



Hello! By the time you read this Mid-terms and your mid-winter cold will be things of the past. The winter sports teams' seasons will be winding down and heading for Sectionals. There is still time to get involved in Clubs and there is a full report on as many as the staff could find. This issue also reports on the very important internship program. The February issue will focus on academics to inform students as they sign up for next year's courses. Again, if there is anything we've missed or that you would like to see, please drop us an email at catholiccentralnews@gmail.com or speak to one of our

QUICK QUIZ – JUST FOR FUN

(Answers can be found in the article listed or on the last page.)

1. What three students sang or played a solo at Christmas Mass? (See Christmas article.)
2. Who won the i-Pad raffle? (Christmas article)
3. Which senior is interning at the Troy Record? ... with an orthodontist? ... with the Troy Police? ... with an architect? (Internships Enhance Students' Education)
4. What club runs the Valentine March? (Clubs)
5. Who keeps breaking his own CCHS track records? (Indoor Track)
6. Who is the newest CCHS track coach? (Indoor Track)

A CATHOLIC CENTRAL CHRISTMAS CELEBRATION

by Jackson Murphy



Catholic High hosted its annual Christmas Mass on December 23rd. Bishop Edward Scharfenberger and Father Mark Reamer of Siena College presided over the entire CCHS Community: current students and staff, as well as friends and family members of the Class of 2016. The Seniors led participation in the mass, assisting with the gifts, readings, and songs. The Music Ministry, as always, did a very nice job throughout the mass. Seniors Maddy Mazzotta and Giuliana Bruno performed the lovely Spanish duet, "Maria, Si" as the Post-Communion reflection.

In the Bishop's homily, he discussed how the positive aspects of our lives, including families coming together over the holidays, should prevail over the negativity thrown at us daily through news and unfortunate world events. Christmastime is about being with the people we love and sharing in the good news of God. 8th Grader Chloe Newman sang "Mary, Did You Know?" to close the Mass.

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During a brief intermission, everyone had the opportunity to view the artwork displayed throughout the gymnasium. Then, the concert portion began, with Mr. Flynn conducting the CCHS Band performing a medley of holiday tunes, Sophomore Angela Nichols showcased her talents on the flute. Angela was recently selected for the Senior Band, 1st Chair position in the All County Band. Senior Naomi Shaw delivered a powerful rendition of "Oh, Holy Night". The Middle School music classes then sang some holiday numbers to close the day. The Music Ministry, as always, did a very nice job.



The Senior Class presented the traditional poinsettias to the faculty. Our cafeteria chef, Patti Pusinski won an iPad Mini raffled off by Student Council. The raffle raised more than \$3,000, which was combined with the class donations and used for purchasing gifts for children in need making the annual Student Council Christmas Drive a great success

And since the mass and concert were shorter in length than anticipated, administration gave the students an early Christmas present: everyone was able to leave and begin their holiday vacation before 11am!

MARCH FOR LIFE



Every year on January 22 there is a March for Life on the date of the Supreme Court decision in Roe v. Wade legalizing abortion. This year CCHS, Bishop Gibbons, and Saratoga Catholic High Schools planned a joint trip to participate in the National Rally and March for Life. Unfortunately, the trip was cancelled due to the impending mega-snowstorm Jonas. Instead the students and faculty of CCHS participated in a service in the Msgr. Burns Gym to replace the sendoff and to remember every child's right to life.



INTERNSHIPS ENHANCE STUDENTS' EDUCATION

by Julia D'Agostino

As students approach their Senior year, thoughts of college and career begin to become more real. For those students who want to consider possible careers up close, CCHS offers a supervised internship experience. The program gives students

the opportunity to gain real world experience in a field of their interest while earning school credit.

Students apply to the internship program in their junior year and must be approved. Factors considered in applicants include academic performance, maturity level, teacher comments on report cards, a letter of recommendation, and interest of applicant. Students contact their own possible internship placements. Any student in their junior year can apply for an internship in any field which they believe will inform their career considerations.

Mr. Bregenzer of the Business Department oversees the program. The internship is a combination of in class lectures and onsite field experience. The in class lecture component requires project assignments to learn about the workplace. The goal of each student's onsite internship is to gain experience in the field of their choosing and create connections in that field. In the Fall of Senior year, the selected students compete the classroom component which focuses on gaining lasting communication skills. Other in-class skills learning includes project assignments on workplace/employment discrimination, leadership, making a good first impression, positive attitude, and cover letter construction.

When they do go out, interns have a minimum requirement of fifty-four hours in their workplace by the end of the year. This year student interns are working in fields ranging from medical arts to criminal justice, architecture to family court, local journalism to orthodontics. Before their first day in the placement, students are instructed in the proper etiquette of each business and sign a confidentiality agreement to protect each client's privacy and anonymity.

-Gillian Nadeau met her mentor, Dr. Richard Whipple of the Capital Region Orthopedics group, as a patient two years ago. Gillian has been able to meet patients and discuss cases with Dr. Whipple. In the Spring, she will have the opportunity to observe surgery. Gillian says that this experience has helped her to realize what her career goals will be.

-Julia D'Agostino is interning at the Troy Record newspaper. She has accompanied reporters to official meetings, hearings, and press conferences and learned how to gather information and interview newsmakers. Julia's first solo article was published in the paper on December 15, 2015.

-Katherina Theokistos contrasts a recent trip to the Rensselaer County Court (with Mr. Trapasso's Business Law Class) with her experience at her internship at Samaritan Hospital. She says she much prefers the professional yet caring atmosphere of the hospital to the strict formality of the courtroom. Katherina assists in the Emergency Room changing sheets, restocking supplies, and performing other support duties and observing the routines in the Operating Room. Many of her fellow volunteers are students from area colleges.

-Paige Francesconi is interning with Dr. Brendan Cooley, a Troy orthodontist. She is becoming familiar with the wires, rubber bands, and other materials and techniques employed in aligning teeth properly.

-Zach Brimmer is being mentored at Cotler Architecture located in Latham, a full service architectural firm. Zach not only watched the computer-generated conception of commercial and residential structures but also was able to

design his own dream house. At a second smaller firm, RIDA Architecture in Albany, Zach was able to visit some actual job sites developed by the firm.

-Mikela Palmer loves shadowing the nurses at the Albany Family Medicine group which is affiliated with Albany Medical College. Mikela intends to study nursing and this experience allows her to see the diverse roles played by the nurses in the practice

-Cole Vane is learning about the endocrine system and medications with Dr. Robert Busch of the Endocrine Group in Albany. Cole says that Dr. Busch is a real teacher and goes over various hormonal problems and the medications that can correct them.

-Keira DiNuzzo has had the opportunity to ride along with police officers as they patrol the city of Troy. She says that responding to calls with the officers has been a good experience as they assist citizens with criminal, medical, and other problems.

-Kyrstin Messier found physical therapy to be beneficial in her own life and enjoys helping the therapists at Physical Therapy Associates of Schenectady by doing laundry and retrieving hot and cold packs while she watches the therapists help others. Kyrstin plans to study Physical Therapy at Clarkson University.

-Jackson Murphy has gone behind the scenes at WMHT TV to see how television programs are produced. He has observed the making of programs, such as A HA! and New York Now, and has contributed to the making of a special about the 50th anniversary of WMHT.

-Maggie Thomas has been able to review cases in the Rensselaer Family Court of the Honorable Elizabeth Walsh. She has sat in on trials and other court proceedings.

Students primarily travel to their internship during periods seven and eight, but they're able to go whenever they're free, including afterschool and on days off. This freedom affords students a lot of flexibility to get their fifty-four hours and gain meaningful experiences throughout the entire year. Needless to say all the Student Interns and CCHS are grateful to the mentors and their firms for the generous donation of their time and patience as they provide unique education and insights to aspiring professionals.

NEWS SHORTS

DIOCESAN AWARDS

Congratulations to Mrs. Kania and Mr. Mc Donnell. Mrs. Dolores Kania will receive the St. Elizabeth Seton Distinguished Teacher Award for her exceptional service to our school as a Spanish Teacher and Department Chairperson.

Mr. Terence McDonnell, CCHS Volunteer and Parent Representative on the Board of Trustees, will receive the Mother Francis Cabrini Distinguished School Support Award for his outstanding contributions (in several areas) to our school and students. awards will be presented at the Catholic Schools Week Mass, which will take place on Sunday, January 31, 2016 at 2PM at The Cathedral of the Immaculate Conception (125 Eagle St. Albany).

SIXTH GRADE VISIT

Catholic Central hosted a visit day for 6th grade students from St. Augustine's, Sacred Heart and St. Jude's. Students attended classes, had lunch in the cafe and enjoyed some "fun" in the Monsignor Burns Gym. These are our future Crusaders...class of 2022!



CYBER BULLYING WORKSHOP

On January 12, 2016, the Rensselaer County Sheriff's Department in conjunction with the Rensselaer County Probation Department presented a workshop on cyber bullying to the student body in a small group setting. Students and teachers said they found this very informative and sobering. Many things that seem small and innocent may actually be against the law!



PEER MEDIATION

The Peer Mediation program is back in business. 8 volunteers, 2 from each grade have received training from Sister Monica and Mr. Krakat and are ready to mediate minor disputes and disagreements between students. Please speak to someone in guidance if you wish to make use of the service.

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CLUB PAGES

STUDENT COUNCIL

From raising funds to raising fun, the Student Council spearheads some of the most important student initiated activities at CCHS. ALL STUDENTS of ALL GRADES 9 through 12 are welcome to attend meetings. Meetings are held every Wednesday during Activity Period in the Library. Each homeroom elects one representative to attend meetings. Most homerooms also select one alternate because attendance is so important. The executive board of the Student Council consists of the President and Vice President of each class plus appointees who are self-nominated (by letter) and selected by the class moderators.

Student Council sponsored activities include raising funds through the Thanksgiving drive and the Christmas Gift Drive, the Christmas Hot Chocolate break, the Valentine Day Match, the annual Dodge Ball Tournament, and Teacher Recognition Week. The Valentine Match is actually written by one of our Computer Science classes.

Because of its active members and activities, the opinion of the members of the Student Council is often sought by the Board of Trustees, the administration, and cafeteria management.

Mrs. Sedlak, energetic long-time moderator of Student Council informs us to WATCH OUT FOR SOME EYE-POPPING ACTIVITIES DURING CATHOLIC SCHOOLS WEEK.!

SOCIAL MEDIA

by Michael Donnelly

The work of the Social Media Club is visible at the touch of a screen 24 hours a day 365 days a year. Whether it's a sports score, a special award, or a special activity, it is announced via one of the school's Facebook pages or tweeted about on the Twitter account. An Instagram account is a new addition to the line-up. And it is all run by students! (under the able direction of moderators Ms. Cuomo and Mr. Dempsey).

The goal of the club is to have a positive impact on the school through social media. Principal Bott thinks it is an invaluable tool in getting news about CCHS out to the school and the community.

Right now the club is working on the squad goals challenge in which students take a picture of themselves and their squad and send it in for publication Crusader Spotlight updates and the Valentine's Day Candy Sale are also in the works. Members are putting together a news clip for Channel 10 and the morning message segment.

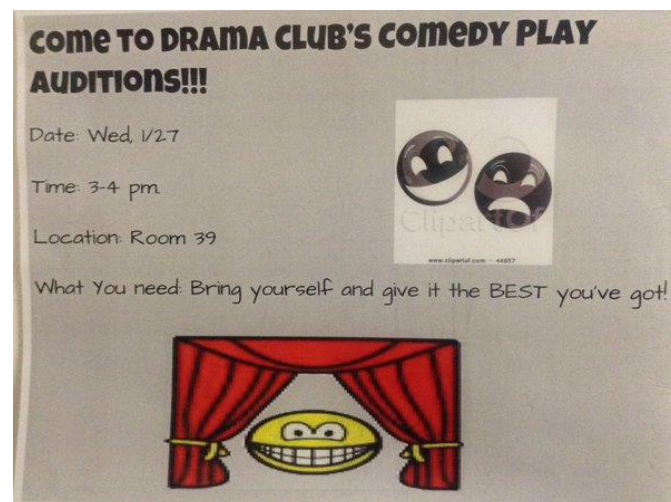
As of now, only high school students are on the staff but Ms. Cuomo says the club would be willing to consider motivated Middle School students. New members willing to work are always welcome.

DRAMA CLUB

by Johanna Noakes

This year, our very own Drama Club will be performing "The Stinky Cheese Man and Other Fairly Stupid Tales". This comedy is about our beloved childhood fairy tales, but now with a humorous twist! I had an amazing experience of being a

part of last year's production, I just couldn't wait for the next play! Even though I had absolutely no experience in acting before then, I was welcomed in and quickly felt at home. Although we have already held our auditions, I highly suggest



speaking with Ms. Schmidt (room 35) if you are interested. We are always welcoming to any talents you can bring to the table and we can help you find your niche. I am so excited to be a part of this upcoming play because it is such an extraordinary experience! This year's play is scheduled for March 3rd, 4th, and 5th.

Performances are March 3rd and 4th at 7 pm and March 5th at 2 pm. Tickets are \$5.

MASTERMINDS

When asked what prepared her to coach Masterminds, Ms. Bigness replied, "A lifetime of watching Jeopardy!" Masterminds is a fun academic competition that places emphasis on accumulated knowledge and quick recall. But, no, students call out the Answers, not Questions.

Masterminds is an academic Quiz Bowl program active in Upstate New York. There are currently four regions which are divided into leagues. CCHS is in League 5 of the Albany Region and competes against Berlin, Berne-Knox-Westerlo, Holy Names, Hoosic Falls, Tamarac, and Troy.

In matches two teams of four players each face off and answer questions on a wide variety of topics including literature, history, science, visual and auditory arts, philosophy, social science, geography, current events, and popular culture. Rounds consist of two eight-minute timed halves. Toss-up questions are worth 10 or 15 points apiece. The first team buzzing in with the correct answer gets the points and a chance at the Bonus Questions. Teams may work together on these. Typically, there are three bonus questions worth 10 points each.

Teams in the league play each other twice during the season. The top half of the teams by win-loss record from each league advance to the regional playoffs following a double-elimination format. The winners of each of the Regional Championship advance to the State Championship in June.

Individual scores are kept as well. Crusaders Emily Spoor, Alex Jones, and Angela Nichols currently rank in the top 15 on

the Scoring Leaderboard. Mr. Bregenzer is the team's coach. There are 15 members on the team. Interested students are encouraged to speak with Ms. Bigness. CCHS also fields a JV team. Sebastian Kania is the 4th highest scorer at the JV level.

FBLA

by Maggie Thomas

The Future Business Leaders of America, moderated by Mr. Trapasso counts 175 students among its members, the largest participatory group in the school. The focus of the membership each year is the annual New York City Trip. Members are divided into groups based on grade and affinity. Captains are chosen and fundraising, centered around bake sales in the café, takes place. The proceeds are used to defray the costs of the NYC trip. This year, student groups, accompanied by adult (usually parents) chaperons will travel to the Big Apple on March 22nd to participate in the economic engine that is New York City.

MOCK TRIAL

Once again CCHS will participate in the Rensselaer County Mock Trial competition, part of the larger New York State Bar Association's state-wide program. Seniors Julia D'Agostino, Gillian Nadeau, Maureen O'Brien, Ally Ryan, and Maggie Thomas welcome Sophomores Angie Blaisdell, Jane Field, Abby Kacsensky, Shriya Mata, and Johanna Noakes, to the team. Members have been busy studying this year's case, writing their roles as attorneys and witnesses, and practicing their delivery and trial skills.

Trials will commence at the Rensselaer County Court House on March 1 and 2. Mrs. Rizzo and Mrs. Gallati are the team's moderators and Mr. Rizzo serves as the team's attorney advisor.

SPORTS PAGES

LADY CRUSADERS BASKETBALL PUSHING FORWARD

by Gabi O'Neil

The 2015-2016 season is nearing a close for the Lady Crusaders, who are now 11-1 for the regular season. The team is growing together and has had some huge victories recently, including their 56-30 victory over Ravenna on January 12, and their 60-33 defeat over Albany Academy last Friday, January 22. Daily practices are keeping the team focused and determined to become Colonial Council League Champions, and the team is eager to move onto Sectionals in late February. Coach Audra DiBacco says that the team's main focus at this point is defense and working together to create a team game where they can dominate the defensive end and create their own offense. This will be the key to success when the Lady Crusaders face Holy Names in a rematch on Tuesday, February 2, at 6:30 at CCHS. This will be a huge game for the team, who lost to AHN early on in the season in a tight battle.

Seniors Abby Fountain and Emilie Benton continue to lead the Crusaders in stats, with 244 points for Fountain on the season,

and 174 for Benton. The Lady Crusaders are training each day to dominate the rest of their regular season games to bring home the Colonial Council title this year. The team will be working hard over February break to prepare for Sectionals, and hopes that fellow students and teachers come and support them in the last stretch of their season.

INDOOR TRACK AND FIELD

By Sarah Ingelsbe

This year, the boys Indoor Track team is looking stronger than ever thanks to new athletes this year, young distance talent, and veteran senior leadership. The girl's team is in a rebuilding year but still remains competitive and looks to make a strong first appearance at the Colonial Council Championship meet. The Colonial Council Championship meet will be held on Saturday January 30th at 1:00pm in UAlbany's SEFCU Arena.

On Saturday January 10 sophomore J.P. "Buzz" Loughlin once again improved his school record Triple Jump by more than two feet for a distance of 32'5.5". In the 45 meter dash JP set another school record of 6.0 seconds flat. On the girls' side, Frosh Claudia Fountain set a new school record of 8.4 seconds in the 50-meter High Hurdles to place first in the event

Other first place finishes included Junior Dylan Behunin in the 1000-meter race; Sophomore James Faraci in the 1600- and 3200-meter races; Senior Ryan Farrar in the 330-meter race; the team of Senior Josh Helenek, Junior Brandon McFerran, Dylan Behunin, and Ryan Farrar in the 4x400 meter Boys Relay; and Sophomore Bella Fanning, Junior Lindsay Honsinger, Sophomore, Catherine Lee, and Frosh Lauren Foster in the girls 4x400 Relay.

Special regard should be given to junior Dylan Behunin for his impact in his first season as a runner. He has helped break four school records in only three meets this year. He looks to be the top 600m runner in the Colonial Council this year. Good luck to the team in the Colonial Council Championships!

Coaches Wally Foley and Michael Dempsey are well known to our readers, but CCHS has a new Field events coach this year. Ms. DeNovio is the shot put coach for the CCHS track and field team. She previously did her student teaching at Catholic High in the Fall of 2013 and began volunteering with the shot put throwers. Ms. DeNovio was a member of her high school track team. She was originally a middle distance runner, however an injury caused her to stop running and begin throwing. She continued throwing into college. In college, she competed in the weight throw/hammer, discus, and shot put. Ms. DeNovio says she wanted to help coach track because track changed her life for the better. It is something she loves to do and she wanted to help others discover how wonderful a sport track and field can be. Thank you to Ms. DeNovio for all of her hard work and dedication to the track team Coach DiNovio also wishes good luck to the team in Colonial Council Championships!

Answers: Quick Quiz – Just for Fun

- (1) Chloe Newman, Angela Nichols, Naiomi Shaw;
- (2) Patti P.;
- (3) Julia D’Agostina, Paige Francesconi, Keira DiNuzzo,
Zach Brimmer;
- (4) Student Council;
- (5) J.P. “Buzz” Loughlin;
- (6) Ms. DiNovio

In the Next Issue...

The Staff is planning articles on course offering, graduation requirements, Advanced Placement courses, Mrs Sedlak’s Summer Ecology Fellowship, and the Common Core.

Let us know what you would like to see covered by writing to us at CatholicCentralChronicle@gmail.com

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