

# The Green & Gold



**Spring Semester  
June, 2021**

**Vol.3**

A Student  
Written  
Newspaper



**Students Say Goodbye to the  
2020-2021 School Year**

Welcome to The Green and Gold, a student newspaper written exclusively by Viking students. The journalism students created the newspaper to inform, entertain, and inspire readers. While striving to become better writers and communicators of their ideas.

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# 1



## **Dr. Powell Farewell Interview**

By: Miranda  
Cincotta and  
Nathan  
Casabar

Dr. Powell is the current president of our school and soon to be president of Frederick Community college beginning on August 16th. He was also previously a president at a University in West Virginia and Mount Saint Mary's. Prior to that, he was first a professor at the University of Connecticut for 7-years, then became a dean at Montana State University and a University in North Carolina. Dr. Powell has worked in many places, but he says, "Out of all the places that I've ever worked, I

think Saint John's was clearly the best and I regret that I didn't spend more time working in a high school setting."

Dr. Powell has also lived in many places over the country, but the first place he lived after high school was Alaska. During his time in school, the country was divided primarily because of the Vietnam War, and many young people were leaving the United States.

Dr. Powell married his high school sweet heart with his principal as the priest, and most of his

high school present to watch the ceremony. Afterward, Dr. Powell and his wife promptly moved to Alaska, where they bought 55 acres of property and built a log cabin. Their only access to technology was a tiny radio, and they lived entirely off the grid; their closest neighbors living 6 miles away. Winters in Alaska are bitter cold, and Dr. Powell says, "When we would go to bed at night, we had a stove, and if we didn't get up to get the fire going again, everything was frozen, even the water."

They lived in Alaska for several years until they moved to Montana. Dr. Powell attended Montana State University and earned his bachelor's and master's degree to pursue his dream of working with children with severe disabilities. Dr. Powell says, "I started my career in education when I was 5-years old, kindergarten. I loved school so much I never left." After earning his Ph.D. at Vanderbilt University, he knew he wanted to be a professor.

Dr. Powell and his wife also love children and recently adopted four kids from an orphanage in East Timor, a small, poverty-stricken island located above Australia.

The adoption took a total of four years and numerous trips to the island. When they would arrive, after the long flight and

14-hour ferry ride, they had to walk through the water to get to the island because the ferry could not take them all the way. When they had made it to land, they then had to hike up to the top of the island's peak, where the orphanage was located. Before Dr. Powell fully retires, with more than 40 years of university experience, he will spend one more year working as the president of Frederick Community College. There, Dr. Powell will lead and guide the school to greatness. But he will always cherish the time he spent with Saint John's Catholic Prep and its community.





# 2

## Mr. Giangrasso named The Most Influential Teacher

By: Dulce Ortiz

Saint John's Catholic Prep has been the spot for new beginnings. Whether that means new traditions or better ways to involve the community, their start has impacted and influenced many. One of their latest traditions is the prized award of "Most Influential Teacher of the Year".

The *Most Influential Teacher Award* is a prize nominated by the senior class at Saint John's that is given to the teacher that the students collectively decide has made the most impact on their classes, students, and community as a whole. The nominee can range from any

teacher and from any background that has taught any student. This year, the Class of 2021 presented the award to Mr. Michael Giangrasso, our school's music and technology teacher. Mr. Giangrasso has been passionate about his hobbies his entire life. While deciding to turn those passions into careers, he attended Rutgers College to pursue his undergraduate degree, majoring in Music with a minor in Film and Cinema Studies. After graduating, he continued his education at Frostburg University to obtain his Master's degree in Education.

One of his first big jobs

was becoming an independent film realm as a composer and editor. His projects seemed to impress several people, allowing him to enjoy his dream to the fullest.

Mr. Giangrasso came to Saint John's in 2019. While here, he has managed to successfully teach piano, percussion ensemble, video production, and audio production. He has also hosted several big events, such as the annual Cabaret Night or the Christmas Concerts. He is in charge of sound at big events and always puts a smile on any face.

Mr. Giangrasso was interviewed to talk about his successes in the Saint John's Community, and he had some fascinating things to say!

Mr. Giangrasso is all positive when it comes to his students and his classes. When asked what he loves about his job, he stated that it honestly does not seem like a job, but rather, an interesting and fun way to spend his days. He found a way to incorporate his interests to introduce that same idea to incoming students.

Like many people, it doesn't appear that he originally planned to teach high school students as his final career. But, look at where he is now! On this, Mr. G had to say what caused this sudden spark of interest. "I

think it stemmed from the fact that I have always enjoyed helping people. From teaching music lessons to children and adults, becoming a Catechist at my church, coaching little league baseball, and running the children's choir at my church, I have been drawn to helping people further their musical facilities, become better baseball players and teammates, and have a closer connection to God." In the end, it seemed like a great fit.

Mr. Giangrasso's journey is far from over at Saint John's. In the future, it appears he already has a plan about the main priorities he'd love to accomplish with his classes during the school year. By far, his most important goal is to give his students a chance to discover and learn the fascinating world of film, video production, and audio production at a collegiate level. Based on the idea that he has dedicated most of his life to this field, he'd love to develop a challenging, but fun curriculum using all the ideas he has learned.

Mr. Giangrasso would also love to provide a space of relaxation, comfort, and escape from the rigor of the students' daily classes. He hopes it can better encourage students to find time for themselves so that later in the day, they can be their best selves.

This free space can give students a chance to use instruments that may not be available at other times or situations.

Even though he is recognized as this year's Influential Teacher of the Year, Mr. Giangrasso has his own set of people he looks up to. "I have been greatly influenced by every teacher, coach, and mentor I have ever had by the kindness shown to me by family, friends, and random strangers when I needed it the most."

The best advice Mr. Giangrasso can provide to future high school students is to be nice to others. "Be someone's cheerleader, a supportive teammate, colleague, or friend. Put aside your own needs to help someone else. Be there for someone that just needs you to be there"

Alongside his wife, three children, and three cats, Mr. Giangrasso sees a bright future ahead. At the moment, he is working on an original musical, and hopes to continue pursuing his talents -so cool!

Mr. Giangrasso's special title is following many prominent leaders from the Saint John's community, including Mrs. Thomas (Mandarin, Personal Finance Teacher; NHS Leading Coordinator) in 2020, Mr. Peterson (English) in 2019, and Mr. Krajewski (Theology Teacher, Department Chair) in 2018.

Congratulations to such a prestigious teacher! Mr. Giangrasso has inspired many to pursue what they love while, at the same time, being a proper role model to his coworkers and students. Earning such an important award will not only impact his future achievements but will mark the path towards success at Saint John's Catholic Prep.

# 3

Alum. Sam Wiredu on his Recent Children's Book Series *Pogo the Rabbit*

By: Suzi Wiredu

In the fall of 2020, Alum. Sam Wiredu began writing and illustrating a children's book series, *Pogo the Rabbit*, containing the books *Pogo the Rabbit and the Carrot Buffet* and *Pogo the Rabbit and the Snow Friend* that is being published and sold on Amazon. The series teaches children important life

lessons such as sharing and patience.

**Q:** What inspired you to start creating children's books?

**A:** Ever since I was a child, I have always been interested in drawing and bringing characters to life, so I figured drawing was the perfect creative medium for me to bring a smile to children's faces. While I was brainstorming for the series, I did multiple sketches and eventually did one of a rabbit, which I thought would be the perfect mascot for these books.

**Q:** What was your favorite part of the process?

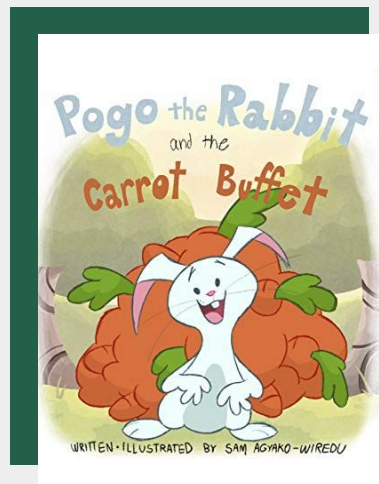
**A:** I really enjoyed the whole creative process, but coming up with rhymes was my favorite part, because it really prompted my creativity and brainstorming and it added a bit of a challenge. I also enjoyed the sketching and storyboarding process since it allowed me to look back at what had been cut out, improved, and changed throughout the whole process.

**Q:** Out of the two books, which is your favorite?

**A:** I enjoyed writing both, but *Pogo the Rabbit and the Snow Friend* is my favorite of the two because it allowed me to improve and learn from the skills I used while making *Pogo the Rabbit and the Carrot Buffet*. Also, since I wrote it during the holidays, the winter themed storyline helped me get into the holiday mood.

**Q:** Are there any new books coming to the *Pogo the Rabbit* series?

**A:** I'm planning on making a book where Pogo travels the world by making a hole in the ground and visiting different countries while learning about their cultures and customs.



# 4

## Sprucing Up the Local Flora and Fauna

By: Elena Murphy



Our very own Environmental Club, headed by Dr. Smith and Darrain Hawryluk, adopted a road! Their club president, Darrain, suggested the idea in order to clean up the local area. They adopted a portion of Lime Kiln Road and Lime Kiln Way where it is known for having trash dumped on it. Their crew consisted of Darrain Hawryluk, Kevin Guinan, Liz Hackley, Helen Bandy, and Dr. Smith. They set to work on Monday, May 10th. The group worked hard for two and a half hours and ended up collecting six bags of litter. Unfortunately, only two of these bags were able

to be recycled. They were asked by the Frederick County Highway Department to keep track of how many alcoholic beverage containers they found in order to determine how much intoxicated driving is going on in Frederick County. They managed to find 163 containers! They also collected a vacuum cleaner, Christmas decorations, and a few computer monitors!

Dr. Smith says when asked on the topic, "It was fun, but somewhat disheartening to see what fellow members of our community had done to the local environment. It was nice to see how much difference we can



make working together." The Environmental Club intends to clean up at least four times a year to keep our wilderness happy and healthy. Their next trip is either going to be this summer or early next school year. So be sure to join them!

# 5

## The New ASL Club By: Katherine Campbell



Kalia Espenlaub, a rising junior, is a transfer student from Oakdale High School who returned a part of the SJCP community that had once been lost. The American Sign Language Club is Kalia's passion project that began in late April. This club has enriched students' communication skills and understanding of this dynamic and necessary language.

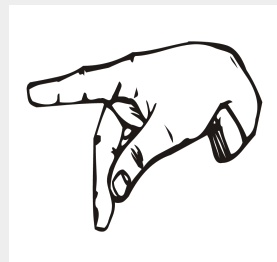
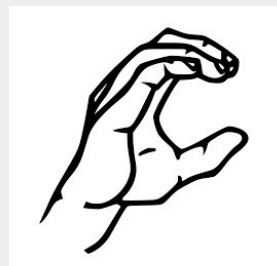
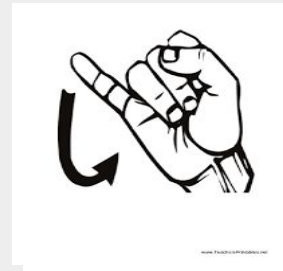
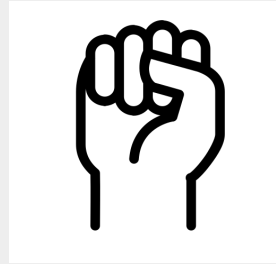
Kalia first began learning sign language towards the end of her sixth grade year in order to communicate with a transfer student, who then became her best friend. Once she began learning ASL she quickly fell in love with the language and the culture. She found that the language came to her naturally and so she continued to learn and grow in her signing abilities. When she transferred to SJCP she was placed into ASL 4 and planned to continue taking the class; until she discovered that the teacher would be retiring next school year and that incoming freshmen would not have the opportunity to take any ASL classes. The ASL club was conceived to fill this void. Another reason for the founding of this club Maryland is home to such a large deaf population that deserved to be recognized.

Kalia was unsure whether or not she could start the ASL club, having never started a club before, but she knew the importance of the deaf community and understood that it is a language that people should at least be familiar with. With reassured confidence Kalia brought her idea to Mr. Knotek and Mrs. Ballenger, the clubs official coordinator. With their approval the preparation for the club began and it is currently a great success.

The club currently has eleven members, who meet before school in the utilities room between 8:15 - 8:55 on Wednesday.

There they all eat breakfast, doughnuts, and discuss new signs. The club does not just focus on the language itself, it also teaches students about the deaf culture and how to interact with a deaf person. Currently there are no trips set in stone; however, Kalia is hoping to take the club on a field trip to the Maryland School of the Deaf. She also discussed the idea of the club interpreting a song at a Cabaret night. As a part of the members practicing their sign language they are encouraged to start conversations with deaf people in order to become immersed in the language.

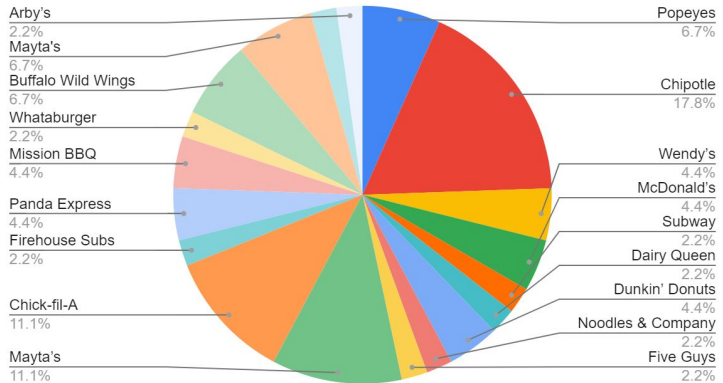
When asked what the best part of the club was she discussed how “everyone is open to sharing and learning the new language.” From both personal experience and the area of Frederick itself, it has become apparent that everyone should at least know certain signs as well as deaf etiquette. With the help of this club people are able to gain a better understanding of the deaf community and it is a great opportunity for people to pursue their interests in sign language.



# 6

## What SJCP Wants to Eat By: Nathan Casabar

### What Fast Food do Students Want to See at SJCP?



Some interesting statistics, right? Let's talk about the most popular choices.

**Chick-fil-A:** Chick-fil-A has remained a classic mainstay in Prep students' hearts (and stomachs). It's no surprise this fast food chain was so popular in this poll. Thankfully, there's no reason to expect Chick-fil-A leaving our cafeteria anytime soon.

**Mayta's:** Students wanted to see the return of lunches from the Peruvian restaurant Mayta's. Many students talked about how much they loved the fried rice in particular. For anyone that joined our school after the pandemic hit, this was a very popular order that was removed

from our menu during COVID-19. Hopefully, as Maryland transitions away from the pandemic, we might be able to see Mayta's return to Prep's lunches.

**Chipotle:** Chipotle was by far the most popular choice on this list. The Mexican food chain has many options that are both delicious and satisfying. However, some challenges admittedly come up when fitting Chipotle orders into a Prep-style lunch. Chipotle's food is decently expensive compared to other fast food places, and choosing one or two kinds of orders to fit the entire student body would be difficult. However, if the demand for your favorite fast food is high enough, anything is possible.

# 7

## Books You Need to Read This Summer

By: Josephine Leslie



### 1. A Tale of Two Cities.

Long classic books are boring to read, am I right? No, not in the case of this novel by Charles Dickens. The story of love, growth, forgiveness, and guillotines takes place in both France and England in the time before the French Revolution. The lengthy exposition might cause some readers to lose interest but if you stick it out, the connection of the many narratives in the story will combine to form one of the earliest and most tragic plot

twists in literature. The book runs about 450 pages for the unabridged version but one can find shorter versions (although I will let my bias slip in to say to read the unabridged version for the full effect). A great story for a teenage audience (or older) that shows the connection between love and tragedy.

### 2. How To Stop Time

Tom Hazard may look to be a 41-year-old man, but he has been alive for centuries, a closely guarded secret. As a member of

## 2. How To Stop Time

Tom Hazard may look to be a 41-year-old man, but he has been alive for centuries, a closely guarded secret. As a member of a society of people with the same condition, the Albatross Society, Tom can travel the world and make the most of his extended life as long as he follows one rule, do not fall in love. When a whim comes over him, causing him to return to England, his place of birth, Tom meets an inquisitive French Teacher who will change his life, and make him question the one rule he has to follow. This is a great love story about rebellion, learning to live, and embracing change. At around 330 pages, How to Stop Time is a quick-paced easy read for any reader.

## 3. Slaughterhouse-Five

In this anti-war novel, Billy Pilgrim spends his time switching between World War Two, his life post-war, and his abduction on the planet of Tralfamadore. While on Tralfamadore, he learns about how fluid the passage of time is to the Tralfamadoreans and its change to his perspective on life. This is a relatively short novel (100 pages), making a good read for those with a big imagination.

## 4. Les Misérables

The longest novel on this list, Victor Hugo's Les Misérables tells the story of Jean Valjean, a man imprisoned for 19 years because he was caught stealing a loaf of bread to feed his family, and his time leading up to the French Revolution. Valjean's story follows his development alongside the stories of many other characters such as his daughter Cosette, Cosette's husband Marius, Cosette's tragic mother Fatine, the ruthless prison guard Javert, and the cruel family, the Thénardiens. This story of redemption, development, love, friendship, change, and tragedy takes up a lengthy 1,000-1,500 pages but is well worth the read.

## 5. Flowers for Algernon

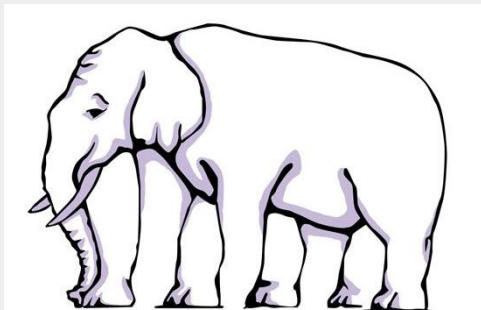
Charlie Gordon, a man with a low IQ, is given the opportunity to participate in a clinical trial which could give him an enhanced intellect not only making him smart but a genius. The catch is that nothing could happen, or everything could change for him. With a mouse that has undergone the same surgery, Algernon and his teacher, Miss Kinnian, Charlie journals his journey throughout

the surgical process and its impact on his life. At around 300 pages, this story is an easier read that develops the question, is it better to live in ignorance or to risk it all in hopes of gaining knowledge?

# 8

Brain teasers/  
Illusions:  
By: Jolie Orns

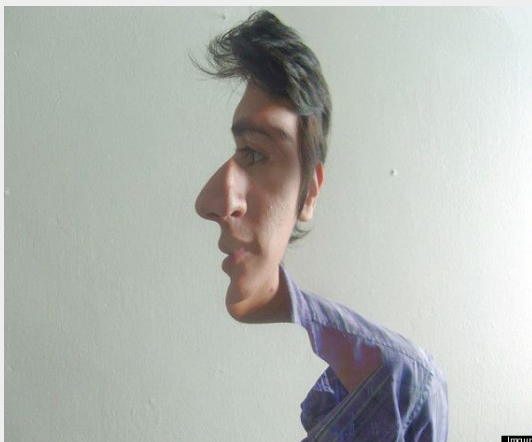
How many legs does this elephant have?



Answer: 4



Two faced:



# 9

## SJCP Summer Sports Highlight: Micah Glover

By: Frankie Pommett



Micah Glover, a Junior at Saint John's Catholic Prep, is a very skilled and smart young man on and off the football field. He is passionate about the sport, and has been playing the game of football since he was five years old. He is a very gifted and versatile player who can play on both sides of the ball. Even though he is an excellent player on defense, he enjoys offense the most. "I like running back because you get the ball a lot and I love running with the ball, but if I am not playing running back, I would probably pick wide

receiver because of my catching abilities," he said. Micah is very interested in playing college level football, and has already gotten offers from Division I, II, and III schools. However, his athletic ability coupled with his strong academic achievements makes him a strong candidate for schools like Temple and William and Mary, both Division I schools with rigorous college programs. He dreams big and would be thrilled to even play for the National Championship Alabama team. Micah attributes much of his success to the

support of his family, and that inspires him to work hard and do well. He trains year round and even in the off-season he says he “spends about 3 hours a week doing personal training.” For his senior year, Micah is anxious about a new head football coach and a new playbook, but is excited to get on the new turf field and perform well. He hopes to attain a lot of good highlight film to show college coaches, and he says he “hopes to get an offer to play football, and looks forward to an awesome senior year.”

# 10

SJCP Volleyball  
Says Goodbye to  
Grace Murray

By: Zoe Laughlin

2021 Graduate, Grace Murray at Saint John's Catholic Prep plays 3 sports but is a star in volleyball. Playing since the fifth grade she has excelled in the sport with her amazing hits and blocks. Entering high school she made the junior varsity team and had a successful season. The following year, she continued on junior varsity having a record number of blocks and middle hits. Junior year she made varsity, having yet another outstanding season with over 23 blocks and many hits. As an award Grace won Game MVP and received a gold volleyball. She also won the tournament MVP at Maryland School Deaf. Viking Proud! Due to covid the senior volleyball season was cut very short only having 5 games. The Saint John's Vikings lost 1 and won 4. As senior captain Grace helped the team with her skills with twenty blocks and many powerful middle hits. Her passion for volleyball is like no other. Grace plans on playing volleyball at her University next year. Fashion Institute of Technology is lucky to have such an amazing player. There is no doubt Grace will continue her volleyball career with nothing but success. Congratulations Grace on an amazing volleyball career here at SJCP!