

THE SAUGANASH CORONACLE

Me travel?

MARCH 23rd 2020 ISSUE#7



THE BEST EVER

By Justin Reckart

...not this summer

VACATION AT HOME

OFFICE OF DEFENSE TRANSPORTATION

For many of you, today is the first day of spring break. I know a lot of you were originally planning to go to Florida, others to Europe, some to Atlanta, and an extremely lucky few of you to Arizona. Now we all find ourselves stuck at home in snowy Chicago and the most exciting place you're allowed to go is the grocery store. You may be surprised, then, when I tell you that this is going to be the best spring break ever.

In 1990, there was an architect with seven kids named Bosco Gutierrez who was kidnapped and held hostage in a tiny bathroom for nine months. His kidnapers threatened to kill him and kidnap his brother if his family didn't pay them millions of dollars. For the first few weeks after he was kidnapped, he spent the whole time complaining and feeling sorry for himself. However, at one point, he remembered that God was his father who loved him a lot and was all-powerful, and so the only way God would have allowed him to be kidnapped was if it was going to be good for him in the end. That day he wrote himself a note that said, "Today I won my first battle. I know in the end I can still be free, that I am not a piece of nothing." After that, he took charge of his life. Even though he was trapped in a bathroom, he stopped complaining and started praying every day for his kidnapers. He also made a plan for daily exercise and reading. On Christmas Day, he invited his kidnapers to pray with him. All five of them came into his room and he read the Christmas story from the gospel and prayed a decade of the rosary. After that, each of them shook his hand. He later said, "Can you imagine the happiness inside my soul? It was the happiest Christmas I ever had."

You can't change the fact that coronavirus has cancelled everything. You can't change the fact that you won't be able to go over to your friend's house or watch sports this spring break. But, like Bosco's kidnapers, the one thing that coronavirus can't take away from you is your freedom. I'm sure Bosco would have preferred to spend Christmas with his family, and yet his happiest Christmas was the one when he was kidnapped. I'm sure you would have preferred to do many, many other things during spring break, but you still have your freedom and with that freedom you can make this the best spring break ever.

Epictetus was a Greek philosopher who said, "It's not what happens to you, but how you react to it that matters." The important thing is not that your spring break plans have been cancelled, but what you're going to do about it to make this spring break awesome. There are still tons of things you can do this spring break. So right now, before you put this issue of *The Coronacle* down, make a list of all the things you want to do this week. You may need to be creative, like Bosco was, but if you do it, you can make this the best spring break ever. It's up to you. How are you going to react?



MARK'S
GOT
THIS

An Interview with
Mark Masaka

Why were you so excited about track season this year? Because it's my first time running officially in a year. I was excited to see if I'd gotten faster and how fast I could get by the end of the season.

What are you doing to stay in shape during the quarantine? Coach Egle has sent a schedule to the team to follow during quarantine. I run everyday and do core workouts.

Do you eat (or not eat) any foods in particular to stay healthy? Now that I am back home, I'm back to eating Kenyan food, which is always healthy.

What would you recommend to someone who doesn't like running? To those who don't like running, go on bike rides or walks. Or just go outside and do something. Don't stay inside.

Who would win in a race, you or a cheetah? Depends on the race. Cheetahs are sprinters. I could beat a cheetah in a marathon, but not in a 100m. Usain Bolt could have a 4 second head start on a cheetah in the 100m and still lose. But in a marathon, the cheetah would get tired and stop for a nap and I'd win.

Who is your favorite professional runner? I have a few favorite professional runners: Eluid Kipchoge (the marathon world record holder), William Rudisha (the 800m world record holder), and Usain Bolt (the 100m and 200m world record holder).

POEM OF THE DAY

History will remember when the world stopped
And the flights stayed on the ground.
And the cars parked in the street.
And the trains didn't run.

History will remember when the schools closed
And the children stayed indoors
And the medical staff walked towards the fire
And they didn't run.

History will remember when the people sang
On their balconies, in isolation
But so very much together
In courage and song.

History will remember when the people fought
For their old and their weak
Protected the vulnerable
By doing nothing at all.

History will remember when the virus left
And the houses opened
And the people came out
And hugged and kissed
And started again
Kinder than before.

SUMMER

Summer programs at Sauganash are still on and it's not too late to apply.

[High School & Beyond](#) (for rising freshmen)

[Making Things Happen](#) (for rising sophomores)

[Philosophy & Ethics Seminar](#) (for rising seniors and college freshmen)

UPCOMING EVENTS

MONDAY 3/23 - 5:00 pm

[Cyber Mafia](#)

TUESDAY 3/24 - 7:30 pm

Virtue Talk

Freshmen - [Contact Justin](#)

Sophomores - [Contact Pat](#)

Juniors - [Contact Vince](#)

Seniors - [Contact Edwin](#)

WEDNESDAY 3/25 - 7:30 pm

College Meditation

THURSDAY 3/26 - 5:00 pm

High School Meditation

DELETE 2 WORDS FROM
YOUR DICTIONARY:
"ME" AND "MY"

WORDS OF WISDOM
from Chief Sauganash



Submit your article to
jreckart@sauganashcenter.org



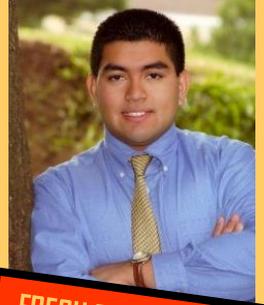
Time to Cut the Cut?

An Interview with Edwin Carbajal



HEDGEWIN

VS



FRESH CUT FROM THE BRONX EDWIN

As Edwin Antonio Carbajal prepared for the looming shutdown, there was one task that just didn't quite make it to the top of his list: getting a haircut. With all the barber shops now shut down, Edwin is facing a decision - does he do the line up himself, or does he go full Hedgewin? We all know that Edwin is a classy guy who always wants a fresh cut, so I sat down with him to discuss his decision.

It has been almost 15 years since you left the Bronx, do you think it's time to drop the line up and reinvent your look? No way, I bleed Bronx. You can take the man out of da Bronx, but you can't take da Bronx out of the man.

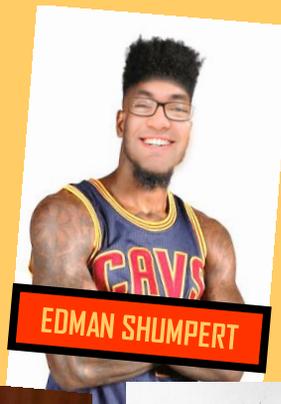
What's the longest you've ever gone without cutting your hair? Three months. In 2013 I was studying abroad in Panama and I was stranded on islands and couldn't get a haircut. I also did the beard and mustache.

If you could do anything with your hair, what would you do? I have thought about the possibility of going bald, just for the sake of trying it out. For example, when we go to Mexico maybe I'll give it a try.

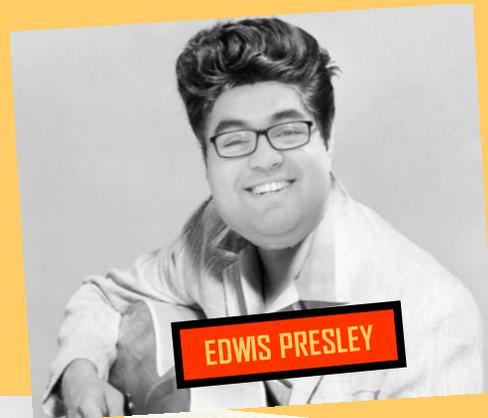
Our research team developed a few proposals for Edwin's new look during coronapocalypse below. What do you think he should do? He'd like to hear your feedback.



EDWIN AFRONIO CARBAJAL



EDMAN SHUMPERT



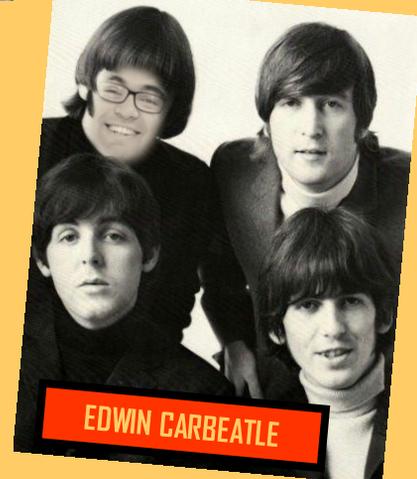
EDWIS PRESLEY



KIM JONG WIN



EDWIN CARBATROLL



EDWIN CARBEATLE