



From the Editor: As we approach April, teachers and students realize that the end is near: college deposits, A.P. exams in May, a short sports season, barely 8 weeks of classes, final exams, and one, possibly 2, more issues of the Chronicles. We need reporters and editors willing to work to tell what is happening at CCHS. Reporting is important work (and says a lot about you on a college application). The Seniors who started this newspaper and our other veteran reporters want to show you how to write your first article to appear in this year's wrap-up issue. Keep your eyes and ears open for our meeting to plan for next year. We hope to see eager reporters-in-training in Room 22 during Activity Period on a day to be determined.

QUICK QUIZ – JUST FOR FUN

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

1. What is the Triduum? (p.1)
2. Whose father is a civil rights attorney? (p.2)
3. What CCHS grad works for Congressman Gibson (p.2)
4. What team is repeat Dodge Ball Tournament champs? (p.4)
5. Who is the Stinky Cheese Man? (p.5)
6. What team calls itself a tribe? Why? (p.6)
7. How many students participate in Track and Field? (p.6)

HOLY WEEK SERVICE

What is the Triduum? We've been there, participated in it, but do we know what the Triduum is? It is the three most solemn days of the Church year: Holy Thursday, Good Friday, and the Holy Saturday. The period is marked by three liturgical services: The Lord's Supper on Holy Thursday, the Passion on Good Friday, and the Easter Vigil and Blessing of the Paschal Candle on Holy Saturday. On Wednesday, March 23, the CCHS community participated in its own pre-Easter Break Triduum.

Priests are very busy during Holy Week, so students and faculty led the service. The service began with the student body in place in the Msgr. Burns gymnasium. Remembering Holy Thursday, Sophomore Kay Valley read the Gospel for Holy Thursday. As a reminder of Christ washing the Apostles' feet at the Last Supper, Juniors Alyssa Brimmer, Doug Combs, Casey Connell, Chris DeMartino, Alix Denué, Zack Geddies, Emily Hogan, Lindsay Honsinger, Erin Mackey, Colleen McDonald, Emily Mitchll, Jenny Picarillo, Nick Piccolom Ava Sweeney, and Zoe Wood washed the hands of their fellow students.

WHAT'S INSIDE

News	Page
Holy Week Service	1
Career Day 2016	2
Dodgeball Tournament	4
CCHS Phonathon	4
The Stinky Cheese Man	5
News Shorts	5
Sports Page	
Girls' Lacrosse	6
Outdoor Track and Field 2016	6



Remembering Good Friday, Seniors Giuliano Bruno, Christian Englund, Ryan Farrar, Thomas McCormack, Gabriella O'Neill, and Stephanie Secor reenacted a Spiritual Way of the Cross narrated by Jackson Murphy. And remembering Holy Saturday, Freshman Luke Geddies read the Blessing of the pascal candle while Ms. Carroll, Mr. Krakat, and Mr. Cavalho built and lit a new (Paschal) Fire. 12 tapers were lit from the fire and were held by representatives of each grade: Gr.7: Natalia Karame and James Haviland; Gr. 8: Sebastian Kania and Abby Melargno; Gr. 9: Kyle Kataoka and Jonathan Barcher; Gr. 10: Brandon Grimes and Hannah Field; Gr. 11: Joe Piccolo and Andrea Nichols; and Gr. 12: Dylan Jones and Ben McHarg.



The Gospel for Holy Saturday was read by Freshman Maya Ellis and the Easter Vigil Solemn Blessing was intoned by Mr. Cavalho. The service concluded with all those assembled singing "All Creatures of Our God and King". Our own mini-Triduum was an inspiring send-off to a glorious Easter weekend break. Throughout the service, music was provided by eighth grader Paul Barnas.



Gillian Nadeau, another Senior, enjoyed meeting a general engineer, Kirk Gendron, (father of 7th Grader Megan Gendron) because she felt that he gave her a good understanding of that profession entails. (See below for Mr. Gendron's and all presenters' backgrounds and affiliations.)

Sophomore Maura Callahan met Civil Rights Attorney, Bob Keach, (father of Sophomore Bob Keach) who said that he works for people whom have been treated wrongly by members of law enforcement. Maura wants to be a lawyer and related that Mr. Keach said there is great satisfaction in winning a meritorious case and making a difference. Maura's second session was with Mary Shelton (mother of her classmate Sophomore Casey Shelton). Mrs. Shelton said she went into finance because she loved math. Maura said that she personally does not love math but the way that Mrs. Shelton talked about her job, it seemed much more interesting. It was applying math to real world concepts.



CAREER DAY 2016

By Maddy Mazzotta

When children are asked what they want to be when they grow up, their answers range from ballerinas to firefighters. As they get older their interests change while the time for them to choose a career path inches even closer.

In high school it seems we students are constantly asked what we would like to do someday, after college. Some have a deadpan answer, while others confess uncertainty. What is a fun hobby may make a fulfilling career but accounting may be safer; but how are we supposed to know when all we have is guesswork?

Catholic High offers an internship program that goes far by providing seniors with opportunities to test out a career and to see if we truly enjoy it. For various reasons most seniors aren't able to avail themselves of the program and are left wondering what they will make of themselves one day. That is where Career Day can lend a hand, providing all students a small taste of several professions of their choice during one school day.

This year's program was a montage of inspiration and insight into what people actually do in approximately 30 careers and what kind of people work best in each. Volunteers, consisting of local professionals – many of them CCHS parents and graduates- were stationed in classrooms around the school and explained what their jobs were like, why they did it, and how they prepared for it. Senior Zach Brimmer heard from 2007 CCHS graduate Ridge Harris who works for U.S. Congress person Chris Gibson as a representative to his local constituents. Zach also heard from an engineer and while he found the Congressional aide very interesting, he learned that politics was not for him. "It was very helpful. I learned a lot," explained Zach.

Reverend Eric Shaw (Senior Naomi Shaw's father), Pastor of Bethel Baptist Church in Troy, ended Career Day by reminding us that what we love is our ministry. A vocation is not just a religious calling or a job society tells us to do in order to make money, it is what you are passionate about. We should use our gifts to better the world, and that is how to choose a career.

Career Day 2016 was put together by the hard work of Director of Guidance Sister Monica Murphy, Guidance Counselor Mrs. Kristen Kettering, and Guidance Secretary Mrs. Marybeth Manny. CCHS extends a very big "Thank You" to the Guidance staff and to all the presenters who gave so generously of their time and expertise. See below for a short synopsis of each presenter's background and affiliations.

Career Day 2016 Presenters

Theatre. David Baecker is an Associate Professor of Theatre and Chair of the Department Arts and Letters at Russell Sage College. He also works as a communications coach with the NYS Defenders Association. He has been an actor and has directed over 200 productions at Sage.

Communications. Mary DeTurris- Proust is Director of Communications for the Roman Catholic Diocese of Albany. Ms. Proust is also the author of the book "Discovering the Catholic Tradition of Spiritual Friendship" A graduate of Pace College, she has been a journalist, editor, columnist, author, and blogger.

Carpentry. Christopher Hoyt operates his own carpentry business building additions and renovating residential buildings. He is the father of freshman Michael Hoyt and his brother Christopher, a 2015 CCHS graduate.

Chemical Engineering. Nicki Boucher is a Chemical Engineer. She is the mother of 7th Grader Sarah Boucher.

Electrical Engineering. Steven Valley is an Electrical Engineer. He has worked developing computers in Poughkeepsie for IBM for the last 25 years. Sophomore Kay Valley is his daughter.

Electrical Contracting. Mr. Brimmer is the father of Senior Zach Brimmer and Junior Alyssa Brimmer.

Fundraising. Shannon Haughney-Galuski is the executive director of St. Peter's Hospital Foundation in Albany. She is a graduate of CCHS, studied at HVCC, and graduated from Siena College with a B.A. in marketing from Siena College.

Firefighting. Kevin Kilgallon is a Captain in the Troy Fire Department. He is a 1995 CCHS graduate.

General Engineering. Kirk Gendron is Senior Director of Global Engineering at Momentive in Waterford, one of the world's largest producers of silicones and silicone derivatives. He is the father of 7th Grader Megan Gendron.

Nursing. Amy Rogers is a dermatology nurse. She advised anyone interesting in nursing to take science courses and obtain a college degree to become a Registered Nurse.

Health Administration. Mrs. Piccolo is a graduate of HVCC receiving her Associates degree in Applied Science. She worked as a radiologic technician and went on to receive B.A. and M.A. degrees in Economics from SUNY Albany. As Practice Administrator for NY Oncology Hematology Mrs. Piccolo oversees offices at Patroon Creek in Albany and the Troy location. She is the mother of Juniors Joe and Nick Piccolo.

Hotel Management. Steven Schifley is the Director of Sales for the Albany Marriot. He is the father of Senior Lydia Schifley and CCHS graduate Gunnar Schifley.

Civil Rights Attorney. Bob Keach is an attorney in private practice focusing on federal civil rights, civil liberties, consumer protection, criminal defense, and personal injury. His clients include civil rights litigants, arrestees, school teachers, police officers and ordinary citizens. He is the father of Sophomore Bob Keach.

Oncology Nursing. Eryn Giordano administers chemotherapy to patients. She described her job as "rewarding but sad." Junior Greg Stamas said she gave good advice about attending college with a career in medicine in mind.

Artistic Management. James Manning is the director/manager of the Madison Theatre and Tierra Coffee shop located next to St. Rose College in Albany. **Police.** Mark Millington is a police officer in the City of Troy. He is a 1978 CCHS graduate.

Physical Therapy. Dr. Erin Napoleone and her husband Dr. Joseph Napoleone are the proprietors of Choice Physical Therapy on Campbell Road in Troy. Erin is a CCHS graduate and was a member of the 2002 CCHS Girls' NY State

Basketball Championship Team. She is the sister of CCHS English teacher Megan Campbell.

Politics. Ridge Harris is 2007 CCHS graduate and a long-time aide to Congressman Chris Gibson. Ridge is also a member of the CCHS Board of Trustees.

Politics. As a candidate for the Troy City Council last November, Carmela Mantello received more votes than any other candidate. She now serves as Troy City Council President. Carmela has been active in Troy politics and the Republican Party for most of her adult life. She served under Governor Pataki as Director of the NY State Canals Corporation. She is the mother of sophomore Paul Laviano.



Professional Sports. Brian Sweeney was a professional baseball player and pitched in the minor and major leagues for the Seattle Mariner and San Diego Padres organizations. He also played overseas for a time with the Hokkaido Nippon Ham Fighters. He is now a pitching coach for the Gulf Coast minor team of the Philadelphia Phillies. Junior Emily Spoor says that Mr. Sweeney made his presentation interesting and talked about all the different occupations that support professional baseball: equipment managers, physical therapists and trainers, nutritionists, and others. Mr. Sweeney is the father of Junior Ava Sweeney a member of the CCHS Sectional Champ Tennis Team.

College Professor. Timothy Harper is an Associate Professor of Associate Chair of the Department of Management and Business at Skidmore College. He graduated from Bowling Green College in Ohio and his PhD is in the field of Organizational Studies from SUNY Albany. He is the father of Sophomore Brianna Harper and 7th Grader Timothy Harper.

Radiation Therapy. Heather Broekema is a radiation therapist and graduate of HVCC's School of Health Science. She was the recipient of the Gertrude L. Dourdounas Certificate of Achievement Award, which honors one of the top graduating students from the college's medical Imaging programs.

Law/Drugs. Lawrencia Colon is the Deputy Clerk of Schenectady Family Court. The Honorable Thomas O'Keefe is City Court Judge in Albany. Mrs. Colon is the mother of 7th Grader Antonio Colon.

TV/Radio. CCHS own Senior Jackson Murphy has been a movie reviewer for TV and radio since he was 7. He is currently interning at WMHT and helping to produce a special about the Saratoga Performing Arts Center's 50th anniversary.

Web Design. Jake Goslin is a student at HVCC and a tech advisor at several area high schools. He spoke about the uses of technology and websites.

Dentistry. Dr. Judith Purcell practices in Troy. She is a CCHS graduate.

Finance. Mary Shelton is Capital Planning Manager for PETCO. Students appreciated her explanation of the differences between majoring in Finance versus Accounting.

DODGEBALL TOURNAMENT

by Giuliana Bruno

The 2016 CCHS Dodgeball Tournament was a huge success. Twelve teams participated: White Out, Recess Rejects, Dirth Dodgers, Dodgefathers, Wonder Women, Meet the Dodgers, Slum Dodge Millionaires, Globogym, Ball of Duty, Christian Rappers, Nerds, and the Bad News Bears.



The event was created and is organized by the CCHS Student Council. This year's faculty master of ceremonies was Coach Wally Foley. The pageantry began at 3:30 on Friday afternoon, March 18 with a procession of dramatic entrances. Each team paraded into the gym accompanied by their song of choice to begin the festivities.

An early win against Recess Rejects gave White Out a chance to face last year's intimidating champs, the Bad News Bears. BNB advanced, ready to take on Wonder Women, who had defeated the Dodgefathers in a rout. Wonder Women's very own senior Maureen O'Brien.

Runner-up for Female MVP, dominated the catching aspect of the match, returning eliminated player after player to the court. Dirty Dodgers early loss knocked the team into the loser's bracket. Globogym played smart throughout the tournament,

using skillful tactics to take down Slum Dodge Millionaires before defeating Meet the Dodgers. Ball of Duty showed Christian Rappers who was boss before being shown up by the Nerds, the teacher's team. In the final matchup, the Bad News Bears defeated Meet the Dodgers to become repeat champions.

Wonder Women clearly had the best t-shirts and were recognized as such. Jaclene Rieth and Nick Pacini were selected as the female and male MVP's respectively.



CCHS PHONATHON

By Greg Stamas

The 38th Annual Catholic Central Phonathon took place during fifteen different calling nights during the month of February. The CCHS Phonathon is a powerful tradition that successfully connects CCHS alumni back to the school and to their previous classmates. This year, over 153 alumni participated in the philanthropic event.

The CCHS Phonathon was founded in 1978 by Sister Mary Kenan McGowan, RSM, Father Dominic S. Ingemie, and 1973 CCHS graduate Joe Millington. The Phonathon raises an average of \$180,000 per year, but has raised up to \$350,000 in the past. The Catholic Central Phonathon is unique in the fact that it gives alumni the chance to reconnect with other alumni, rather than just student callers. This tradition adds a personal touch to every call made to those who wish to donate.

The Phonathon takes place in essentially two phases. The first is the calling phase where alumni, usually three or four from a graduating class, reach out to other alumni. The second is the mailing phase where other alumni are mailed with an opportunity to donate.

Virginia Bariteau, Director of Advancement at Catholic High, has been one of the reasons behind the Phonathon's success for several years. Mrs. Bariteau says that the Phonathon is one her "favorite parts about [her] job" and that it is an "amazing and fun tradition."

This year, donations were received from alumni from both the Class of 2015 and the Class of 1926 – and many other years in between. The power of this tradition is evident through an

anonymous donor who is 103 years old and still giving to the high school where they shared so many memories.

If you'd like to donate or get involved in the Phonathon, Mrs. Bariteau can be contacted at 235-7100 Ext. 2010 or vbariteau@cchstroy.org.

THE STINKY CHEESE MAN

By Giuliana Bruno

The Stinky Cheese Man and Other Fairly Stupid Tales was an entertaining display of Catholic Central's finest actors, singers, dancers, and comedians. Under the direction of Ms. Schmidt, the young performers brought zany, mixed-up fairy tales to life



The play featured some all too familiar storybook characters, each with a hilariously witty or sarcastic twist. Act I opened with, ironically enough, "Opening Number." It perfectly set the tone for the tongue-in-cheek, giggle-inducing show. Johanna Noakes was vibrant and fun as Jackie, the narrator, who had her share of wacky run-ins with many of the characters. A stand out performer, Angela Morabito*, shouted "the sky is falling!" As Chicken Licken, a humorous allusion to the nervous bird we've seen in the movies. Senior Maddy Mazzotta* graced the stage with her lovely singing voice in a spoof on the Princess and the Pea, along with Luke Geddies* as her perhaps too charming Prince. Jenna Piscitella* gave memorable, laugh out loud performances as Red Hen, Ducky Lucky, and other various roles throughout the show. Johnathan Barcher* was a perfect giant, and shared a scene with Noakes in which she cleverly attempted to escape his embrace. The scene left me wanting more of his character. As Cinderella, Chloe Newman* sang a song called "Boo Hoo," a funny lament that was perfectly suited to her voice. Finally, Nolan Cleary*, as the title character Stinky Cheese man had a comedic timing that allowed him to perfectly own the several roles he played. While Cleary's Stinky portrayal of the Cheese Man was impeccable, his Cow Patty Boy performance had me laughing with tears in my eyes. There is something so oddly priceless about the words "Cow Patty" being shouted at inconvenient times.

Congratulations to the cast and crew of The Stinky Cheese Man and Other Fairly Stupid Tales. The show was a stinky, one-of-a-kind success. Special thanks to all who made this uproarious production possible!

*Students portrayed multiple additional roles not mentioned here.

NEWS SHORTS

Outstanding Student and Educator – Congratulations to Jackson Murphy and Mrs. Pawlik for being named 2016 Rensselaer County YMCA Outstanding Student and Educator Award winners.

STREAM is an acronym for the teaching of Science, Technology, Religion, Engineering, Art, and Mathematics across the school's curriculum. On Monday March 14 as an in-service training day, CCHS faculty members received training in STREAM curriculum development and teaching methodologies. The collaborative effort has been made with our partners at Sacred Heart School, St. Jude the Apostle School, and St. Augustine's School.

Pi Day – On March 10, CCHS celebrated Pi Day with Family Math and a Pie Baking Contest. There were 15 different Math stations for children supervised by CCHS math students. On the following day students wore their home-made Pi T-shirt contest and special activities. Two students, Samantha McNab and Keeghan Nadeau, represented the 9th grade homeroom which had collected the most money in their Lenten Rice Bowl



for Catholic Relief Services. They got to hit Mr. Bott with 2 pies!

WWI Reenactment – On March 21 Ms. Cuomo's AP European History class got a visit from alumnus Dan Curry, a World War I reenactor. After having students go through the recruitment process, Dan had the students fight alongside him in a mock battle in the trenches. He taught the students about how battles of WWI were fought, what life was like as a soldier and explained the nationalistic British view that got many recruits willing to join the war effort. A big thank you to Dan and all the other students who joined in from other classes.



Mock Trail Makes Finals – Congratulations to the Mock Trial Team for advancing to County finals this year. On March 16, the team of Attorneys Julia D’Agostino, Maureen O’Brien, and Gillian Nadeau, and Witnesses Maggie Thomas, Ally Ryan, and Johanna Noakes lost in a very close (according to County Court Judge Andrew Ceresia) trial to the team from



Doane Stuart. I was the culmination of months of work. Mrs. Rizzo and Mrs. Gallati are the team’s moderators. Mr. Michael Rizzo, a NYS Assistant Attorney General, is their attorney advisor. Way to go, girls!

SPORTS

GIRLS’ LACROSSE

by Sarah Ingalsbe and Colleen McDonnell

The Catholic Central Girls Lacrosse program was truly built from the bottom up. What started as a few middle school girls interested in a sport that “sounded cool,” has grown into a program that represents Catholic High as a Varsity squad in the Colonial Council.

Coach Maureen Lammon began the lacrosse program in 2012 as a club team for a group of fifteen girls to toss the ball around after school. That year, the girls got a feel for the game and what it was like to play girls lacrosse. In 2013, they became a modified team and played a few games during the season. Although the girls were set back by teams with more experience, they stuck with it and continued on to be at a JV level for the next two years. The 2015 JV team was undefeated playing eight games against well-known lacrosse programs. That season included two victories over a varsity lacrosse team and several games in which CCHS dominated their opponents. In that amount of time, girls who had never touched a lacrosse stick in their lives became well-seasoned players with a vision for the game of lacrosse.

This year, the girls program has extended into JV and Varsity teams. Both teams will represent CCHS in the Colonial Council playing games against well-known opponents such as Emma Willard and Albany Academy. The girls’ varsity team will play in the Section 2 Class C sectional tournament with the previous victor, the Tartans from Scotia-Glenville High School.

This year’s “tribe” is ready to make its mark on the Colonial Council! The JV and Varsity teams have been practicing and working hard to start a strong season. The JV team is full of eager girls that are ready to play. They are working very hard and have even improved tremendously in just a few weeks. Their first scrimmage is on March 31st at Amsterdam.

The Varsity girls are practicing as well, improving their skills every day. Although most girls on the team have lacrosse experience, some playing on last year’s JV team, or on our previous club team, this is their first year competing in the Colonial Council. They are preparing to face strong teams and improve every game. Their first game is on April first on our home field against Greenwich.

Varsity coach, Maureen Lammon, commented on the lacrosse program that she started up at CCHS. Coach Lammon said, “The girls’ lacrosse team has come a long way over the past four years. They have developed into a strong, competitive force in the Colonial Council. We anticipate a successful showing in our premiere season of Varsity with a young but promising JV squad on the rise.”

The Varsity consists of Seniors Keira DiNuzzo, and Tess Sweeney; Juniors Lindsay Honsingser, Bayly Lammon, Colleen McDonnell, Kelly Stanton, Samia Baker, Ava Sweeney, and Sarah Ingalsbe; Sophomores Hannah Field, Emma Field, Sarah Wells, and Emily Frodyma; Freshmen Claudia Fountain, Emily Carlow, and Marissa Anderson; and eighth grader Grace Field.

The Junior Varsity squad includes 10th grader Madison Pausley; 9th graders Alyssa Roberts, Danielle Turner, Karissa Koberger, Madison Peek, Lauren Foster, Adrianna Scaringe, Anna Clement, Samantha Lee, Samantha McNabb, Lili VanVorst, Lia Casale, Kara Eckhardt and Delaney Graber; eighty grader Lauren Francescone; and 7th graders Sarah Boucher and Meghan Gendron.

Good luck to both teams as they begin their season!!

CCHS Outdoor Track and Field 2016

By Gabi O’Neil

The CCHS Varsity Track and Field team began their 2016 season with practice on March 7. This year the team is strong with a large number of boys and girls (57 at last count) from grades 7-12. Senior captains Ryan Farrar and Maureen O’Brien lead the team.

This is the team’s first year in the Colonial Council, and they are excited to face new opponents including Holy Names, Ichabod Crane, and Schalmont. Competition begins with the first meet on April 12 at Albany Academy. Along with the regular season meets, the team will also participate in the Maple Hill Invitational on Saturday, April 16 and the Cohoes Relays on Saturday, April 30.

Coaches for this year’s team are returning coaches Wally Foley, Mike Dempsey, and field coach Emily Dinovio who have big plans for the team. Each day at practice, the runners focus on key stretches, followed by dynamic stretching, a warm up jog, a main sprint or run, a cool down, and finally, calisthenics. Calisthenics consist of three sets of sit-ups,

pushups, and leg lifts to strengthen the athletes after an intense run. The coaches encourage the athletes to focus on their stretching and conditioning to ensure their success in the meets and to keep them in excellent shape. Form practicing also is a main part of daily practice, as athletes work to pump their arms and use their momentum to cross the finish line.

Events this year will include sprints such as the 100 meter and 200 meter dashes and relays, distance runs such as the 1600 meter, along with hurdles, shotput, discus, high jump, long jump, and triple jump. The Crusaders are eager to compete against new teams and start off their new season. Come show your support for your Varsity Track team this spring at any of their meets and cheer on your fellow classmates as they dash to the finish line!

Answers: Quick Quiz – Just for Fun

- (1) Holy Thursday, Good Friday, Holy Saturday
- (2) Sophomore Bob Keach
- (3) Ridge Harris
- (4) Bad News Bears
- (5) Nolan Cleary
- (6) Girls' Lacrosse, played by Native Americans
- (7) 57

In the Next Issue...

Spring Sports; College acceptances; College Information Night; Junior Diocesan College Information Day, Final Exams! Summer plans. Let us know what you would like to see covered by writing to us at

CatholicCentralChronicle@gmail.com

Or even better join the Chronicles staff! Come to the meeting in April during Activity Period in Room 22. Exact date will be announced.

Back to "[What's Inside](#)"



CCHS Chronicles,

Vol. 1, No. 4,

February 2016

Editor-in-Chief: Giuliana Bruno; Feature Editor: Maddy Mazzotta; Reporters: Josh Canary, Julia D'Agostino, Michael Donnelly, Sarah Ingalsbe, Abigail Kacensky; Jackson Murphy, Gillian Nadeau; Gabi O'Neil, Maggie Thomas, Greg Stamas, and Colleen McDonnell. Moderator: Mrs. Gallati.

