or courts?

Until the full NCAA membership gives the power-five conferences, the Big 12, Atlantic Coast, Big Ten, Pacific 10 and Southeastern their freedom, the jury is out. They include nearly every big-time football program in the nation. They are a mix of public and private, big and small, with varying academic and athletic missions. For now, they are knit together by history and football programs competing at the highest level short of the NFL.

The O'Bannon ruling, named for former UCLA basketball star Ed O'Bannon, brings similar uncertainty. U.S. District Judge Claudia Wilken rejected the NCAA's stated definition of amateurism, but then capped annual payments for commercial use of names and likenesses at \$5,000. One theory holds that if the NCAA knew the amount would be so low, it might not have fought so hard. Still, NCAA President Mark Emmert says he will appeal.

So as the masses of students, faculty and alumni gather around their beloved stadiums to tailgate for the big game, should they know that the young men and women gathering on the field are being paid, or slighted, by the NCAA. Who is to say?

In any event, the NCAA has certainly made a step in a bold direction, for better or worse.

# Take the road less traveled and avoid the diploma machines

by Kevin Corrigan guest columnist

Change is in the air at Marist as the college counselors say goodbye to the seniors and begin the college process with the juniors.

It is a repetitive process; the seniors anxiously await letters from their top choices as starry-eyed juniors begin their hunt for their new home.

Students are bombarded with ACT classes and tips, they stress over GPAs, and suck every last drop of information about course selection and senior year advice from their older counterparts.

The daunting final year of high school, and final year of life as it is closes in on juniors as they make desperate last efforts to cushion their résumés. Finally, the fall of senior year rolls around and it is time to apply.

Everything is ready to go and résumés are stuffed to the top. Only one question remains: Where do I apply?

Marist sends scores of students annually to U of I, Indiana University, Illinois State, and Marquette, all great schools, but many students go to these colleges because they are big, basic universities. But the size of these schools is, for many, a downfall.

How many times is a student at the University of Michigan going to be able to walk through the quad and be able to say hello to all the students playing Frisbee or lacrosse on the grass?

At a large research university it is difficult to find a sense of community and fellowship among the students, due to the fact that there are 40,000 of them.

As a senior from the University of Wisconsin-Madison says in the 2015 Fiske Guide to Colleges, "It is very easy to get lost in the crowd here; you have to be very socially strong and confident."

At a large university meeting with a professor and some fellow students at a campus coffee shop to discuss a class topic is practically unheard of. In fact, it is more likely that you will be taught by

a TA (teacher's assistant) who may be only five years older than you.

Although many of the nation's premiere universities boast the top researchers of their field, it is unlikely that an undergraduate enrolled in the course will get to work one-on-one with

As Best Colleges -- US News & World Report reported in 2011, "At many research universities, 'publish or perish' is still the phrase of the day. As a result, professors there who seek tenure and promotion have to make research their number one priority and teaching, at best, number two."

At a small college, on the other hand, teaching is often the main criterion for advancement, so the professors will put more effort into preparing their classes and, often, into developing new classes.

Those searching for a tight-knit community and hands-on experience with professors should look to smaller schools. Ms. Peterson, one of our college counselors, applauds a few local schools

such as Illinois Wesleyan, Creighton, and Augustana for their "extensive research opportunities for undergraduates."

Those looking to leave the Midwest might want to consider Colby College, Colgate University, Davidson College, or Colorado College, a few of my personal favorites.

But beware: the smaller the college, the more selective they tend to be.

Truly being engaged in class and interacting with fellow students and professors is a crucial part of learning, something that often cannot be found at larger research universities.

When considering what you're looking for in a college, don't base it on where your friends are going or what school has the craziest parties.

Base your decision on what a college can do for you and, specifically, how that school can help you further your academic pursuits.

diploma Avoid the machines, and consider the benefits of a more personalized education.

#### photo opinion

## What are your plans for Easter break 2015?

by Courtney Coan and Akia Davis



Tiara Williams freshman

This year for Easter break, I plan on spending time with my family and I also plan to spend time in the beautiful weather.



Megan Bernichio sophomore

I'm going to Florida to visit my grandparents. My family is going for five days and we will also be visiting Siesta Key Beach.



Louis DePasquale III junior

I am going to Miami, Florida with my family for Easter and I'm looking forward to jet skiing with my cousins. When I get back, my dad and I are going to a Cubs game.



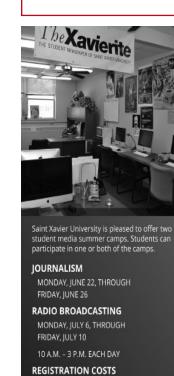
Muthana Sweis senior

Over break this year, I will be participating in the mission trip to New York with other Marist students.



Coach Pat Hogan

I am going to work on my base, win 10 baseball games and take the Illinois proficiency exam.



BOTH WEEKS: \$275

SINGLE WEEK: \$150

Students can dress casually and are asked to bring a bag lunch Monday through

Thursday. Lunch will be provided on Friday.

Camp is open to all incoming high school freshmen through graduating seniors.

• They will have full access to WXAV and Xavierite offices and equipment.

They will participate in sessions with media industry professionals, along with Saint Xavier University communication professors, staff and students.

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develop broadcasting and journalism skills

identify ethical concerns in broadcasting

• produce original work in broadcasting and



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RADIO BROADCASTING • JULY 6 - JULY 10

- It is a weekly publication that is published 24 times each academic year.
- Students incorporate new digital technology into their online stories
- It is completely written and edited by
- In 2013, The Xovierite launched a joint
- website with WXAV sxustudentmedia.com.

# **WXAV FACTS**

- In 2010, WXAV was named by Paste Magaz as one of the 40 Best Low Wattage Radio Stations in the country.
- In 2011, WXAV was one of the first stations to participate in the annual and internationa "College Radio Day."

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(773) 298-3375 or pkreten@sxu.edu.

Registrations accepted until Saturday, June 6, or until the camp is full.

# Stem cell research and its implications

by Alaina McCarthy, Jack Kelly and John Ruf guest reporters

Pope Francis has asked the Church to pray this month for those involved in scientific research, specifically that they will serve the well-being of the whole human person.

This article is adapted from a newsletter written on stem cell research by McCarthy, Kelly and Ruf for their social justice class.

#### What are stem cells?

Before being able to form an argument about stem cell research, one must understand what stem cells actually are and what they are used for. Stem cells are versatile cells taken from various areas of the body, most commonly from embryos, bone marrow or fat.

According to the Mayo Clinic, stem cells have the ability to help researchers test new drugs, increase their understanding of diseases, cure various types of diseases and even regrow limbs. The current debate about stem cells, however, involves the morality behind the use of embryonic stem cells.

The most common types of stem cells are embryonic and adult stem cells. Embryonic stem cells (ESC) are taken from human embryos that are 3-5 days old. Adult stem cells (ASC) can be taken from multiple areas of the human body.

The use of ESC versus ASC is a huge debate among members of the Catholic Church.

According to genetic research by Michael Cook, while ESC are very versatile and easy to obtain, they have often benefited a small population.

Once these cells are implanted, Cook reports that they often mutate into tumors or are rejected by the recipient's body.

Because of this, many scientists have switched to merely studying ESC to better understand birth defects and learn how to prevent or treat them.

On the other hand, ASC are initially less versatile and less common than ESC, but they have benefited a larger population.

The Mayo Clinic reports that ever since the first bone marrow transplant in 1968, adult stem cells have been used to treat many conditions, including spinal cord injuries, type one diabetes, Parkinson's disease, heart disease, osteoarthritis, Alzheimer's, strokes, severe burns and cancer.

#### What are stem cells capable of doing?

In 1997, scientists working at the Roslin Institute in Scotland introduced a successfully cloned sheep named Dolly. Her creation followed 227 attempts at growing a healthy stem cell line.

Researcher Jean Nelson notes that stem cells have the capability of taking on new challenges in the field of cloning.

Therapeutic cloning, for example, has already developed into a promising field of study. The goal of therapeutic cloning is to produce embryonic and adult stem cells in a lab, which will then be used for research and the treatment of diseases.

Genetic researcher Michael Cook notes that reproductive cloning, such as the cloning of Dolly in Scotland, is still being developed, and the overall goal is The use of human embryos or fetuses as an object of experimentation constitutes a crime against their dignity as human beings who have a right to the same respect owed to a child once born, just as to every person.

--Congregation for the Doctrine of the Faith, *Instruction Dignitas Personae on Certain Bioethical Questions* 

producing another full-grown organism with the identical genetic makeup as the donor.

#### What is the Catholic Church's stance on stem cell research?

The Catholic Church does not oppose stem cell research that involves the use of adult stem cells, altered adult stem cells or perinatal stem cells.

In fact, the Catholic Church has publicly supported this research and Church leaders were among the first to acknowledge and applaud the discovery of stem cells in amniotic fluid.

The Catholic Church does, however, oppose embryonic stem cell research. Even though most embryonic stem cells are formulated and grown in a lab, the Church identifies these cells as a living human being.

Because the preparation of embryonic stem cells from a living embryo requires the destruction of that same embryo, the Church believes and teaches that this is an immoral act.

Those who give informed and voluntary consent when donating embryonic stem cells are in violation of Church law.

Some scientists have used cloning to produce identical embryos in order to obtain a greater number of stem cells.

The United States Conference of Catholic Bishops recognizes that, while these embryos are not created in the normal manner, they are very much alive and their destruction is also immoral.

Developments in adult stem cell research are expanding. In time, these advances could lead to the elimination of the need for embryonic stem cells altogether.



## Girls set high expectations for soccer season

by Noah Kemp senior reporter

The girls' varsity soccer season was sidelined as their opening game against Lincoln-Way Central was snowed out on Monday, March 23. At press time, the game was rescheduled for Wednesday, March 25.

As the team waits to kick off the season, the team has high expectations and hopes to clinch a regional title this year.

Last season, the team finished with a record of 9-8-5.

"Our goal is to win the regional championship and compete in sectionals," head coach Jennifer Germino said. "The seniors have provided great leadership during the off season."

This year, the team is led by eight seniors, Mary Brennan, Nora Englehart (team captain), Megan Hartley, Diana Lang, Lorna McCall, Demi McGill, Kristen Roszak and Gianna Stefanos.



players Emma Mitchell, Morgan Dempsey and Erin Rowe came back to talk to the girls' varsity soccer team on March 6.

Alumni

photo by Jennifer Germino

"I hope this year we work hard as a unit and improve as we go through the season," Roszak said. "The team has a lot of talent and the potential to go far."

Like her fellow seniors, Englehart is using the fact that this is her final season as a RedHawk for motivation.

"It's strange to think that I'm leaving Marist in a few months, so I am really excited to work with these girls to achieve big wins," Englehart said. "I can't wait for all the laughs because this team is filled with standup comedians. Practices, bus rides, dinners and games are always filled with hilarious remarks."

Weather permitting, the team will host Sandburg on Monday, March 30 at 6:30 p.m. at Red and White Stadium.

# March Madness continues

by Nick Konow senior columnist

With March comes the annual NCAA Men's College Basketball tournament, rightfully dubbed March Madness.

The field of 68 teams was announced on Sunday, March 15 along with their seeding. The process of deciding which teams are in is done by a selection committee, made up of athletic directors and conference commissioners from all areas of Division I men's basketball.

Once the committee releases the bracket to the public, the real fun begins. ESPN devotes an entire show, called *Bracketology*, to help fans predict who will win each game. The show, hosted by resident bracketologist Joe Lunardi, uses various methods, from advanced statistics to team mascots, in their predictions.

The odds of someone filling out a perfect bracket this year are one in 9.2 quintillion. According to Steve Wartenburg of the *Columbus Dispatch*, about 40 million Americans participate in March Madness by filling out roughly 70 million brackets. Nonetheless, the odds have held up as there are no perfect brackets remaining on ESPN, CBS Sports or Yahoo! Sports.

Tournament play kicked off on Thursday, March 19 with Notre Dame defeating Northeastern, 69-65. The first day of play also broke a tournament record for the most one-point games in a single day.

It seems like each year there is a Cinderella team that captivates the nation, an underdog who, despite what the experts say, defies the odds by finding a way to victory and into our hearts.

In 2011, the number 11 seeded Virginia Commonwealth Rams made it to the Final Four and in 2013, the number 15 seeded Florida Gulf Coast Eagles made it to the Sweet Sixteen. Just last year we saw the number 11 seeded Dayton Flyers make their own Elite Eight run.

This year's tournaments has also had its share of upsets. Two number 14 seeds, Georgia State and UAB, both won their first round game. Dayton won as a number 11 seed for the second straight year, and the number 10 seeded Ohio State Buckeyes also won their first game. However, the highest seeded team remaining in the tournament is the number 11 ranked UCLA Bruins. The Bruins take on the Gonzaga Bulldogs tonight at 6:15 on CBS.

The consensus pick to win this year is the Kentucky Wildcats. ESPN.com is reporting that 89 percent of people chose the Wildcats to make it to the Final Four and 85 percent picked them to win it all.

If Kentucky is able to win the tournament, they will finish their season with a 40-0 record and be the first team to finish undefeated since the 1976 Indiana Hoosiers.

However, if there is any team that can compete with and beat Kentucky, it is the Duke Blue Devils. This is due to the fact that the Blue Devils have the best player in the nation in freshman standout Jahlil Okafor. Okafor has carried Duke for most of the season and is expected to be the number one overall pick in the upcoming NBA draft.

Other possible matchups to watch include Kentucky v. Wichita State, Arizona v. Wisconsin and Michigan State v. Louisville.



### RedHawk bowling season ends

The girls' varsity bowling team, coached by Mrs. Cathy Chambers, finished 7th out of 12 teams at the IHSA regionals at Palos Lanes Saturday, Feb.

Junior Kamisha Wallace, took 4th place overall, knocking down a total of 1,082 pins. Team captain senior Adlin Mendez took 6th place with 1,065 pins.

The girls' team qualified for sectionals Saturday Feb. 14, but did not advance to

"Although we didn't advance to state, Kamisha and I had a great time and learned so much this season," Mendez said

Earlier in the season, on Saturday, Jan. 3, the RedHawks took 4th place out of 10 teams at the GCAC Bowling Championship.

The girls finished their season with a 32-18 record.

"Overall we had our best season yet, and the team's dedication and talent only improved throughout," Nicholson said.

The boys' team, coached by Mr. Tom Samonski, finished the season with a 9-5



varsity girls' bowling team captain Adlin Mendez bowls at the IHSA regional at Palos Lanes on Feb. 7. Mendez finished 6th overall.

RedHawk

photo by Jeff Nicholson

record. The team struggled with numbers this year and had just enough members to form a team.

The team took first place in the consolation division at the Chicago Catholic League championship on Jan. 10 and finished eighth at regionals Jan. 17. Team captain senior Kyle Snyder

knocked down a total of 1,129 pins, two pins short of advancing to sectionals.

by Olivia Gorney

senior reporter

"Taking eighth place wasn't our overall goal for the season," Snyder said. "Our goal was simply to improve our game and get better every day and I'm proud of our accomplishments." Snyder said.

varsity wrestling

# Ford wins state title

#### by Maggie Stimac senior reporter

Senior Jake Ford, who won the 2015 IHSA state wrestling championship in the 285 lb. weight class, has also been named the East Suburban Catholic Conference wrestler of the year.

Ford advanced to the final round at state and faced a challenger from Hinsdale Central. The match was close, with Ford winning 1-0.

"Based on the work I put in, I knew I had a chance to win state," Ford said. "Afterwards, I was thinking 'Wow, I have finally reached my goal!""

Ford's victory at state marked the final match of his wrestling career.

"Jake listens, works and competes hard every time he steps on the mat," said head coach Brendan Heffernan. "He wrestled with confidence."

Senior Nicholas Gasbarro also placed at state, coming in fifth in the 145 lb. weight class. After six matches, Gasbarro won his final competition, 4-3.

"My goal was to win state, so I was a little upset at first," Gasbarro said. "But taking fifth and being an all-state wrestler is a great accomplishment. Marist has done a great job of preparing me for college."

Gasbarro will wrestle at University of Illinois next year, where Heffernan's brother is head coach.

Sophomore Diata Drayton and seniors David Kasper, Nick Lukanich and Alex Benoit, also competed at state this year, but did not place.

"It was an interesting season," Heffernan said. "Early on we lacked an identity, but by the end most of our guys figured it out and wrestled well. I'm proud of every wrestler who sticks with the team for an entire season."

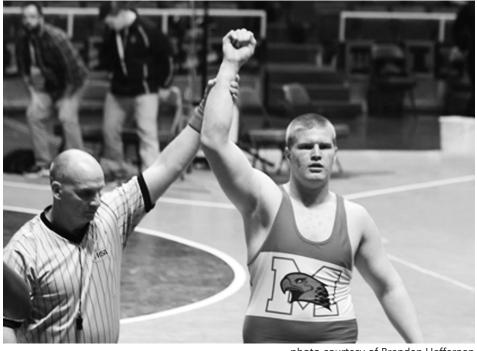


photo courtesy of Brendan Heffernan

Senior Jake Ford is named the winner of the IHSA state wrestling championship in the 285 lb. weight class on Feb. 21 at the University of Illinois. Senior Nicholas Gasbarro placed fifth in the 145 lb. weight class at the state tournament.



#### RedHawk wrestling documentary debuts March 30

Marist graduate Ryan Blake, '07 will debut his documentary "Axiom" at the Beverly Arts Center, 2407 W. 111th St., Chicago, on Monday, March 30 at 7 p.m.

Blake's film follows Marist wrestling through the 2013-14 season as they pursue a state trophy.

In the fall of 2013, the Marist High School wrestling team began its season ranked on top. Expectations were set for Marist wrestling to win a team state championship.

Pruitt, Ethan Benoit, Josh Hickey and Tom Howell, their season began with anything but excitement.

Yet, for five seniors, Matt Sears, Josh

Battling injuries, fatigue and emotional stress, doubts of their potential came through multiple tests.

Led by Marist wrestling alum and head coach Brendan Heffernan, '99, the team takes its losses in stride and works hard to improve communication at the start of the season

#### **AXIOM**

a documentary featuring the RedHawk wrestling team

**Beverly Arts Center** 2407 W. 111th Street, Chicago Monday, March 30 7 p.m.

Tickets are available at the door for \$7. Tickets are also available online, where RedHawk wrestling fans can also view a trailer of the film. Visit the website https:// vimeo.com/121730144 to buy tickets and view the trailer.

# Runners on track for strong season

by Sarah Peel senior reporter

Last year the boys' varsity team captured its first ESCC Conference championship since 2000, and is ready to compete again for the conference title.

This year there are 20 boys on varsity, led by seniors Jawill Aldridge (100, 200), Kendall Oliver hurdles, high jump), Justin Weaver (100, 200), Braxton Taylor (200, 400), and Mike Conrad (distance) and juniors Darshon McCullough (triple jump, 100, 200), George Castro (long jump, triple jump), Richie Mauge (800, 400), Bob Mauge (800, 400), Kyle O'Farrell (distance), and Jack Kelly (distance).

This season's goal is to repeat as Conference champions, win all the relays and send several individuals to state in late May.

McCullough broke the school record in the triple jump last year with a jump of 44'10.5" and looks to break his record this season.

The team won the Thornwood Invite and placed 7th at the highly competitive ICOPS Invite. ICOPS is made up of all the Catholic High Schools in the area.

"The team is a great group who has worked very hard to bring us back to the top of the conference," head coach Steve Davidson said.

The girls' team has a lot of depth in both sprints and distance this year. The goal this year is to win ESCC Conference, and get a title on the board in the gym.

The team is led by seniors Geneva Allen, Rayan Burgess, Gina Nwannewuihe, Katie Owens, Lauren Quigley and Alexis Reeves.

Pitts broke the school record in the 55 meter dash last year with a 7.0, the 220 meter dash with 27.7 and the shot put with 33'11.25.

The team won the Lincoln-Way Central Invitational and meets against Hinsdale South and Charleston.

"This season is off to a great start with many talented runners," Quigley said. "I will be sad to leave because of all the great coaches and teammates."



photo by Pat Quinn

Madison Armer, followed by Kaya Haymon, run at Lincoln Way Central on March 7. Both teams will run indoor meets at Lewis University tomorrow, the girls at 10 a.m. and the boys at 4 p.m.