

The Signpost

Volume 39 No. 1

Red Bank Catholic High School • Red Bank, New Jersey 07701

December 2019

A Tribute to Monsignor Lowery



"Monsignor was a legend in his red sweater, directing traffic..."

We came to love the man. We admired his strength and resolve to lead in Catholic education. We will miss his healing and faith-filled examples as a priest. It is a deep sense of personal loss we feel, but it is also a loss for our Church, and Catholic education. However, we are better and stronger, because we came to know him."

-Principal Robert Abate-marco

Also in this Issue:

Vaping Scare Page 2
Halloween Page 3
Who's That Casey Page 3
Holiday Shows Page 4
Book Review Page 4
Sports Pages 5-6

RBC Welcomes Amerigo

by Maggie Howard

The Amerigo group has arrived at Red Bank Catholic High School. Twenty students have come from several countries to America in hopes of a culturally diverse education. This is quite a change for these students as America is very different from what they are used to both socially and educationally.

The majority hail from extremely rigorous programs in Asia and Eastern Europe, so a challenging academic environment comes as no surprise. The real challenge can spring from language and cultural differences; therefore, conversation and discussion can require extra concentration. English is an especially tough language to learn. Our Amerigo students have shown us that their English is very good for the most

part, though it can be tough to try to make friends and mingle. Many have been doing a great job at this through participation in extra-curricular activities, such as sports and fine and performing arts.

For example, freshman Minh Khuu plays for the RBC girls' basketball team and she was a finalist in the Freshman Original Speech Competition.

Ms Maginnis, Amerigo Resource Counselor, states that dealing with the cultural differences can be a strain at times.

"Everyone can relate to being in a new environment and trying to navigate that. These students' situation is a little more extreme," she stated.

Part of Asian culture is to do well in all things because it honors one's family. Ms. Maginnis is trying to get her students to speak confidently to their

teachers, something not necessarily celebrated in their cultures. In the countries that Amerigo students come from, standardized testing is very important, so the day to day tasks of school are some things that students also have to learn to focus on more than they might be used to doing.

For mentors, the students have a number of adult guardians acting as parents at the complex where they live who care for them and transport them to activities.

These are things that we who have been here at RBC awhile could try to remember when engaging with others.



Minh Khuu practicing for the Original Speech Competition.

RBC Caseys Hold Week-Long "R- U- OK?" Campaign

by Claudia Satzke

During this year's Week of Respect for New Jersey schools, RBC conducted an "R- U- OK?" campaign, a week of activities and presentations designed to stop the stigma of depression and anxiety.

On Monday, Brian Barr, co-founder of Feeling Swell, presented a program to the freshmen and sophomores concerning depression, anxiety, and resilience. On Tuesday, Sophia Mazzini, co-founder of Into the Light, shared her family story to juniors and seniors, and spoke of their mission to eliminate stigma of mental illness. Mrs. Booth, RBC Student



Red Bank Catholic Choir and Mr. Shirley performed for the campaign.

Assistance Counselor, spoke about the campaign she created. The RBC Choir sang "You Will Be Found" from the musical *Dear Evan Hansen*. On Wednesday, the school attended Mass in St. James Church to pray for those struggling with

mental illnesses.

Thursday, a bake sale was held and the profits went to Into the Light, Feeling Swell, and the Mental Health Association of Monmouth County. Friday was a day of thanks and gratitude for all who supported the campaign.

EDITORIAL

Vaping Causes Teens to Face Life-Threatening Illnesses

by Claudia Satzke

Health officials, lawmakers, and parents have been urging for years that vaping is dangerous for our youth. There is little conclusive research on the long-term effects of using e-cigarettes like JUUL. The company's flavor pods have a higher level of nicotine than regular cigarettes do, raising the concern of the impact nicotine may have on the developing teenage brain. Dr. Grace Houser, a pediatric pulmonologist, expressed her concerns stated in a radio interview. "Identifying these cause-and-effect relationships takes a long time. As a medical community, it took us thirty years to recognize the connection between smoking and lung cancer. We want to warn people about the potential consequences of e-cigarettes now. We don't want to wait for those kind of studies to come out."

Evidently, adolescents have been falling victim to mysterious vaping related illnesses in recent news. The latest federal data shows there are more than 2,000 cases across the United States connected to vaping or e-cigarettes, which are battery-powered devices that mimic smoking by heating liquids containing addictive substances like nicotine. Forty-seven deaths in twenty-five states have been confirmed, the Centers for Disease Control and Prevention says.

One teen, Adam Hergenreder, eighteen, from Illinois, fell victim to years of heavy vaping. He cannot breathe without oxygen tubes since he was admitted to a hospital in Libertyville with a "vaping-induced acute lung injury." Hergenreder began vaping at sixteen. He dis-

missed warnings from parents, friends, and health officials. He told the *Chicago Tribune*, "People just see that little pod and think, how could that do anything to my body?" He was rushed to the hospital after days of uncontrolled vomiting. He now faces up to months of recovery, with the possibility of permanent damage to his lungs from scarring due to inflammation. According to the CDC, patients who fell victim to these mysterious illnesses typically experienced coughing, chest pain or shortness of breath before their health deteriorated to where they needed to be hospitalized. Other reported symptoms include fatigue, vomiting, fever, nausea and weight loss.

Many victims have ended up with acute respiratory distress syndrome. This is a life-threatening condition where fluid builds up in the lungs and prevents oxygen from circulating in the bloodstream.

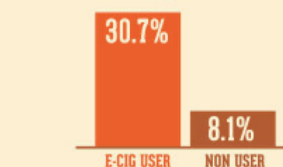
However, on November eighth, CDC officials discovered a breakthrough. They found vitamin E acetate in the lung fluids of twenty nine people who had vaping-related lung injuries. This finding points to the oil as a likely culprit in the outbreak, a top official said.

Along with health officials, lawmakers have been doing their part to keep teenagers away from these products. The federal government plans to ban flavored e-cigarettes. A lot of officials agree that adolescents are more inclined to use vaping products if they are flavored.

Many young people believe that there is only flavoring in their vapes, not bad substances like nicotine. Companies,

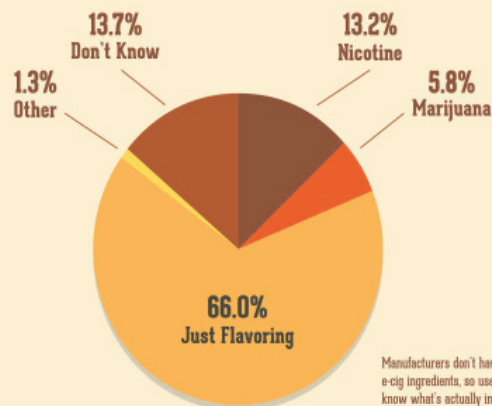
TEEN E-CIG USERS ARE MORE LIKELY TO START SMOKING.*2

Start Smoking Within 6 Months



*Includes combustible tobacco products (cigarettes, cigars, and hookahs)

WHAT DO TEENS SAY IS IN THEIR E-CIG?³



Manufacturers don't have to report e-cig ingredients, so users don't know what's actually in them.

Above is a bar graph that shows teens' inclination to start smoking if they are e-cig users. A pie chart shows what teens believe is inside their e-cigarette.

such as JUUL, that manufacture vaping devices have denied using flavors to target a younger demographic. However, their flavored products have been in decline since and states such as Michigan are still placing a ban on them.

The Centers for Disease Control and Prevention urge people, especially nonsmokers and teens, not to vape at all. The CDC has even recommended that smokers who are trying to quit should consult a doctor rather than start using e-cigarettes.

The Signpost

Volume 39 No. 1

"Opinions stated are not necessarily the voice of the Signpost."

Red Bank Catholic High School
112 Broad Street
Red Bank, NJ, 07701
Published Quarterly

Editor-in-Chief..... Claudia Satzke
News Editor Hannah Howard
Features Editor Reagan Pauwels
Sports Editor..... Julia D'Eletto & Jasmine Kaur
Editorial Editor..... Claudia Satzke
Arts and Entertainment..... Valentina Bertini
Moderator..... Ms. Mary King

FEATURES

Senior Class Displays Halloween Creativity



The senior class shows their Halloween spirit and creativity. Jasmine Kaur, Reagan Pauwels, Julia D'Eletto, Olivia Peter, Hannah Howard, and Claudia Satzke won Best Group, Katelynn Hoffman, Sarah Fazzolari, and Ava Milan won Most Creative, and Aidan McAuliffe won Best Individual.

Who's That Featured Casey Now? Versatile Senior Sarah Coleman

by Jasmine Kaur

Sarah Coleman is a senior Casey who has made a business of doing what she loves. Sarah has always loved photography.

Her father gave her her first camera when she was very young. She loved taking pictures and quickly became fascinated with the art of photography.

Soon enough, Sarah's talent and passion matured into amazing pictures for the world to see. Sarah started out doing small photoshoots with her friends for fun. Once other people started asking her if she could take pictures of them, Sarah realized she could make some money while also doing something she loves.

Sarah has an Instagram

account, [@silhouettesbysarah](#), showcasing all of the amazing pictures she has taken.

Along with her photography talent, Sarah is also incredibly talented when it comes to making videos. Sarah began a YouTube channel to bring her photography to life. She currently has over five hundred subscribers. She films her videos during her photoshoots. While she is taking pictures of her friends, Sarah also records videos of the experience. She then uses her editing knowledge and skills to give it a very professional feel.

One of Sarah's most notable achievements is her recent rise to fame. Over the summer Sarah grew a rather large following on Tik Tok. Tik Tok is a new

social media platform that has risen in popularity throughout 2019. Using her natural talent and uncanny comic skills,

she earned a following of over 200,000 people. Sarah hopes to continue her passions in the years to come.



Some photographs Sarah has taken in her photoshoots, including RBC alumna, Eliza Arnone.

ARTS & ENTERTAINMENT

Choir Gets Into Holiday Spirit

by Natalie Capetta

The award-winning Red Bank Catholic Choir has shown they are in the Christmas spirit. The RBC Choir had its first concert of the year, **Readings and Carols**, on December 13. The show was conducted by the new Director of Music, Mr. David Shirley.

The choir did a phenomenal job singing several beautiful songs while spreading the Christmas message and spirit to many people. There was a performance by the choir as well as

congregational singing, which involved participation from the audience.

The concert was modeled after Westminster Choir College's own **Readings and Carols**. The choir performed a mix of classic as well as contemporary Christmas songs, accompanied by brass and organ. Scriptures and spoken word selections combined with beautiful choral and instrumental music reminded the audience of the true meaning of Christmas.

Christmas Cabaret a Huge Success

by Valentina Bertini

The annual Holiday Cabaret was the perfect way to admire the iconic dancing, acting, and phenomenal singing that goes on at RBC. The members of the After-School Dance Program, the Dance Department, Dance Company, and After-School Theater collaborated on a remarkable show honoring our veterans.

The opening act began with the beautiful voices of Sarah Coleman, Mikayla Sottile, and Anna Thoresen singing "Boogie Woogie Bugle Boy." The girls' voices perfectly matched each other and the harmonizing was exceptional. The period 8 Dance Class followed this with a dance choreographed to seem as if the students were marching along to the song "Coming Home" by Skylar Grey. This dance highlighted the veteran theme. The show also included solos from talented seniors Sarah Coleman, Mikayla Sottile, and Anna Thoresen. Mikayla was on Disney Channel recently for their Holidays Unwrapped special. Period 4 sang and danced, performing the song "Gabriel" that incorporated a 1920's theme that many enjoyed. After-School Theater

performed scenes from the play **A Few Good Men** about a coded, covered-up murder in the military. The students started it in Act I, but left the audience hanging until Act II. Act I finished strong with a dance honoring America by the Dance Company.

Act II began powerful with "Street Fair," which included the students in the Dance Company in ugly Christmas sweaters. This routine was spectacular, and all the dancers seemed to enjoy doing the dance themselves. "Ave Maria" performed by the After-School Dance Program stuck out to many as it was exceptional. The choreography combined the song and the act seamlessly. Period 7 Dance Class made the audience whistle and cheer after performing "Grinch," seemingly a crowd favorite. After-School Theater then continued where they left off in Act I, which brought the audience to a shocking conclusion. The show concluded with "Step in Time" which featured tap solos and tap choreography from all the students involved. The Cabaret was a hit as many enjoyed RBC's most talented performers.



The Red Bank Catholic Theater and Dance Company perform and take a bow during the Christmas Cabaret.

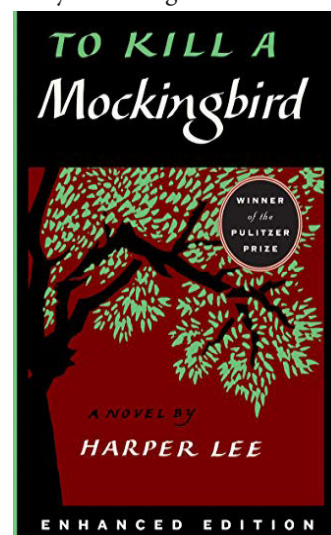
Moving Book Review

by Valentina Bertini

To Kill A Mockingbird is a compassionate, deeply moving, unforgettable novel. The book allows the reader to see what it is like living in a small town like Maycomb, Alabama and have everyone know what everyone is doing. There are many relevant topics that this book revolves around, such as racial prejudice, social inequality, human behavior, and the importance of family.

It provides some good life advice, like the fact that life is not always fair, and that one never really understands a person until one considers things from their point of view.

To Kill A Mockingbird is truly an unforgettable read.



SPORTS

Girls' Soccer Team Wins Shore Conference Tournament

by Hannah Howard



Emma Bruther celebrates with Morgan Cupo after scoring.

Red Bank Catholic's Girls' Varsity Soccer Team went into this season with the motivation for a chance at redemption. The team made it to the Shore Conference finals last year against Toms River North, but the Mariners took home the SCT trophy that night. This was a feeling the Casey's never forgot.

The girls had been working toward victory since summer, and their determination paid off. They started off strong with

a four game winning streak, continued their success by finishing their season with a record of 11-1-1, and were named division champions. The team was led by their very talented seniors, Paige Theobald, Maddy Holloway, Katelyn Bertoldo, Hannah Patoriza, Brianna Keogh, and Cornell commit Reagan Pauwels.

The time finally came for the Caseys to make a comeback. They began the SCT with a win against Red Bank Regional. They worked their way up, beating teams such as Shore, and their rivals, Middletown South, to make it to the finals. The Caseys' first opportunity for redemption was, coincidentally, in the SCT finals.

Sophomore Morgan Cupo and Junior Emma Bruther scored two goals to win the Shore Conference Tournament Championship Title.

Their season unfortunately ended in a tough loss against Pingry for the state title.

The Caseys kept their heads up in an exceptional season.

Underclassmen Lead Boys' Soccer

by Sophia Jensen

The boys' soccer team worked hard this season.

Their year was highlighted by a win against Henry Hudson High School. The boys won the game with a score of 3 to 2.

They played their best and senior Bobby Arslanian led throughout the season.

The team gained many new athletes and together they all became a family.

Sophomore Henry Havard was a key player for the Caseys this season. Although he is only a sophomore, he led the team as captain.

Junior Michael DeLeon-

ardis led the team with 3 goals and 2 assists.

He will be returning for the next two seasons.

Looking to the future, a majority of the team are freshman and sophomores, which means there is a lot of promise for the team in the upcoming seasons.

The boys' team also welcomed a new member from the Amerigo exchange program, Yixuan Yu. The team loved having him as a teammate.

Toward the end of the season, the team gelled.

The boys worked hard and played their hearts out.

Girls XC Back to Back Champs

by Hannah Howard

The girls' cross country team has had another impressive season. The team definitely showcased their skills this year.

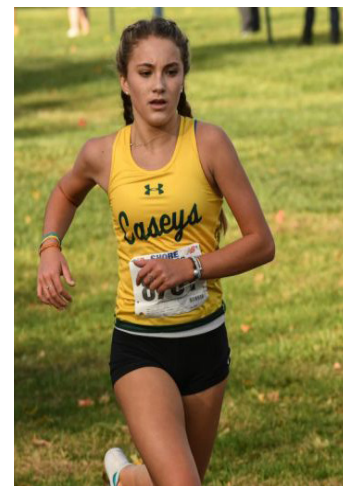
The girls traveled to Rhode Island in September to compete at the Ocean State XC Invitational.

There, the girls had a great season opener and got to race against the nation's number one team, Saratoga Springs from New York. The team also placed third in both the Monmouth County Championship and the Shore Conference, only a few points behind Middletown South and Colts Neck.

The highlight of their season was bringing home the State Championship in the Non-Public A Division, beating their rivals, Union Catholic High School. This is the team's twenty-third state title. The race was very close, but the girls toughed out a well-deserved win.

Junior, Kase Torchia had a massive breakout this race.

Key freshman, Cate DeSou-



Freshman Cate DeSousa racing the State Meet at Holmdel Park.

sa has been quite an asset to the team, helping them succeed throughout the season. Cate was the second runner this season, behind senior Maddy Koppec.

The team will be graduating three of the seven varsity runners; however, the young underclassmen have shown great progress and determination to continue the RBC Cross Country legacy in New Jersey.

Tennis Takes Shore Conference

by Noel Pauwels

Red Bank Catholic Varsity Girls' Tennis Team had an outstanding 2019 season. They won several titles and had an almost perfect record.

The girls singles won the Monmouth County Tournament, where they defeated Manasquan 3-2. Daria Smetanikov, Julie Moschella, and Sarah Fazzolari all won their individual matches to help capture this title.

However, the girls did not stop there, as they continued on to win the Shore Conference title. Top-seeded Red Bank Catholic, No. 6 in the NJ.com Top 20, defeated third-seeded Manasquan once again, 3-2, at the Park Avenue Tennis Center in Oakhurst. The Caseys won all three singles positions en

route to the victory. At first singles, Daria Smetanikov defeated Caroline DiBiasi, 6-2, 6-1, Julie Moschella, defeated Ryan McCarthy, and Sarah Fazzolari shutout Amanda Guzzo at third singles.

It is the first SCT title for Red Bank Catholic since 2012.



The girls' tennis team poses with Shore Conference Championship plaque and banner.

SPORTS

Football Makes States Again

by Julia D'Eletto



The football team after defeating Manasquan 7-0.

The Red Bank Catholic Football Team finished a great 2019 season, making states again, only to fall to rival Mater Dei Prep in a close defensive contest, 10-3. The team went 5-4 with some great victories.

The first win came over Manasquan with a score of 7-0, followed by two more wins over Long Branch (21-7) and Toms River North (21-6). During the game against Donovan Catholic, the Caseys won 27-16, ending Donovan's seven game win streak.

The team then finished the last division game with a huge

win of 42-7 against Freehold Township.

During the season, every week fans had the chance to vote for Orthopaedic Institute of Central Jersey Player of the Week. Week 7's pick was RBC's own Anthony Borriello. This pick came after the Donovan game where Borriello, who played most of the second half, finished with 101 yards and threw 3 touchdowns. The team has three committed seniors: Kevin Bauman to University of Notre Dame, Charlie Gordinier to Boston College, and Jake Foggia to University of Oregon.

Lane & Donnelly Lead Gymnastics

by Reagan Pauwels

The girls' gymnastics team produced another solid season.

Seniors Connor Lane and Gabby Donnelly led the underclassmen throughout the season.

They had several wins against strong competitors. They defeated Wall High School to start off their season 93.1-88.605, they defeated Neptune 98.125-81.575, and they defeated school rival Shore in a close meet 97.45-97.235.

As the season progressed, Connor Lane, Mackenzie Harr, and Mackenzie O'Hare made it to compete in the Shore Conference and Sectional Meet. Lane and Harr competed in

beam and floor, while O'Hare competed in vault, beam, and floor. Connor Lane was also invited to compete at Nationals this May in Fort Meyer, Florida. There, she will compete against some of the nation's best gymnasts.

The two seniors are committed for Acro and Tumbling; Connor Lane will be attending Saint Leo University in Tampa and Gabby Donnelly will be attending Quinnipiac University next year.

Even though these talented girls will not be here next season, they are confident in the talented underclassmen to lead and succeed in the 2020 season.

Field Hockey Beats Rival RFH

by Reagan Pauwels



Julianne Kopec scores a goal against Middletown South.

The field hockey team scored an impressive record of 15-5 in the 2019 season. They defeated several opponents and rivals throughout the fall.

A major game this season was the victory against Rumson-Fair Haven. The field hockey team was upset by a previous loss from earlier in the season to RFH. However, when they were given the chance to come back, the girls pulled out a 2-1 win. Rumson-Fair Haven is a big rival and a skilled team, so this win was huge for the team.

Volleyball Reaches RBC Records

by Briell Menezes

The RBC Girls Volleyball team had a very successful 2019 season. This season, the girls had a record of 14-10. They defeated many tough opponents and rivals such as Colts Neck, Rumson-Fair Haven, and St. Rose. Unfortunately, they lost in a close match to Wall, 1-2. The varsity girls volleyball team also made it to the Shore Conference and NJSIAA state championship. Also, two of the members of the team have reached our school records. Senior Jenna Wilson is the 4th player in Casey history to get 200+ digs in a season. Junior Daniella Gangemi is the third

The team also defeated Our Lady of Mercy High School to advance to the NJSIAA Non-Public South Division semi-finals. There, they sadly lost 3-2 in a tough game against Moorestown Friends. However, the girls were still happy with their exceptional season.

Two D1 field hockey commits, Shannon Tringola, Drexel University, and Julianne Kopec, Temple University, led the team this season.

Tringola finished her senior season with a total of 33 goals and 18 assists, followed by Kopec with 27 goals and 16 assists. They both made the All-Shore Field Hockey Team. These two also helped lead the team as captains along with Hannah Howard and Alli Mullan.

Although the team is graduating a few seniors, the underclassmen are strong and have key players such as Gabriella Goehring, Tess Darnell, and Reilly Traynor. The juniors are upset to say goodbye, yet excited for the upcoming 2020 season. They hope to build as a team and have yet another successful season.

player in Casey history to get 300+ assists in a season. The team has several talented underclassmen for 2020.

The senior girls' volleyball team members on Senior Night.

