



At a Glance

NEWS

After Zooming from Egypt, Amira comes in person ... [Page 2](#)
Dwyer joins the ranks as freshman biology teacher ... [Page 2](#)
Parents walk in sons' shoes at Back to School Night ... [Page 5](#)
FEMA safety plan puts backpacks back in lockers ... [Page 5](#)

SPORTS

Football looks to attain first Running of the Bills win since 2017 ... [Page 6](#)
Soccer back for revenge after disappointing loss in District finals ... [Page 7](#)

MOSH MADNESS

‘Humid,’ ‘sweaty,’ and ‘gross:’ BTSM returns to Danis Field House with record numbers



Students crowd around the DJ at the Back to School Mixer in the Danis Field House.

photo | Joseph Reid

BY ALEX PREUSSER
NEWS EDITOR

One thing helps ease the minds of students as they return to classes, the onslaught of tests and homework, and the end of sleeping until noon every

day: the Back to School Mixer. Held on the first Friday of every school year and organized by StuCo, BTSM is the perfect opportunity for Jr. Bills to lose their stress in the mass of jumping, sweaty teenagers, strobe lights, and blaring music. The event

was attended by the majority of St. Louis U. High's student body plus around 1500 girls from Saint Louis area high schools, filling the Danis Field House. "Nothing screams BTSM more than girls and sweat," said sophomore Brewer Hamilton.

Though girls and sweat are some of the key elements of a successful Back to School Mixer, StuCo's planning of the event ensured that every guest could have a great time. Last year, due to Covid, the mixer was held outside, **continued on page 4**

New year, new schedule

Students share reactions after first week with cascading block

BY LUKE DUFFY AND
THOMAS JUERGENS
EDITOR IN CHIEF, CORE STAFF

The new cascading block schedule had its official debut last Tuesday on the first day of school. Having emerged from months of listening sessions, research, and planning, this schedule is intended to respond to the wants and needs of students and teachers and address the problems of the previous 7-period and block schedules.

Class times are now 60 minutes, a middle ground between the 45-minute classes of the 7-period schedule and the 80-minute classes of the block schedule. The bell rings at the same times every day, eliminating some inconsistency from the block schedule. Also, the nature of the cascading format means classes occur at different times each day, so students are not stuck with having the same class at the same time every day.

"I think for most people, a schedule like this is just intimidating until you do it," said Assistant Principal for Academics Kevin Foy. "And until you do it, you haven't done it. So, I think

there are a lot of people who are just nervous because it's the beginning of the year and they've never done it before."

After a week of living with the schedule, many students find it to be confusing, with each day being completely new, and say they are struggling with organization and time management.

"It's really confusing," said senior Chris St. John. "We pretty much have no idea when our classes are. We check them the day of on PowerSchool to figure out what we have. I mean, there's some futile attempts at planning and using the planner but to be honest, it's just come and go."

"I think it definitely shakes the day up, which in some ways can be confusing, but it can also be kind of nice," said freshman Joe Murphy.

Other students are optimistic that they will be able to get used to the new schedule.

"It's not as hard as I thought it would be. There's almost a pattern to the schedule," said sophomore Aidan Pike. "A lot of the days are repeated, just in a seemingly random order."

The administration anticipates **continued on page 4**

Dill Center renovations conclude, admin and counselors move in

BY MICAH DOHERTY AND
DREW FIGGE
CORE STAFF

The major renovations to convert the former cafeteria into the new and improved Dill Center, which features the main office and counseling offices, were completed this summer.

After a large donation from J. Anthony '57 and Donna M. Dill as part of the 2018 Go

Forth Campaign, SLUH originally broke ground on the construction of the new Dill Center for Academic Success on March 3, 2020. The 6,300 square-foot front offices cost around \$3 million. In doing so, SLUH moved the principals' offices along with other staff and counselors into the Dill Center.

"We needed better space for the Main Office altogether," **continued on page 4**

SLUH HOSTS TWO HIGH SCHOOL SUB-4 MILES

Most successful Festival of Miles to date produces seven four-minute miles, including two from running phenoms Burns and Martin



Joe LaBarge '22 running as a pacer at the Festival of Miles.

photo | Megan Vitale

BY JACKSON COOPER
NEWS EDITOR

Running history was made this past summer on the campus of St. Louis U. High at the annual Festival of Miles

in June, where two high school athletes—Gary Martin from Warminster, Penn., and Connor Burns of Ashland, Mo.—broke the four-minute barrier in the high school mile for the first time.

The Festival of Miles began in the spring of 2008 as a fundraising effort for Bridget Schutzman, a Saint Louis University runner who had been badly injured in a car crash the prior year. Initially intended to be a one-off fundraiser, the event has since expanded to include opportunities for top-ranked runners at the middle school, high school, and professional levels to compete against each other. The festival continues to operate as a non-profit charity, donating profits to a local athlete in need.

Since its inception, the festival has been hosted at SLUH's track, due in large part to track and cross country head coach Joe Porter's place on the Festival of Miles board.

Though the festival has attracted top-end talent throughout its history, it has reached a new level of com-

petition in recent years thanks to a sponsorship with running shoe company Hoka. Due in large part to Hoka's resources and willingness to help grow the event, more and more athletes from around the country have been flown in to compete. Additionally, a recruitment effort taken on by the local Big River Running Company has seen an increased number of professional and collegiate runners take part in the festival.

"Two years ago, when Hoka came on board, one of their ideas was to use some money to hire an actual meet director, instead of (board members) trying to piece it together," said Porter. "After interviewing a couple different people, we ended up hiring Big River Race Management. So one person on their **continued on page 5**

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INDEX

- 2 News
- 3 Crossword
- SLUHsers
- Credits
- 4-5 News
- 6-7 Sports
- 8 Calendar

Jr. Bills travel around the globe as summer language immersion trips return



Students pose in front of the Ernest Hemingway statue in Pamplona photo | Kate Toussaint

BY ANDREW HUNT AND
WILLIAM ALBUS
CORE STAFF, STAFF

St. Louis U. High students participated in four different language and cultural immersion trips this summer in an impressive show of the considerable expansion of SLUH’s Global Ed program. The trips offered were to Spain, Chile, Colombia, and France.

The first of these trips was to Pamplona, Spain. This took place at the end of May and in the first half of June, a two-week voyage available to Spanish I students. However, the experience began long before — participating SLUH students hosted exchange students from SLUH’s Pamplona partner school, Colegio Irabia-Izaga, last March, who lived with them for two weeks and had the chance to see various St. Louis landmarks and participate in SLUH classes and events.

Upon leaving for Spain, the 11 SLUH students were accompanied by Spanish

teacher Kate Toussaint, who coordinated and chaperoned the students for the whole trip. While in the historic city of Pamplona, they stayed with the families of the same Irabia students they hosted in St. Louis, participating in similar activities as well. Students had the chance to participate in classes, take a day trip to the coastal town San Sebastian, see the preserved home of St. Ignatius, visit the locations where the famous Running of the Bulls and subsequent bullfights take place, and much more. Most importantly, though, they had the chance to be with and meet the family and friends of their host students and faculty members at the school.

“Being around everyone and eating the very good meals was a great experience,” said sophomore Drew Hawley.

Of course, this also helped a lot with language improvement. While the Spanish students are all proficient in English, being

in Spain meant the SLUH students were listening to and speaking Spanish all the time.

“I think I strengthened my Spanish skills by being around Spanish speakers and it allowed me to pick up what they were saying better,” said Hawley.

“I was very immersed with the culture along with the language and I felt like learning slang along with normal Spanish was very personal to the trip,” said sophomore Nuri Guneyli.

Finally, the trip also allowed the young SLUH students to bond through embarking on a journey together.

“I got much closer with my fellow classmates,” said sophomore Kieran Hunt.

Juniors Archie Carruthers and Ben Fazlic took trips to Colombia, staying in Bucaramanga in the department of Santander. Blessed with the hospitality of welcoming his host family, Carruthers was able to apply his two years of Spanish edu-

cation at SLUH in the real, fast-paced world we live in today. He attended school with his host peer, Santiago Remolina, a former exchange student at SLUH.

Remolina was hosted by the Carruthers family and so the Remolina family decided to return the favor to Carruthers and welcomed him with open arms, like the rest of the country.

“It’s an experience that I would highly recommend,” said Archie. “The people are so welcoming and it not only improves your Spanish but makes you a more confident Spanish-speaking American.”

With the help of Director of Global Education Rob Chura and the Colombian Global Education aid Neify Vega, Carruthers and Fazlic were able to enjoy their time away from home quite well.

Next, a group of six SLUH French III students journeyed to France for yet another summer Education trip. They stayed with host

families for two weeks and participated in activities sponsored by the host school in Chartres.

Senior Ethan Keutzer translated his three years of French from the classroom to real life interactions with French-speaking people.

“It was definitely uncomfortable at first, especially when I was the only American around, but everyone was so nice and always did their best to make me feel welcome,” said Keutzer.

The group also had the rare opportunity to view France from the perspective of the Arc de Triomphe.

“You get a beautiful view of all of Paris, with a perfect view of the Eiffel Tower,” said Keutzer.

Finally, senior Lucas Rammacher along with two other SLUH students embarked on a trip to Chile. Rammacher stayed with a host family of five. Continuing his Jesuit education in Chile, Rammacher attended St. Ignatius High School.

Like many other students, Rammacher saw great benefits for his Spanish-speaking skills.

“I think it strengthened my Spanish going in. I didn’t feel like I was that confident in my Spanish but as time went on, I would probably say three weeks in I really got used to hearing Spanish and speaking it more often,” said Rammacher.

These trips mark the triumphant return of SLUH Global Education, after a hectic previous two years of travel bans, disease, and many more complications. The program did a phenomenal job staying flexible with boarding and travel turning out to be an extremely diverse and dispersed summer of trips.

“For the past 18 months, we’ve had to be prudent and careful,” said Director of Global Ed Rob Chura. “This year, to the credit of our faculty and kids, people stayed patient and waited and fortunately that paid off.”



Seniors on the France trip pose on the steps of Versailles. photo | Annie Hilmes

After teaching Arabic over Zoom last year, Amira joins classes in person for first time

BY MICHAEL BAUDENDISTEL
CORE STAFF

Dr. Mohamed Amira has joined St. Louis U. High Department of Modern and Classical Languages as an in-person instructor for the 2022-23 school year. While Amira taught at SLUH during the 2021-22 school year, it had been entirely via Zoom. Both Amira and the SLUH community are excited to have him in the building full-time this year, and, according to Amira, his transition to SLUH has been smooth.

Amira has been teaching for 16 years, including in his last position as the director of the Arabic program at Ohio University for three years. Amira started teaching at SLUH last year, and has stayed because of his relationship with the students and faculty.

“I liked the students and I felt there was a strong connection between us,” said Amira.

“At the same time, I felt the administration wanted me to come so I was so happy when I knew I could be here in person.”

Amira is a native speaker of Arabic having grown up in Egypt and lived in Saudi Arabia for a time as well.

Amira’s students of all levels enjoy having him as their teacher, likely because of his student-centered style of teaching.

“Dr. Amira is just a great

person,” said senior George Keyrouz. “He is very approachable and always wants to help his students.”

Arabic can be a tough language to study, but Amira’s students say that he makes it easy for them to pick it up. Further, Amira has been known to tie his experiences in Egypt into his lessons to give a unique perspective on the culture surrounding the language.



Mohamed Amira. photo | Kathy Chott

Dwyer joins from MRH to teach biology and chemistry

BY LUCAS HAYDEN
REPORTER

St. Louis U. High welcomes the newest addition to the Science Department, science teacher Dr. Kathleen Dwyer. Dwyer taught all science classes at Maplewood-Richmond Heights for 22 years before making the move to SLUH, and will now be taking on two periods of chemistry and two periods of biology. “I love teaching chemistry, and I’m

excited about teaching biology this year,” said Dwyer. “I love what I do, and I’m really excited about making this transition.”

Dwyer had actually applied to several different schools, but the curiosity and work ethic of the students at SLUH especially impressed her.

“When she was interviewing she did a practice lesson with a chemistry class, and she was really well organized and did a lot of activities with the students. She made it fun, but

also very engaging,” said Science Department Chair Tim O’Keefe.

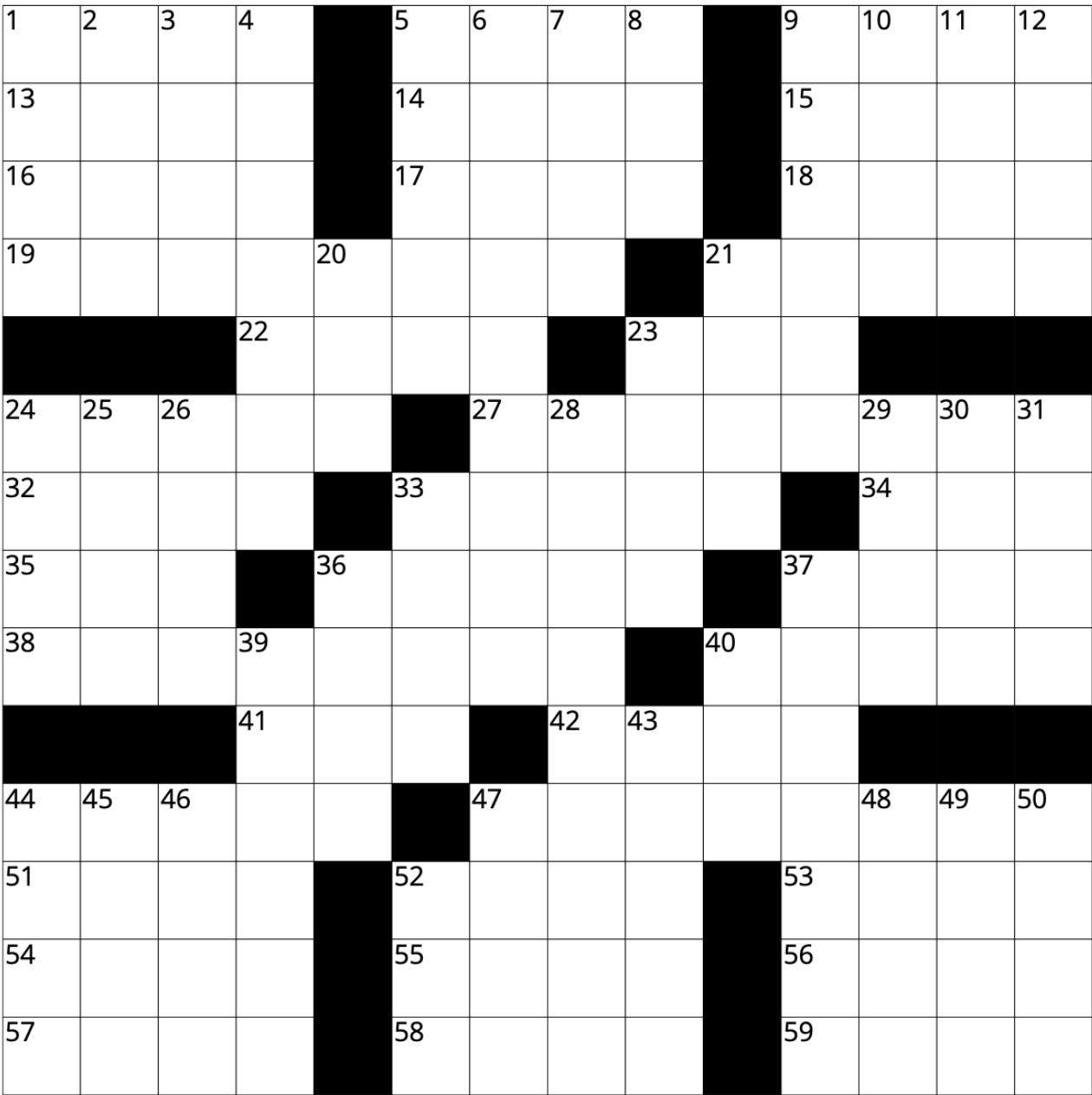
Awarded the Presidential Award for Excellence in Mathematics and Science Teaching (PAEMST) in 2013 and the Monsanto Outstanding Science Teaching Award in 2011, Dwyer is well-versed in science teaching as a whole, and has also passed on a lot of her knowledge to other teachers. The best part about receiving the PAEMST to Dwyer was getting to meet the other amazing teachers from other states, and being able to connect with them, a network she still keeps in touch with.

“I’m very passionate about helping science educators be better educators because some of the old ways of teaching are not as effective for all students,” she said. “Trying to find ways to update teaching and teaching practices to make students more successful and interested in the sciences is very important to me.”



Kathleen Dwyer. photo | Kathy Chott

PN Crossword: Hear Here



crossword | Paul Baudendistel

- ACROSS**

1, 5, 9. Propels gently down a stream, Greek r's, Valentine's gift

13. Strange?

14. Prefix related to flight

15. Really big convention

16, 17, 18. Wind instrument, self-absorbed, blood line

19. Kids on a snow day, often
21. Habits

22. Resort city in Sicily

23. Cash register drawer?

24. Honda luxury division

27. The first of April

32, 33, 34. Egg containers, tackles for a loss, woodwind made of brass

35, 36, 37. Myself plans to, supermarket section, tropi-
- cal refuge

38. Seasoning

40. *The Simpsons'* Krabappel and *The Incredibles'* Mode

41. Hydrocarbon suffix

42. Daughter of the Evil Queen in the *Descendants* movies

44. *Home* _____

47. Welcoming pose
- 51, 52, 53. Distribute, animal flesh, swimming competition

54. Parent's sister?

55. "I've got this."

56. Main character of *Frozen*

57, 58, 59. Impoverished, skin opening, decant
7. "... _____ it?" (second guess)

8. Center of our solar system?

9. Rise up

10. *Oregon Trail* beasts

11. Camel defense

12. Many moons

20. Evidence since 1986

21. Breathe with blockage?

23. Toll rd.

24. "Yeah, right."

25. Ref's ruling

26. John Wooden's school

28. Knee surgery

29. Grp.

30. Land of the lost
31. y and x, often

33. Exasperated one?

36. Top notch

37. Brainstorm diagram

39. Thin layer of wood

40. German "a"

43. Animal doctor?

44. "Give that guy _____!"

45. Fallon's predecessor

46. Palindromic boy's name

47. Prefix meaning 3-Down

48. U.S. gambling capital before Las Vegas

49. Laminated list

50. Center of a solar system

52. Clean the floor



Prep News

Volume 87, Issue 1

Credits

“What was your song of the summer?”

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Annie “Wrecking Ball” Hilmes
Kate “Feliz Navidad” Toussaint
Joseph “Chicken Fried” Reid

Moderator
Steve “Take 5” Missey

Music blares and sweat rains as BTSM crowds return to Danis Field House

(continued from page 1)

but the event was allowed to return to the Field House this year.

“With being back in the gym, I feel like it was huge because it’s just loud and sweaty and gross,” said Student Body President Patrick Mehan. “It was really cool to see people being so appreciative of the work that we did, and it made me enjoy the event even more in a way because we put in work to make it happen.”

After his election at the end of last school year, BTSM was the first large event planned by Mehan in his new role, alongside the other newly-elected and appointed StuCo members.

“It’s really convenient that we all just get along so well,” said Mehan. “So when we’re having fun with a video or whatever, we’re just being more productive. And that’s when we do our best work, I think, as a group.”

StuCo’s hard work of planning and promoting the event seemed to have paid off in the end. Their promotion video, posted on Instagram, gained over 9000 views and girls’ tickets soon became scarce.

“I think one of the craziest and most unexpected details was in terms of getting girls registered for the mixer,” explained StuCo

co-moderator Stephen Deves. “We send out a form ahead of time that goes live, and then 1500 female slots were taken in less than 24 hours, which is crazy. And then for the remainder of the week, Mrs. Menne and I got constant emails of ‘oh, can I get into the mixer?’ and ‘is there is there any way I can get a ticket?’”

With over 2000 occupants packed into the Field House, the mixer inevitably became very hot and very sweaty.

“I’ve experienced many mixers both as a student and as a faculty member,” said Deves. “This was probably the most humid, sweatiest, and one of the gross-est ones we’ve seen in a while.”

The stifling heat and overwhelming moisture did little to dampen the excitement of the mixer.

“I’ve gone to several mixers in the past, and this was easily the most energetic, invigorating mixer I’ve ever been to,” said Spirit Leader Tim Browdy. “I think when you get down in the crowd and in the mosh, there’s nothing like feeling the sweat of another human running down your skin.”

By the end of the night, the humidity had condensed on the floor and walls, coating everything in a layer of water, adding

another element of excitement to the mix: potentially slipping.

“Every inch of floor was like a Slip ‘n’ Slide,” said junior Teddy

kind of sick,” said senior Freddy Laux. “Then in the morning, I found out that a lot of people were testing positive.”



Senior Chandler Brozovich dances on stage at the BTSM. photo | Liv Brusatti

Janson.

In the week following the mixer, many SLUH students and teachers have begun to speculate that the event, in all of its sweaty glory, might also have helped to facilitate the spread of Covid-19 and other illnesses.

“Obviously, I did go to the BTSM on Friday, and then I think on Tuesday I started to feel

Because SLUH administration no longer tracks Covid numbers in the school population, there is little concrete evidence to prove with absolute certainty that the illness spreading through the school is Covid-19.

“I think after talking to people that tested positive, thinking about the time it took for our symptoms to start, and also test-

ing positive, we all agree that it’s probably most likely right that we all got it from BTSM,” explained Laux.

It is also important to note that the symptoms experienced by BTSM attendees and others may be the result of illnesses other than Covid, though still transmitted at the mixer.

“I showed up to school for a StuCo meeting, and I told them, ‘Yeah, I don’t know, I don’t feel great,’” said Mehan. “And then I started coughing a lot. And then Mrs. (Megan) Menne asked, ‘You wanna go home?’”

The complications of holding an indoor mixer of wnearily 2000 guests may have been originally masked by the excitement of returning to normal, but this potential byproduct may come as a hard blow to students’ fun.

“I hadn’t thought too much about what if there’s a Covid spike, what if people get sick?” said Mehan. “So when it happened, when I started hearing reports, it was a big reminder that this is still a big problem in our world, like this isn’t going away. We still have to be mindful of that with future events and stuff like that.”

StuCo also had to deal with the immediate aftermath of the mixer: cleaning up after the

crowd.

“We tried to mop it up, but it did not work,” lamented Student Body Vice President Chandler Flowers. “It was still there. Picking up clumps of hair off the ground, a lot of water bottles. It was disgusting.”

But in spite of some messes, what made BTSM so great? Perhaps it was the lost hair and water bottles, the sweat of unknown strangers coating their skin, or the large number of people sliding across the floor that made BTSM so great. Or maybe it was truly the aspect of camaraderie and brotherhood that unified hundreds of Jr. Bills in the thrill of the night. Whatever it was, it was great.

“I think my favorite part was honestly seeing such schoolwide camaraderie and excitement about an event,” said Deves. “It just felt really good for our school. I was working the boys check-in, and just to see the hundreds of boys coming up in excitement, and the goofiness, and the crazy outfits, but how everybody was so excited. It felt like a return to something that they’ve either longed for, or dreamed of, or are just heard about.”

“BTSM? More like BTS- Great!” summarized junior Nate Boyer.

New schedule cascades into students’ daily lives as they adapt to new school year



art | Alex Deiters

(continued from page 1)

pated students being confused or overwhelmed by the new schedule and put into place some measures to help ease the stress of navigating it. On support.sluh.org, every student can view his schedule and see which class he is in. Students have also been sent calendar invites for each of their classes, allowing them to see their schedule on Google calendar and receive updates.

“I plan on looking at Google Calendar until the end of the year,” said senior John Madalon. “There’s no way I’m gonna know what’s happening the next day just by getting in the rhythm.”

Many students like this new style compared to the block schedule because the classes are shorter and keep their attention.

“I like the hour long classes, because last year, with the hour and 20 minutes, nobody was paying attention in those last 20 minutes,” said junior Grant Thornberry.

The shorter classes are an improvement in the eyes of some students, but the block schedule allowed for much more free time during the school day.

Students are finding it more difficult to appreciate the new schedule when more of their time seems to be filled up.

“I actually had to change my schedule at work because of it. I can no longer work weekdays because now it’s like I have class on one day and then I have homework for it the next day,” said senior Charlie Westfall. “I can’t space it out and do it ahead of time like I could with the block. Basically, SLUH is making me lose money.”

Another change from previous schedules is the absence of homeroom in the morning. This year, it is replaced by the hour-long Advisory period every Tuesday and Thursday.

“I really liked having homeroom. It was nice going to the same spot every single morning before school and sitting with the exact same people for a few minutes before I headed off to class,” said senior Carter Lowe.

On the administrative side, the elimination of homeroom along with the cascading nature of the new schedule presented a new problem: it became more difficult to count the attendance of students who are free first

period.

“We have a rotating group of kids who are free first hour, so right now we’re checking guys in in the Commons,” said Foy. “We’re working on a better system for that, but we’ve made it a pretty serious priority to know where all students are at all times.”

Minor roadblocks such as these are to be expected with such a significant schedule change. Administrators remain optimistic that students will adjust to the new schedule and begin to see its benefits.

“I taught at my last school in a rotating schedule like this, and when you think about it in like a year-long footprint, it is really hard to wrap your mind around,” said Foy. “But if you just think about what happens today, it’s pretty manageable.”

“This one’s definitely been growing on me a bit. I feel like I’m gonna end up preferring this one a month or two down the road,” said Lowe.

“I think we’ll fully get good feedback or reactions in like a month like when we’ve been steady,” said Spanish teacher Kate Toussaint, who was the chair of the Schedule Committee.

As with the numerous changes that have occurred over the past couple of years, people require time to adjust. While the shock of a new system may have overwhelmed some, many students are staying positive that they will be able to figure out the schedule and make it work for them.

“I think as long as I get used to it, this will turn out to be a pretty good system. But we’ll have to wait and see,” said Murphy.

Opening of Dill Center marks first step in long term renovation plan for Backer Memorial Campus

(continued from page 1)

counseling, and college counseling,” said President Alan Carruthers. “We then asked ourselves ‘How do we create a space without building a new building?’ Here was a dormant space that had not been used since the Si Commons had been built. So we said ‘Let’s take that and make it something meaningful.’”

The Dill Center now provides a more modernized and sleek workspace for those who were previously located in the main office and the counseling offices. Additionally, these important departments are now in a central, highly visible location, helping both students and visitors to find these offices more quickly.

Within the center, there are a total of 14 offices, three reception lounges, three spare rooms for storage, two conference rooms, one large work room, a small cooking area, and a reprieve room.

“The vision was to bring student support services, administrative leadership, and a space for faculty collaboration all into one very modern facility,” said Principal Fr. Ian Gibbons, SJ.

With the addition of new windows, an open floor plan, and improved lighting, the Dill Center also brought a much more modern architectural design to the offices.

“Something as simple as the lighting in the space makes the offices have a more inviting aura that allows students to feel more comfortable inside them,” said College Counselor Daniel Shields.

Not only do most of the offices have windows to the out-

side, but they also have floor-to-ceiling glass walls that look out over the reception area and into the hallways of SLUH. Being able to look out into the reception area was something highly appreciated by the college counselors. These large glass walls play a large part in how they can interact with students in and out of their own individual offices.

“It’s kind of like being in a fishbowl. It’s amazing that I get to see students as soon as they enter the Dill Center so I can track them down if I need them for a meeting or if I just want to connect with them,” said Shields.

Another key aspect of the new design is the two large conference rooms inside the Dill Center. The conference rooms follow the sleek and modern floor plan throughout the rest of the office space. They create a perfect opportunity for not only the faculty with offices in the Dill Center, but also other staff members to meet and work together in a larger area.

“Before the Dill Center, the college counselors were all displaced, but now we are all together and are able to collaborate and provide amazing resources for students,” stated Shields. “It makes it a lot easier to bounce ideas off the other college counselors and also to use each other as resources as well.”

However, the widespread outbreak of Covid-19 halted the initial start to renovate the area. With lengthy delays in supply chains and the plummet of the stock market, the project was postponed until SLUH was back into a place of stability to

press on with future plans.

The Dill Center was not only created to benefit the faculty, but was also designed to improve the students’ experience on a visit to the main office or counselors’ offices. The location, along with the open floor plan and several lounge areas, makes the offices more attractive and welcoming to students.

“The foot traffic through here is amazing. The number of people who come through here on routine business shows that this place has become like a beehive,” explained Gibbons.

The experience of having to pick a college is very daunting and the college counselors believe that the modern appearance and laid back atmosphere helps ease some of this tension. The Dill Center has changed the office layouts for the college counselors from closed off and separated to all connected and open.

“The Dill Center really allows us to serve students a lot better; it makes us appear more accessible and creates an easy line of communication,” said Shields.

The Dill Center was just the first piece of an elaborate series of renovations. This spring, construction will begin on the chapel and new Campus Ministry offices and construction of staff offices on the second floor.

“We are going to add two more departments up above the chapel and then the lower end of the chapel on the back third of the chapel there is going to be developed for Campus Ministry,” explained Director of Facilities Services Joe Rankin.

Fast times galore highlight fifteenth annual Festival of Miles races

(continued from page 1)

staff is in charge of recruiting high school races, and talks to the agents of the professional guys.”

The night got off to a fast start with the Junior High Miles and High School Developmental Miles, the latter of which saw two local athletes—Nerinx Hall’s Cami Crouch and Festus’s Jacob Meyers—come away with the victory.

Perhaps the most light-hearted moment of the night came just after the boys and girls High School Developmental Miles, when creatures from across the animal kingdom took to the track to answer the age-old question: Who’s the fastest mascot of them all? In the end, that title went to the Statesman of Webster Groves, who ran 400 meters in a speedy 56.79 seconds, shattering the previous meet record. The Cougar of Lutheran St. Charles also broke the previous record in his second-place effort, dipping just under the minute mark with a 59.17. The Jr. Billiken, despite having home-field advantage, finished in dead last, proving once and for all that his absurdly large feet are not conducive to excellence on the track.

Said Porter, “Some of the mascots only wear the head, and they’re in track spikes. We had (junior) Keegan Kesterson in the (Jr. Billiken) suit, and I told him he’s gotta wear the shoes. Like, ‘be last, work the crowd, have fun, and make it a good event.’”

After each and every mascot was corralled once more, the rest of the night’s proceedings got underway with the High School Boys and Girls 800-meter runs, which each produced near-meet records. The High Schools Boys and Girls Championship Miles produced similarly fast times, as each race kept getting faster and faster.

In both the Championship and Development High School Boys Miles, recent SLUH track alums Grant Brawley, ’22, and Joe LaBarge, ’22 served as pacers, helping to maintain fast paces for the first two laps before pulling off the track. As the festival has become more and more prominent nationally, fewer SLUH athletes have been able to participate in recent years, so the addition of Brawley and LaBarge was a welcome sight for Porter.

“We did have a little bit of a SLUH connection in that the (pacer) of both of the high school races were Grant and Joe, so it was neat to have two SLUH athletes out there,” said Porter.

Though the whole evening was special, the meet’s most memorable moment happened in its very last race: the St. Louis Track Club Men’s Mile, which pitted 13 high school, college, and professional runners against one another. No stranger to fast times, the men’s race had produced 41 sub-4 minute miles in its history prior to the 2022 edition, allowing SLUH to lay claim to the unofficial title of

“fastest high school track in the United States.”

With a slew of runners hoping to meet the qualifying time for the then-upcoming US National Championships and World Championships, spots in the professional mile filled up with well-known names in the sport. Representatives from Big River had no trouble assembling a star-studded field, including the addition of Martin, then a burgeoning national star after running a 3:57 mile in his school’s conference championship meet earlier in the season. Late additions also included Burns, a junior who had run as fast as 4:03 in an indoor race the previous winter, and Daelen Ackley, a Notre Dame commit from southern Missouri who had bested Burns in the Class 3 state championship just weeks earlier.

Once considered physically impossible, the four-minute mile has become the definitive milestone in middle distance running, effectively serving to separate the truly elite in the sport from all the rest. Though “going sub-4” is commonplace amongst pro and college runners, just 17 high school runners had gone under the barrier a combined 25 times prior to this year’s festival. Previously, the Festival of Miles had played host to one high school sub-4 mile, which was achieved by now-Olympian Grant Fisher in 2015. This year, all three high schoolers in the field stood a realistic chance of getting under

four minutes.

After a blisteringly fast first 1200 meters, Ackley had fallen off the back, while Burns and Martin were each one good final lap away from breaking four minutes. The race championship was taken by Golden Coast/Adidas’s Paul Ryan, whose 3:55.95 was enough to claim the No. 3 spot on the all-time meet leaderboard. However, the show was stolen just seconds later by Martin and Burns, who got fourth and fifth places, respectively, but most importantly each broke the four minute mark, the first time two high school athletes had broken the mark in the same race. While Martin set a slight personal record, Burns improved his previous best by over five seconds, and became just the second high school junior to ever go sub-4. Burns was accordingly swarmed by his sizable cheering section, composed largely of fellow Missouri runners, who were ecstatic to see the first sub-4 mile in Missouri high school history.

In addition to Burns and Martin, five other athletes went under four minutes, equalling the previous meet record.

With its 2022 edition now in the books as possibly the most successful of all time, planning is already underway for the 2023 Festival of Miles. 2023 is another World Championship year, and with a continued strong partnership with Hoka, next year’s races hold the potential to be the fastest ever.

Back to School Night returns to campus to teach parents about classes and schedule



Asst. Principal for Mission Jim Linhares. photo | Drew Figue

CHARLES TURNELL AND
VINCENT WEINBAUER
CORE STAFF, STAFF

comply. This will give parents a better understanding of their child’s week.

Jr. Bill parents came to Saint Louis U. High last night for the annual Back to School Night. While students were home cramming homework and preparing for the next day at school, parents were trying to find their way around the building. The evening marked a return to in-person Back to School Night for the first time since the current seniors were freshmen.

“Back to School Night is a chance for parents to walk through their kids’ schedules,” said Assistant Principal of Academics, Kevin Foy. “They can meet their sons’ teachers and get a light sense of what goes on in classes.”

The journey started in each student’s advisory room for a short introduction to what advisory is, and then parents attended periods A through G. Each class meeting was 10 minutes.

“It’s not time for parents to ask a bunch of questions,” said Foy, “its a quick meet and greet, maybe shaking hands on the way in and out.”

Back to school night this year was different than the past two years returning to how it was pre-Covid, allowing for a more immersive experience than what zoom offered.

“It allows parents to get face time with teachers and have a sense of what the courses are trying to accomplish,” said Foy.

The goal is for parents to gain an understanding of not only their students’ day, but what it is they are trying to ac-

“I talk about what I’m passionate about,” said math teacher Stephen Deves. “I talk a little bit about my class but mostly focus on how they can support their son.”

Your parents are doing exactly what students do on a daily basis just in a much shorter time and they love it. Most parents even look forward to Back to School Night.

“I remember when I was first teaching here I asked my mom what she got out of Back to School Night,” said Deves. “She said the first and most important thing was to meet the teacher and get to know who was teaching her son for nine months of the year.”

Back to school night is nothing special. It is a way for curious and invested parents to get to know a little bit more about the mystery of their sons’ days. It is most importantly a night that ensures parents that their kids are in a good environment and getting the most out of their education. On both ends, parents and teachers, the night was a success. Teachers got a way to find out more about their students that gives them a better understanding on how to most help them throughout the school year as parents do the same. With everything going on, both sides have two interests in mind: the betterment of the students and a good night.

“I think it’s just fun to meet the parents,” said Deves. “And I think it’s fun for them to meet us as well.”

Caruso, SJ brings decades of experience in education to new Vice President role

BY LUKE DUFFY
EDITOR IN CHIEF

Michael Caruso, SJ is stepping into a brand new position at St. Louis U. High this school year as Vice President for Mission, Planning, and Operations. Along with filling the school’s need for more priests to lead masses, Caruso will be taking on mission projects and strategic planning for the future.

A veteran in the world of higher education, Caruso brings years of expertise to this new position. He worked at Rockhurst University, received his doctorate at the University of San Francisco, worked at Loyola Marymount University, then served as president of St. Ignatius College Prep in Chicago, Ill. When he was hired at St. Louis University last year, he figured his days in secondary education were over.

“That’s what the provincial this past March said, ‘I needed another priest at St. Louis University High School,’” said Caruso. “I said I would. And so here I am back in secondary ed. I’ve been bouncing back and

forth.”

Despite the surprise, Caruso is excited for this new chapter of his professional career.

“I’m very happy to be back here in Missouri,” he said. “I’m very happy to be here at St. Louis U. High. It has always had such a great reputation.”

Caruso grew up in Kansas City. After graduating from high school, he joined a Benedictine seminary and became a diocesan priest. It wasn’t until after years in the priesthood that he felt called to join the Jesuit order.

“I very much was attracted to the Jesuit way of life because there is community, but it’s not overwhelming,” said Caruso. “It’s very similar in some ways to diocesan priests, but you’re living with other people and working with them in the same mission.”

Caruso completed his Novitiate in Denver. Since then, he has applied his Jesuit spiritual teaching to his work in education across the country.

At SLUH, he will be responsible for a variety of tasks. He will aid Principal Ian Gibbons, SJ and Director



Michael Caruso, SJ. photo | Kathy Chott

of Campus Ministry Matthew Stewart, SJ in masses, retreats, confessions, and other religious activities. He will partake in various mission-related projects including the selection of a new principal and strategic planning for the next ten years.

“My main job here is to be a priest for the students, faculty, and staff, but then there’s some of these administrative projects that come along, so I’ll be working on those too,” said Caruso.

In addition to his decades of experience in edu-

cation, Caruso brings another unique lens to the SLUH community. A passionate fan of early Disney animation, he studied the way Disney ran a company while in graduate school.

“I did a lot of research on Disney, the company, its business methods, and what schools and educators could learn from them,” said Caruso.

His collections of Disney animation props highlighting his multifaceted nature, Caruso is ready to apply his new perspective to life at SLUH.



Senior parents attend a college counseling meeting. photo | Vincent Weinbauer



Jr. Bills hold high hopes for season after strong jamboree performance

BY BEN CROAT AND DANIEL TICE
SPORTS EDITOR, STAFF

In 1916, Art Thomas became the first coach of SLUH football. 106 years later, Adam Cruz is the 17th. His goal will be to improve on the team's 7-4 record from last season, which ended at the hands of the Class 6 champion CBC Cadets in the District Finals. The Jr. Bills have a lot of good to build on as they return 11 starters from last year's playoff run. SLUH is ranked No. 7 in the area by both STL Today and GSV, but hope that the star-studded roster surrounding the first year coach will lead them to exceed expectations.

Leading the team will be Marco Sansone who, like Cruz, also has a new title: starting quarterback. The junior will replace Luke Johnston '22 and will hope to continue the legacy of the Sansone name in the program.

"I am excited to be able to work with Coach Cruz and throw to some really talented guys," said Sansone. "It should be fun."

Sansone will have a plethora of weapons at his disposal, most notably junior Ryan Wingo. The 6-foot-2 five-star wide receiver caught 32 passes for 632 yards and 10 touchdowns last season, and scored four more on the ground and one on a punt return. Wingo's sophomore season helped earn him 33 collegiate offers, and he is poised to have an even better year this time around.

With last season's top wideout Chris Brooks, '22, moving on to the University of Wisconsin, Wingo should see an increased target share and more volume. However,

he is more than just an offensive threat. Wingo will serve as the punter for the second straight year. He averaged 42 yards per punt as his athleticism makes him a threat on fourth downs.

The rest of the offensive weapons also cannot be overlooked. Tight end Zach Ortwerth committed to Iowa over the summer and looks forward to his potential larger role in the receiving game. His 6-5 basketball frame makes him an elite run blocker and the perfect safety blanket for any QB.

Sophomore Landon Pace will be behind Ortwerth in the depth chart, but also has the talent to be a starting caliber tight end most other years. The son of NFL Hall of Famer Orlando Pace, Landon has garnered much interest from college scouts, which has culminated in an offer from his father's alma mater, Ohio State.

Juniors Joe Harris and Nathan Gunn will complement Wingo in the receiving room and look to breakout in their expanded roles. Star cornerback Jacobi Oliphant will make the move to wide receiver this season, further boosting the aerial firepower of this years receiving threats.

"I am looking forward to the new season. Marco is looking good, and the rest of the offense has the talent to make an impact," said Ortwerth. "As a team we had a good summer, we built a lot of trust in each other working out and learning a new offense and defense. We will have some new guys that will step up and fill some roles. I'm excited for what we can do this season."

To the relief of Sansone, the offensive line should be

much improved from last year for one reason: experience. SLUH is returning four of the five starters from last season: senior Matthew Barnes at left tackle, junior Vince Chappius at center, senior Alex Fowler at right guard, and junior Gus Dames at right tackle. The left guard position has been a mix of junior Virshaun Mosely and



photo | Skye Kelly

senior Diego Torrez, who are battling for the starting job.

"We have been looking pretty good so far," said Barnes. "We have no first year varsity players starting for us and I think that our experience will help us work together as a unit."

Senior Kam Bailey will look to take over as the starting running back, and freshman Jordan Taylor is also expected to have a sizable role running the ball. They will look to replicate the work of last year's RB1 Derrick Baker, who accumulated 1,003 rushing yards.

On the defensive side of the ball the Jr. Bills return a number of starters, most notably junior defensive end Archie Carruthers, junior cornerback Jacobi Oliphant, and senior linebackers Lou-

is Kertz, Ryan Kellogg, and Dillon Ramella. The secondary will see the additions of senior Trey Smith, freshman Keenan Harris, and Ryan Wingo, who will play free safety for the Jr. Bills. The defensive line will add juniors William Sheffield and Oliver Barcizewski, senior Jaylen Morris, and sophomore Landon Pace.

"We have a very robust junior class, that's just a fact. We have two junior captains and a lot of our returning starters were sophomores that started last year," said Cruz. "But we still have a lot of great seniors that have been starters for the last three years. There's Zach (Ortwerth) who's committed to Iowa, Louis (Kertz) who was third last year in Class 6 in tackles, and many other guys who deserve praise."

"I think our team kind of got into the lexicon of thinking 'we're going to be really good next year.' I've really tried to keep us focused because this year is our year too," said Cruz. "I'm really excited for our seniors and I want to see those juniors develop. There's also a couple of sophomores and freshmen

that can take the next step; we made a lot of good strides last year."

The Jr. Bills' first test came last Friday where they took part in the Eureka Jamboree along with Rockwood Summit and Vianney. Their first scrimmage against Eureka saw the defense shut down Eureka's high powered rushing attack with key tackles made by senior linebackers Ramella, Kellogg, and Kertz. Once SLUH took possession they didn't let off the gas as Sansone led the way with touchdown passes to juniors Jacobi Oliphant and Joe Harris leading SLUH to victory 2-0.

Against lowly Vianney, the Jr. Bills pulled their starters in favor of giving some JV players some experience and still ended up shutting out the Griffins 2-0.

The Jr. Bills faced off against Rockwood Summit for the final game who, again, were left scoreless with key defensive plays by senior cornerback Tre Smith, junior cornerback Jacobi Oliphant, and freshman safety Keenan Harris. SLUH finished the deal with another touchdown from Sansone to Oliphant to end the game 1-0.

Looking forward, the Jr. Bills have quite a daunting path ahead of them as their schedule has them facing a series of challenging out of conference foes. These include St. Mary's (12-1 last season) in week one, who went undefeated in inner-state play last season, Timberland (7-4) in week two, Vashon (9-2) in week four, Jesuit cross-state rivals Rockhurst (4-6) in week 8, and Cardinal Ritter (7-7) in week nine.

"Our schedule is very

challenging and what's awesome about that is that we can never get tempted to look ahead because every week we have a really good team," said Cruz. "We can't get ahead of ourselves because there isn't a single game on our schedule that we can take lightly. Last year, it was hard to keep our minds set versus now we know every week we're going to have to be committed."

The Jr. Billikens' first showcase sees them face off this Friday night against last year's Missouri Class 3 Champions and inner-city rivals, St. Mary's High School. It's been six years since the Jr. Bills have won the opening home game of the football season, widely touted as the Running of the Bills, but this year's contest will come with a few challenges. While the Dragons lost star wide-out Kevin Coleman, they come into the matchup led by a trio of highly recruited seniors: Chase Hendricks, a three-star wide receiver, Jamal Roberts, a three-star running back committed to Mizzou, and Donovan MacIntosh, a lengthy cornerback committed to Kansas State. St. Mary's is ranked at the top of every small-school ranking of the St. Louis area and will provide a well-welcomed challenge to the Jr. Bills. SLUH currently holds a considerable 21-3 matchup advantage all-time but fell short in their last meeting 40-24, making Friday night's matchup a must watch. To pull off a victory at the Running of the Bills, SLUH will need to shutdown Roberts in the trenches, prevent big plays through the air, and exploit their aerial advantage.

Cross country team showcases depth in workouts and Alumni Race

BY BRENDAN JONES AND LUCAS RAMMACHER
REPORTERS

After the Alumni Race and two weeks of training, the team has shown off its depth not just on the varsity level, but also on JV.

Throughout the summer, there were always strong showings across all grade levels at the optional daily runs. While at the Madonna Della Strada Retreat Center in Silex, Mo., leaders on the team set high goals for the season.

Two of the highlighted goals for this season were to play to the team's strength and depth with ten runners under the 17-minute mark and 25 runners under the

18-minute mark for 5Ks. This is a step up from last year's 23 under 18 despite the loss of seven sub-18 seniors.

Head coach Joe Porter thinks this goal is reachable as a pack of nine runners were under 10:30 in the two mile alumni race with a steady flow of finishers from the 10:30 mark to the 11 minute mark. Based on 5K conversion time from the alumni race, the team has around 13 runners that show potential to break 17 minutes early in the season.

"I think the team will drop some insane numbers this year," said captain Nolan Meara.

Not only with varsity runners did the team showcase

its depth, but in heats two and three of the alumni race, there was a lot of pack racing and competition between younger runners. For nearly 50 of the new runners, this was the first chance to have a racing experience and to find out what it's like to compete with their teammates.

"One challenge that comes with such a large group of new runners is making sure that guys understand the routines and expectations," said Porter as there are a mere six coaches for the 111 runners on the team.

Though the team has lost six of the seven runners who ran in the team's fourth-place effort at State last year, the senior and junior classes seem

poised to step up to the top seven. The loss of last year's strong senior class had resulted in a wide-open group of runners challenging for the seven varsity spots, with seniors Tim Greiner, Meara, Wyatt Seal, Carter Lowe, Brendan Jones, and Will Riggan, as well as juniors Mason Scargall, Charlie Gray, Charlie Murray, and Anthony Zangara all likely to feature at some point in the season.

Coming up for the younger runners on the team is the O'Fallon Futures Meet (Aug. 31 at O'Fallon Township (Ill.), where all freshman and sophomore runners will get a chance to compete not only against each other, but also against other schools.

"I'm really excited to get back out there," said sophomore Patrick Jones. "It's a pretty flat course and a three-miler which always adds up to quick times to start the season."

Jones's enthusiasm seems to be shared among the whole of the sophomore and freshman classes as athletes are getting ready to show off the fitness they acquired from a series of hard workouts and long runs.

Despite the excitement building for the first meet, there is the logistical issue of getting all 60-some runners there and getting the new runners through their first pre-race workout (which consists of a first and sec-

ond set of drills, a warmup, and a walk of the course to familiarize the team with the layout). To account for this, Porter is sending a group of more experienced runners to show the freshmen these drills and to cheer them on.

"I think having a group of varsity guys there to support the underclassmen through their first meet will really drive home the season goal of team camaraderie," said junior and recent athlete of the day Charlie Murray.

As the team quickly approaches the start to the season, team morale is high among all leading into the upcoming O'Fallon and Granite City meets.



Adam Cruz coaches against Vianney last season.

photo | Michael Urbanski '21

New head coach Cruz looks forward to promising season

BY BEN CROAT
SPORTS EDITOR

Head Coach Adam Cruz’s journey with SLUH football had a humble beginning. A graduate from SLUH in 2010, he participated in the football program all four years as an offensive and defensive lineman. While his physique has changed over the years, his sport definitely hasn’t.

“He’s been absolutely exemplary,” said Athletic Director Chris Muskopf. “He’s coached basketball, baseball, and football here. He’s always been very energetic and he’s been able to connect in a very strong fashion to our young men in the athletics department and the whole of our school.”

Cruz has been working

as a coach since he came back to SLUH during his junior year of college at Saint Louis University. His role has shifted during his time in the program from working with underclassmen to his role in college recruitment.

“At the beginning, I was coaching the freshman team under Coach Kornfeld and then I began working at the varsity level with Coach Jones as a varsity assistant,” said Cruz. “The last three years I have been the varsity associate head coach, the outside linebackers coach, and the special teams coordinator.”

Following the departure of Mike Jones this offseason, there were many speculations about the future of SLUH football, but everyone close to the team knew who

would take over.

“With the timing of how everything evolved and his leadership over the last several years, it was very obvious that he was our next step in order to pick things up where they were and keep us moving forward,” said Muskopf. “So we designated him to lead the program in the middle of last May.”

Over his last few years in the program, Cruz has gained much adoration from both administration and players alike. His dedication to the program and to the betterment of the young men in the program has been evident since the beginning.

“He’s very knowledgeable,” said Muskopf. “He’s definitely a Jesuit individual in terms of his leadership style and his approach to

coaching.”

“Coach Cruz brings a new energy to the team. Since he works in the building and sees us throughout the day, it makes it easier to make a real connection with him,” said junior starting quarterback Marco Sansone. “Personally, I’ve known Cruz forever. I was his waterboy when he was playing, and now I’m his quarterback when he is coaching. That’s pretty cool.”

With many years in and around SLUH Football under his belt, Cruz looks to improve on last year’s successes and propel the Jr. Bills into a brighter and better future.

“I’m very excited for this year,” said Cruz. “We have a lot of guys ready to make that next leap but we need to focus on taking it one week at a time and stay committed.”

Soccer shines in jamboree, looking forward to dominant season

BY EMMETT GALLARDO AND
WILL LUBBRING
REPORTERS

Following up one of the most successful soccer seasons in school history is always going to be tough, but the atmosphere around the St. Louis U. High soccer team this year is very optimistic. The departure of last year’s seniors has left a void that seems almost impossible to fill. However, in his fifth season as head coach, Bob O’Connell has nothing but confidence in his players and their ability to lead the team in a new chapter.

“Do I think we can win a lot of games?” said O’Connell. “Yeah, I think we can win a lot of games.”

This spirit rang true at the SLUH-hosted jamboree on Aug. 18, as the Jr. Bills bested both of their opponents, Jackson and MICDS. In the match against Jackson, SLUH kept steady possession and dominance despite missing two of their key players in seniors captains Kevin Cooney and Lucas Hammond. Freshman Henry Sanders netted the only goal of the game, sealing the deal and giving SLUH the 1-0 start they wanted.

After the Bills tasted blood against Jackson, the

next to fall at the Drury Plaza was MICDS. The team came in with high energy after their recent win and simply could not be overpowered. Juniors Grant Locker and Keegan Kesterson scored the first two goals while senior Davis Ragan completed the shutout, making the final score 3-0.

Coming out completely unscathed from the jamboree set the tone for a lot to be expected from the team this season. The players aren’t only confident in their captains and senior leaders, but also the depth of the team as a whole. All members of the team, underclassman or upperclassman, can be counted on to make big plays as exemplified by Sanders’ goal that broke the tie and won the game against Jackson.

“Any one of our guys can go on the field and make a difference,” said Hammond.

“I feel like the jamboree was a good representation of how the season will look. Our possession and players are looking really good,” said senior captain Sam Tieber.

SLUH will embark on their regular season with hopes to continue their success against MCC rival Chaminade tomorrow at Chaminade at 12:00 p.m.

Despite lack of home pool, Swim and Dive readies for run at State

BY ANDREW HUNT
CORE STAFF

I’m feeling hyped, the team’s lookin’ great. I think it’s gonna be a pretty good meet. Great way to start the season,” says senior swim captain Brendan Schroeder.

“I’m excited. I think it’s gonna be a great meet, it’s gonna be fun. We’re gonna give it everything and see what happens,” adds his fellow captain, senior Joe Zarrilli.

Schroeder and Zarrilli look how they say they feel—arms crossed on the deck of the Chaminade pool, they flash grins at the camera with excitement in their eyes, still panting from a tough warmup. It’s Saturday, Aug. 20, and the annual Blue and White Meet of St. Louis U High’s Swim and Dive team is about to begin.

This intersquad competition, which divides divers, junior varsity, and varsity swimmers into a Blue team and a White team, is a longstanding tradition of the SLUH Swim and Dive program. Blue triumphed over White in last Saturday’s initial meet. However, activities and competitions between the two rivals continued throughout the week with the overall winner yet to be determined.

This year, Zarrilli heads the White team and Schroeder the Blue team, along with other team captains seniors Brandon Harris and Gavin

Baldes. Blue and White Week presents a formal, fun kickoff to the season, after a week of tryouts beginning Aug. 8 and then a grueling first week of practices.

Coming in hot from a third-place state trophy in 2021, SLUH continues to have a strong area team despite the graduation of six valuable seniors from the Class of 2022, including state record-holder Cooper Scharff.

“We lost a lot of top speed and so there’s a lot of holes to fill in the lineup,” explained varsity head coach Lindsey Ehret. “Different guys that didn’t have a huge role last year will have a big role this year.”

Nevertheless, six experienced freshmen splashed straight into varsity this year, offering promising speeds sure to win points down the road. Other swimmers moved up from Junior Varsity, while even more displayed significant time drops.

But gone are the days of an easy, 60-second walk or drive to the Forest Park Community College Pool, located right next to the Science Center, for the swim team. The pool, known endearingly to SLUH swimmers as “FoPo,” or even more commonly, “The Swamp,” was a staple part of the team for many years, where varsity, JV, and diving would practice with transportation never being a problem. The location had become

something the team could call home: a SLUH record board proudly hung from one wall, blue and white flags stretched high across the pool, and families enjoyed many meets and team parties at the location.

However, this last spring in the middle of the water polo season, renovations began on the facility. The pool is now closed, with no certainty about when it will reopen.

“Losing FoPo is quite disappointing,” said sophomore Charlie Hill. “I’m pretty bummed about it.”

Ehret, alongside JV coach and economics teacher Rob Hill, scrambled to find alternative locations for practices over the season, aiming for a physically convenient location that would also provide enough needed practice time. After much deliberation and changes, the varsity team acquired a 4-6 p.m. daily time slot at Principia School, a 20-minute drive from SLUH. JV began practices at Villa Duchesne and Oak Hill School, while diving picked up a time slot at Chaminade. This change brings with it numerous logistical issues, such as arranging carpool rides, traffic, and all three groups being unable to see one another at separate locations.

“We’re trying to approach it with a ‘no excuses’ philosophy,” said Ehret. “So even though we don’t have a facility of our own ... we’re try-

ing not to let that impede our success. It’s a challenge, but I think we’re grateful that we’re at Principia.”

“Get comfortable with being uncomfortable.” These are the words Ehret wrote across the whiteboard of Principia Pool, as she crouches beside it, shouting and clapping at the swimmers to keep pushing through a tough set. This year, this is part of a different coaching philosophy she has established with her less experienced team: stepping up. Despite all the challenges this year has already presented, stepping up and putting in your best work inside and outside the pool even when you’re uncomfortable is the best way to see progress.

“I think losing Forest Park ... will increase our resilience and grit,” said Ehret.

With this ingrained work ethic, team members are determined to try their hardest and hopeful for a state trophy.

“I feel like we’re working the rust off right now,” said junior Mattie Peretz. “(We’re trying to) establish where we are in some areas so that we can really excel during the later parts of the season.”

“I think we have the depth to get back to a trophy if I’m being honest,” added sophomore Jaden Yarborough. “With the new freshmen and the pre-existing talent we already had, we have untapped potential and I think we can

get there.”

In addition, the team has an exciting meet schedule planned, including two out of town meets. They will also participate in the Swim Across America tomorrow at Innsbrook Resorts, an annual one- or two-mile open water swim that raises thousands of dollars for cancer research.

Finally, through it all, the team’s incomparable brotherhood has only grown stronger.

“I think we’re a much tighter group than we have

been in the past,” commented Zarrilli. “Everybody’s really good friends with each other, and I think that makes this season more fun.”

“From day one, everybody’s been really welcoming,” said freshman Connor Dunker, a member of the varsity team. “I just feel like I belong here.”

To stay updated on the team with riveting behind the scenes footage, follow @sluh.swimdiver on Instagram.



Races at annual Blue and White Week

photo | Andrew Hunt

Admin uses professional guidance to improve security and safety in light of recent gun violence

BY AUSTIN WALD
SPORTS EDITOR

No more carrying backpacks? People actually using their lockers? Many changes to St. Louis U. High's security protocols are coming with the start of the new academic year. Working closely with the Federal Emergency Management Agency (FEMA), the SLUH administration has made it a priority to be more deliberate in preventing safety breaches at school, a reality that all American schools face. Some of the new efforts to improve safety include a new security booth at the turnaround, and more intentional faculty training and intruder drills.

"We're living in an era where there have been so many tragic incidents involving shooting violence within schools and other institutions, so we've been spending a lot of time working with FEMA on steps and evaluations of approaches to safety on campus" said Principal Fr. Ian Gibbons, S.J. "Student safety is our

number one priority. Everything else is a secondary subsidiary."

In addition to following guidance from FEMA, Assistant Principal for Student Life Dr. Brock Kesterson and Director of Security Dan Schulte attended a safety training in Denver, Colo., which provided additional insight into the actions that should be taken to improve security. The training revolved around the Standard Response Protocol (SRP), a simple five step plan—evacuate (to a location), hold (in your room or area), secure (get inside, lock doors), lockdown (locks, lights, out of sight), and shelter (state the emergency and location where to shelter)—that stresses the importance of knowing the protocol and how to take action.

So far, the junior and senior classes have spent an advisory period learning about the safety protocol, and subsequent classes will spend an advisory period learning about it in the coming weeks.

Along with the new

SRP, Kesterson and Schulte brought back with them the confirmation that backpacks were no longer to be carried around during the school year, forcing students to make full use of their lockers. Prior to the 2020-21 school year, this policy had always been the norm. The Covid-19 pandemic forced the administration to pivot and allow for backpacks to be carried during the day in order to prevent congestion in the hallways. Now that SLUH is coming out of implementing Covid safety policies, the normal backpack policy is able to return.

Covid, however, isn't the primary reason for the banning of backpacks as allowing backpacks poses a major threat to school security. As noted by Kesterson when explaining the new rules for the school year during class meetings, his desire to return to the original policy was reinforced by his training in Denver.

With the student body accustomed to the ease of carrying backpacks everywhere, the reaction to the

policy change was hardly welcoming.

"I don't really like the rule, but I understand it was changed for our safety, but they could have given us more time to get to our classes now that we have to go to our lockers" said senior Elijah Oden.

"The new locker policy hasn't been bad for me since this is how it was freshman year. It's been somewhat annoying having to go to my locker to get books but overall it has been a pretty easy transition," said senior Spencer Johnson. "In terms of security, I feel pretty much the same with or without backpacks."

With the Class of 2023 being the only current grade to have used lockers at SLUH, the underclassmen and juniors have a much bigger adjustment to undertake.

"Not being able to carry around a backpack was a big adjustment after never having used lockers. But I've gotten used to it and it's really not so bad," said junior Jim Halcomb.

PN 87 Editorial Policy

The *Prep News* Volume 87 opinion section serves the purpose of being the vehicle of the personal opinions of students, faculty, or other members of the St. Louis University High School community. All topics discussed in the section will be related to St. Louis University High School.

Nothing published either as an editorial, commentary, or letter to an editor should be considered the opinion of the school, the administration, or anyone other than its author or authors.

A *Prep News* editorial is the opinion of all five editors on a particular topic.

A commentary or column is an opinion of one or more members of the *Prep News* staff, not of the *Prep News* itself.

A perspective or notebook, like a commentary, is the opinion of one person, often a *Prep News* staff member.

Unlike a commentary, such a piece is often intended primarily to convey a personal experience rather than to provide a viewpoint on an issue. Unlike a letter, such pieces are usually developed at the request of, and sometimes under the guidance of, the *Prep News* editors.

Every member of the SLUH community is welcomed and encouraged to submit a letter to the editors. Every letter received by the editors will be read and given consideration. All letters must be signed, but the author's name may be withheld from publication by request and at the discretion of the editors.

The *Prep News* editors reserve the right to edit any submissions for publication in order to meet grammatical standards, but they will not skew the author's original intent. Also, the editors reserve the right to withhold from publication any

submission if it is deemed vulgar, tasteless, or otherwise inappropriate. Authors should be available for the editors to contact them before publication to address any matters of concern.

All authors wishing to have letters published must submit them by 4:00 p.m. the Wednesday before the letter is to be published.

Letters should be emailed to prepnews@sluh.org, and, if possible, a signed copy should be given to a *Prep News* editor or moderator or mailed to the *Prep News* courtesy of St. Louis University High School, 4970 Oakland, St. Louis, MO 63110.

PN 87 Platform

As the student-run newspaper of St. Louis University High School, the *Prep News* is a weekly publication that strives to inform the SLUH community about events and people, with its focus on those pertaining to the school, primarily through the written word.

The *Prep News* is neither the voice of the administration nor the students. Rather, the newspaper serves to gather and distribute information for the entire school. The *Prep News* editors and staff members make every effort to be objective in their news coverage and editing.

The members of the editorial staff are co-workers and share equally the duties of writing, copy-editing, layout, and staff management. All of the editors share responsibility and leadership of the paper. The editors are supported by a core staff of regular reporters as well as artists and photographers.

It is the role of the editors to seek out and facilitate the reporting of all significant news at SLUH. While any faculty member or student is welcome to submit suggestions to the editors for potential articles, the *Prep News* is never obligated to publish any article idea.

Our primary emphasis as editors of the *Prep News* is upon clear and accurate writing and careful editing. We also attempt to include visual expression—photography, drawing, technical aids, etc.—in every issue and on our website. Despite our desire to make the paper visually appealing, we commit

ourselves not to allow form to supersede substance.

The editorial staff will use social media to communicate with the paper's readership and to update students about SLUH events and highlight the paper's content. The editors will not allow their goal of speed and accessibility online to weaken their commitment to accuracy and depth.

The *Prep News* strongly encourages underclassman involvement, and our office on the second floor of the Jesuit Wing, room J220, is always open for involvement, criticism, praise, or suggestions. Contributed student opinions are also welcome under the *Prep News* Editorial Policy. Without student reaction and feedback, the *Prep News* could not func-

tion.

If the *Prep News* is inaccurate, we will correct any significant error in the following issue and on our web site as soon as possible.

Furthermore, the editors assume sole responsibility for the text of news and sports articles, features, and editorials. We ask faculty or students who take issue with the manner in which the news was reported or find an error to bring it to the attention of the editors, not the individual reporters.

This is the platform of the editors of Volume 87 of the *Prep News*.

Calendar

Friday, August 26

BCDEF

1st Possible Fall Contest
Emergency Drills-Fire
Freshman Class Meeting
Freshman Fun Day
Running of the Bills
4:30PM Running of the Bills Reception-Parents of 2026
6:00PM V Football vs St. Mary's (ROB)

Saturday, August 27

9:00AM B Team Soccer vs Chaminade
9:00AM C Team Soccer vs Chaminade
11:00AM V Soccer vs Chaminade

Sunday, August 28

No Events

Monday, August 29

GABCD

10:35AM Mass of the Holy Spirit Choir Rehearsal
4:30PM JV Football vs St. Mary's
5:00PM C Team Football vs Francis Howell Central
5:00PM JV Soccer vs CBC
8:30PM Swimming and Diving vs Francis Howell Central

Tuesday, August 30

EFGA

New Shadow Host Training
10:35AM Altar Server Training
4:30PM B Team Soccer vs Marquette
4:30PM C Team Soccer vs Marquette
6:00PM V Soccer vs Marquette

Wednesday, August 31

BCDEF

10:35AM NHS Meeting
4:15PM Cross Country - (B/C) vs O'Fallon Futures
4:30PM C Team Soccer vs St. Dominic

Thursday, September 1

GABC

Mass of the Holy Spirit
Sacred Heart Award
Student Ambassador Training Make Up Day

calendar | William Albus

sluhprepnews



130

Posts

680

Followers

79

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Prep News 87

Newspaper

The weekly student-run newspaper of St. Louis University High School.

"If nothing else, value the truth."

@sluhprepnews is taking over Almost Friday! DM SUBMISSIONS!!!!!!!!!!



Tim Browdy shouting at tired students on the first day.

photo | Kathy Chott