

The 56th Street Journal

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Cross Country Team 2017



Source: Veritas Prep Athletics

By: Katie O'Connor & Olivia Pitcl

The life of a Veritas student is filled with homework in advanced courses, critical thinking, and definitely stress. Like many Veritas students, the cross country team has to balance school work with extracurriculars. Somehow, they come to practice every day, ready to work hard. So what compels the cross country team to take on 12 milers in the mountains, 110 degree heat, and copious amounts of lactic acid?

“We talk a lot about being a champion and I think that’s not just something that you can do in a sport, but it’s a way of life,” says coach Mitchell Moses. “To be successful in anything, you need to be disciplined in your thoughts and in your actions.”

Veritas fosters a community of discipline, of which the cross country team is a unique example. It’s easy to be negative when you finish your first loop out of four and you feel like you’re going to die. However, to be succes-

ful, there is almost no margin for self-doubt. The cross country team must overcome challenges with disciplined thoughts and a positive attitude.

“The feeling of being part of something special draws a lot of people,” explains Coach Moses. “When it’s matched with great people, great kids, and great friends, it only strengthens those bonds. It kind of becomes contagious.”

Not only does the team strive to achieve something special through their discipline, but they also build close relationships based on their common goals. The team is like a family and there is a strong sense of camaraderie.

According to senior Isabel Skikos, one of her favorite memories was the annual “Desert Twilight” meet in Casa Grande. The team enjoyed cheering their teammates on while they zigzagged through the desert with fireworks exploding overhead. The competitive atmo-
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Cross Country Team continued from page 1 sphere deepened the team's pride in their hard work. The team thoroughly celebrated their success with many In-N-Out burgers.

Essentially, cross country is a special experience because it requires you to push yourself past negative thoughts and physical exhaustion. Sharing this experience with your teammates creates a friendship where everyone is crucial to each other's success. When you don't want to run for yourself, you run for your teammates.

The ultimate goal for the varsity cross country team this year is to compete in the state championship. They have worked all summer and throughout the school year so far to put their best foot forward against teams across the state.

At the state championships on November 4th, the boys team placed 17th out of 27 teams, Matthew Barney (sophomore) placed 65th out of 200 and Isabel Skikos (senior) placed 106th out of 160. Congratulations Falcons for a great season!

Swim Profile: Justine Marbach

By: Jamie Greene



Marbach, left, pictured with Julia Flower at the 2017 Small School Championships. Source: Veritas Prep Athletics

For many of us, swimming 6500 meters (260 laps) seems daunting, tedious, and exhausting, but for Veritas Prep junior, Justine Marbach, that's just everyday practice.

Marbach is an avid swimmer, who has been swimming competitively since she was 8 years old, and has swum for Veritas since the program began.

Marbach describes her love for swimming; stating "I love how I feel through the water and how challenging it is."

The challenge of swimming cannot be understated: practices begin at six in the morning and consist of an intense hour of swimming, followed by a full day of school, and often another swim practice later in the afternoon.

Marbach swims not only for the Veritas team, but also her club team, resulting in many days during which she has multiple practices.

This rigorous sport requires serious dedication, but Marbach manages to balance her rigorous swim schedule with multiple other commitments, such as being a member of Veritas Prep Chorale and Coffee and Canvasses club.

When asked how she is able to successfully balance a wide variety of activities, Marbach responded "I'm not really sure how I balance it because I have been doing it so long, so I'm used to it", then continued by addressing the challenge and commitment that swimming requires, which does not allow her to not participate in other activities. Nevertheless, any negative feelings against the rigorous sport and its commitment are counteracted by her love for swimming.

Over the course of her Veritas swimming career, Marbach has accomplished several incredible achievements, including winning first in the 200 meter free relay at the State Championships last year.

Despite these tremendous accomplishments, Marbach's favorite aspect of swimming for Veritas is not winning, but instead, is challenging herself alongside her team and friends.

Marbach revealed that the "best part about swim this season was hanging out with the team at meets." It is this extraordinary bond between team members that Marbach focuses on when describing why she swims. She often spoke of the friendships she formed through the swim team and the fun she had throughout the season, attributing it to her relationship with the rest of the team.

Mock Trial Team Battles at the Bay

By: Emma Rowland

Over Fall Break, the Veritas Mock Trial team competed in Empire Mock Trial. Empire is an international competition, and the Veritas team traveled to San Francisco for a two-day tournament where we competed against teams from Hong Kong and China to Florida and Connecticut.

The team members are Anna Espinoza, Rawleigh Grove, Emma B. Samuel, Emily Gates, Jamie Greene, Emma Rowland, Lauren Bruner, and Abby Kaup. We worked hard from July to October to turn 600 pages of complicated case file into pre-trial arguments, openings, directs, crosses, and closings. We also got to develop our witness characters, with each person putting their own spin on their witness portrayals.

After two days and four rounds, the Veritas Mock Trial team took 10th place overall, and Abby Kaup earned the 9th best Outstanding Attorney award!

It was a very fun, educational, and rewarding experience. The skills you learn in mock trial such as, thinking on your feet and articulating your arguments are skills that will take you far in whatever you do.

The mock trial team is gearing up for the regular season starting in November! Updates on informational meetings to join the team are coming soon.



Mock Trial members, from left to right: Emma B. Samuel, Emma Rowland, Anna Espinoza, Emily Gates, Jamie Greene, Lauren Bruner, Abby Kaup, and Rawleigh Grove

Teacher of the Month: Lori Musico

By: Megan Forrester

This month we have selected our co-sponsor of the club, Ms. Lori Musico for teacher of the month.

Ms. Musico was originally teaching Latin in Pennsylvania, but wanted to move west in 2004, which started her teaching career in Arizona at Tempe Prep Academy, then later to Scottsdale Prep Academy in 2012.

“When I discovered that there was a school in Arizona in which Latin was not only offered, but part of the foundational curriculum, that is the only place I applied,” says Musico.

When asked about the most challenging and rewarding aspects of teaching, Ms. Musico says they are one and the same.

“Although I find fulfillment in all students discovering, a student striving through challenges to make a discovery is the most fulfilling aspect of teaching,” says Musico. “It is likewise, the most challenging to attain.”

When Ms. Musico was in high school, her passions were very similar to what students love doing here now at Veritas.

“Many, many years ago, in my high school days, I was editor for the school newspaper, I was cast for several roles in extra-curricular dramas and musicals, I tortured my choir director with persistence and persistent inability to make county choir,” she says. “I even played in the hand-bell ensemble just to stay in her [choir director] graces.”

Since the role of teaching at Veritas is very demanding, Ms. Musico loves to get some fresh air outdoors during her free time.

“I spend nearly all of my free time running or backpacking. I enjoy cross-country skiing too, when the weather permits,” says Musico.

Favorite Word: wander- “I appreciate the idea of

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Teacher of the Month continued from page 3

movement for the sake of movement alone,” says Mucico.

Least Favorite Word: hysterical

Have dinner with anyone famous living or dead:

Edward Abbey

Books on your nightstand right now: *Much Ado*

About Nothing- Shakespeare, *Murder on the Orient Express*-

Agatha Christie, *Ready Player One*- Ernest Cline,

Of Mice and Men- Steinbeck, *Enchiridion*- Epictetus

Profession either than you own that you would like to attempt: Vagabond writer

Favorite quote: “If you treat an individual as he is, he will remain how he is. But if you treat him as if he were what he ought to be and could be, he will become what he ought to be and could be.” - Goethe



Thanksgiving Survey

By: Megan Forrester, Emily Gates, & Abby Kaup

As Thanksgiving approaches, we set out to discover the Thanksgiving traditions of fellow Veritas students.

We asked these questions to a variety of middle and high school students, and here are their responses:

Pumpkin or Apple Pie?

30% answered Pumpkin

70% answered Apple

Sweet Potato Casserole or Mashed Potatoes?

17% answered Sweet Potato Casserole

78% answered Mashed Potatoes

Do you watch the Macy's Thanksgiving Day Parade?

50% answered yes

50% answered no

Do you go Black Friday Shopping?

32% answered yes

68% answered no

Big or small family gathering?

55% answered big

45% answered small

Travel or stay in town?

18% answered they travel

82% answered they stay in town

Literary Mad Lib

By: Lilly Golich

He 1 into our 2 in the summer of 3. I was a 4 then, barely topping the 5 of father's old 6. I was on the upper rail of our 7 corral, 8 in the 9 afternoon sun, when I saw him far down the 10 where it swung into the valley from the 11 plain beyond. In that 12 Wyoming air I could see him 13, though he was still 14 away. . . .

-The first paragraph of *Shane*, by Jack Schaefer

1. verb (past tense)

2. place (house, roller rink, etc.)

3. year

4. noun

5. noun

6. noun

7. adjective

8. verb (ends in ing)

9. adjective

10. noun

11. adjective

12. adjective

13. adverb

14. distance (12 cm, 5 miles, etc.)