

Senior Will

By The Signpost Staff

On behalf of The Signpost Staff we congratulate the graduating class of 2022 on their completion of high school, and wish them the best of luck in their future endeavors.

Our Senior Signpost editors Daniella Del Tufo & Maggie Howard hand over The Signpost into the capable hands of Grace Anderson and Cate DeSousa.

Once again, graduates, good luck in the future, enjoy college, and be the successful Caseys we all know that you can be.

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Local Teens Rally At The Ridge Road Run

By: Georgia Bernhard

Recently, Red Bank Catholic in partnership with Red Bank Regional and Rumson-Fair Haven High School executed the annual Ridge Road Run. The race raises both awareness and charity funds for causes regarding mental health and suicide prevention. The race found its origins five years ago, when the three schools came together, despite undercurrents of rivalry.

They united over a suicide in the interscholastic community, wanting to take action on account of the tragedy. This desire manifested itself in the Ridge Road Run Race, which still champions the idea of three schools having one message, as its organizer, Red Bank Catholic's Mrs. Booth states.

Community Unites

As far as how the race has impacted the community since its formation, Mrs. Booth continues to add how it facilitates students to be able to more openly talk about the heavily stigmatized issues it fights for. She elaborates by saying how the "fun and activity-based nature of the race" also invites people to enter the discussion who would not have otherwise.

Student Volunteers

Still, an event like this is not simply executed. While Mrs. Booth plays a large role in organizing the event, the race also utilizes the assistance of student volunteers; this year especially had large numbers of students volunteering. These volunteers contribute to the race through various roles.



A large group of Caseys joins the action at the Ridge Road Run Race. Student participation has grown over the years, making the event a huge success, not to mention the awareness that has been raised over issues regarding help for suicide prevention.

Those involved in the race's organization also included many of the members of Red Bank Catholic's Hot Topics club. Mrs. Booth is the club's advisor, and students in the club contribute to the race organizationally. Hot Topics members, she says, "take part in building a social media presence for the race, as well as reaching out to sponsors."

Mrs. Booth explains how sponsorship contributes to the race's mission; these companies and families provide funds for the race that goes to external mental health organizations, in addition to the three schools' own efforts in mental health awareness. In the past, these funded efforts have included bringing speakers to the schools, and distributing free T-shirts to their students.

Volunteers Aid Runners

Other volunteers contribute through passing out water bottles and snacks to runners

at the race, as well as donating food and water to the race for the same purposes. Others help by setting up the race, though Mrs. Booth explains that an organization helps with the mapping and major set-up of the race (which goes along Ridge Road, from Red Bank to Little Silver), as well as provides for the police presence of the race.

Keeping the Tradition

And while the race was compromised in the past by pandemic restrictions, this did not stop the three schools from still executing the race. Instead of a traditional race, a virtual race was held. Runners ran in separate locations, sending in photos of themselves running (apparently including New Jersey's governor, as Mrs. Booth mentions).

As for how Mrs. Booth specifically hopes to see the race grow in the future, she simply wishes for it and its message to continue on.

EDITORIALS

Social Media's Misguided Labels

By: Georgia Bernhard

In the age of social media, a surge in support for mental health has been seen. One can find endless resources on the signs of, coping methods for, and stories from those who live with mental illness. A quick search on the topic will yield quaint little infographic after infographic, about signs one may need to take a break for their mental health, or things one may not realize could be depression, anxiety, OCD, or ADHD, to name a few. And while this movement for mental health awareness has likely been beneficial for those with mental illness, who would have been previously dismissed or ostracized, it carries its additional effects. With constant talk of mental illness, many are implored to see how it could be somehow present in their own lives without their realizing.

Baseless Claims

The ever-growing number of mental health accounts and resources constantly list "signs" of mental illness, though with little basis. The things that are presented as signs often do not fall within the realm of diagnosable depression, anxiety, or other conditions, but more so average emotions. While a collection of what are considered everyday emotions, however compounded, can warrant an actual diagnosis of a certain mental illness, one gets the impression that an average amount of these average emotions can still be. Feeling a little glum

today? According to these pages, you need to now wonder if you are experiencing depression. Do you occasionally get nervous in social settings? Well that sounds like full-on, diagnosable social anxiety, then. Does disorganization frustrate you? Now is the time to start considering the possibility of your having OCD. Really, do you happen to experience negative emotions every now and again? While this side of social media is well-intentioned, they seem to inadvertently say: that is not normal.

Emotional Robots?

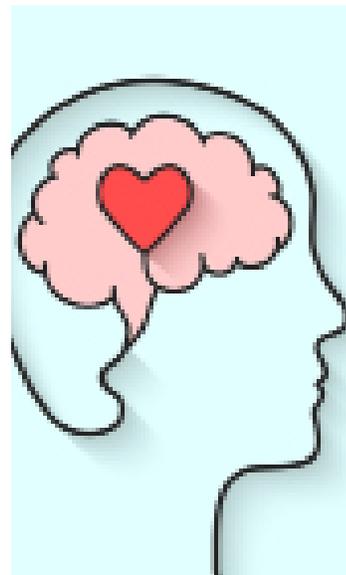
If one identifies any measure of sadness or nervousness, according to many in this new ideology, the next logical step is to see what condition it is tied to. With this, they unintentionally promote the idea that the "average" person possesses not a single negative emotion— that any deviance from this must point to mental illness. And the idea is clearly a ludicrous one. If every negative feeling or eccentricity should be automatically viewed as part of a yet-to-be-determined condition, a disorder, then most individuals must be some type of robotic semi-people— each thought process simple and logical, every situation neutrally and diplomatically responded to, not a single quirk or weak point.

Let the Experts Decide

Many of these pages are made for and by young people, and the effect is evident.

Their lack of knowledge about the science and fact behind mental illness leads to so-called evidence being what seems about right about a certain illness, or unauthorized conclusions from fellow teens who believe they understand the condition. On the latter, another issue has risen in these mental health activism communities online, where it is often impossible to refute the claims of self-diagnosed mental illness sufferers. If whatever amount of young people decide that something they have experienced is a feature of their concluded (though based on further shaky evidence) mental illness, it is incredibly difficult to challenge the claim. And so, these new symptoms are incorporated into the unofficial definitions of mental illnesses online. It is also due to the zealous desire possessed by many of these young mental health activists to be conditionlessly accepting. The intention comes from a kind place, but it leads to the incorporation of these unofficial definitions, and

causes them to implore their audience to unnecessarily look upon themselves for possible mental illness in the first place.



To be human is to have certain emotions at times, which may not necessarily be mental illness.

The Signpost

Volume 40 No. 2

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

American Scholastic Press Association - Second Place

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THE LIST

These are the colleges seniors have chosen to attend. A complete list of acceptances is available on the RBC website: redbankcatholic.org

University of Alabama Madison Anderson Thai Minh Bach	Elon University Christopher Holt Alyssa Lonardo Ava Matern	Loyola University (Maryland) Tyler McLeod	Pennsylvania State University Joshua Carlson Lauren Mason James McManus Dylan Van Berkel	Stockton University Michael Haran
Arizona State University Courtney Brennan Ronald Fay Tyler Klein	Emerson College Claire Cush Sophia Nazareno	Lynn University Kristin LaValle Lauren O'Brien Isabella Rodrigues	Providence College Chloe Hart Elizabeth Konefal	Susquehanna University Elizabeth Povalski
Assumption University Ryan McPherson	Endicott College Sam Garcia Sophia Jensen	Manhattan College Olivia Grace Maddalone	Purdue University Vincent Carpenter	Syracuse University Meghan Howard Naeyoon Lee Ashley Mian Isabella Sykes
Auburn University Andrew Brem	Fairleigh Dickinson University Nicholas Sergiou	Marist College Erin Donnelly Ashli Ma	Quinnipiac University Morgan Cupo	University of Tampa Sara Braunstein Spencer Foley Jaime Hicks Luke McConnell
Babson College Cleo Grignard	Fashion Institute of Tech. Zuleica Prado	University of Maryland Jacqueline DiBenedetto	Rider University Amiya Braithwaite Brooke Coplin	University of Tennessee-Knoxville Grace Bertoldo John Denza Justine Pissott
Bentley University Lucas Fernandez DeAssis	Florida Atlantic University Kayla Palmieri Katie Silva	University of Massachusetts Michael Conneely	Roanoke College Anthony Muniz	Texas A&M University Daria Smetannikov
Boston College Ally Carman Samantha Russo	Florida Gulf Coast University Monica Greenberg	Mercer County Community College Jade Buckredan Trevor Learn	Robert Morris University Cyril Arvantis	Thomas Jefferson University Andrew Gonzalez
Brookdale Community College Anna Bottino Gianna Carroll Gabriel Centurion Quynn DeGraw Brian Durnien John McLaughlin Vincent Napoliello Daniel Pagano Colin Sandford Maglietta Smith Kieran Supp Bailey Tucker	University of Florida Bailey O'Connor	Merrimack College Rajahn Cooper	Rowan University Thomas Drechsler	Tulane University of Louisiana Alex Bauman
Bucknell University Alexander Brown Charlotte Simeone	Fordham University Maya Khosla Grace Marrin	University of Miami Ella Burgdorf Julianna Ilvento Jack Meyers Stanley Richard Zolek	Rutgers - Newark Nicholas Gonzalez	Vanderbilt University Henry Havard
University of California-Davis Pedro Pablo Zapata Gutierrez	George Mason University Abigail Najdzinowicz	University of Mississippi Dennis Vassallo	Rutgers - New Brunswick Isadora Cesar Brianna Jones Alyssa Lomangino Natalie Shaker	Villanova University Quinn Burrough Elizabeth DeJulius Kristina McAnally
The Catholic University of America Colin McGrath Christian Ruoff	The George Washington University Mary Irene Miller Alyson Elizabeth Sweeney	Monmouth University Vivianna Ayuso Valentina Bertini Garrett Craney Amanda D'Auria Daniella Del Tufo	Sacred Heart University Ashley Correia Stephanie Da Rocha Jake Jacobson Afrodite Koulouris Claude Morales Melissa Zazza	University of Wisconsin Jennifer Portela
College of Charleston Greg Attardi Selah Louise Chenery	University of Georgia Alaina Terrone	Montclair State University Ryan Brown Liam Kehoe Adam Rodriguez Claudia Woerner	Saint Anselm College Jaidin Haynes	Xavier University Elena Dimitri
University of Cincinnati Ha Khanh Truong	Grinnell College Jessica Rodriguez Beyer	Morgan State University Yanil Medina	Salve Regina University Seton Smith	Gap or Service Year John Foote Brandon Loria Zura Rosa Christopher Viggiano
Clemson University Owen Cavanagh Alexis Pavlinec Hannah Rickert Luke Zenkert	Hampton University Rebecca Renee Pierre	University of Oregon Nathaniel Waldron	San Diego State University Gabriella Rose Ava Scarantino	Undecided Harold Kildare Alisha Raoul Michael Zazza
Coastal Carolina University Kailey Cogley Charles Hart John William Kozack III Skylar Warner	Hobart William Smith Colleges Ashton Mejias	United States Naval Academy Anna Gotterup	Sarah Lawrence College Bridget Duran	
University of Delaware Jayne Fontanella Casey Mandeville Abigail Mansfield	Howard University Smiralda St. Vilus	New Jersey Institute of Technology Jonathan Bachrach	University of Scranton Sophia Medina	
Delaware Valley University Daniel Conroy	Indiana University Isabelle Coppola Sophia Sessa	The College of New Jersey Cameron Price Faith Wittstruck	Seton Hall University Lauren Taylor	
Duquesne University Molly Malone	Iona College Ryan Cullinane	North Carolina State U. at Raleigh Dillon Larkin	University of South Carolina Carley Benevento Shea O'Connor Anna Piancone	
East Carolina University Joseph Diorio	James Madison University Brian McMullin Erin Rogers Ashley Simpson Chloe Van Berkel	Northeastern University Michael Liddy	University of South Florida Elena Fernandez	
	Kent State University Mariella Sosnoskie	Ohio State University Victoria Caliendo	Southern Methodist University Olivia Starace	
	King's College Wyatt Haselbauer	Pennsylvania College of Technology Nicholas Cardoza	Suffolk University Yuting Yin	
	Les Roches Global Hospitality Management Momoka Jimbayashi		Springfield College Corbett Cimini Connor Wanagiell	
	Loyola University (Chicago) Juliann Hans		Stevens Institute of Technology Natalie Ciacma	

ARTS & ENTERTAINMENT

Casey Players Present: *The Little Mermaid*

By: Daniella Del Tufo

The Casey Players finally returned to the BSA stage after three years. This year's spring musical was *The Little Mermaid* and had an outstanding five show run. Senior Afrodite Koulouris starred as Ariel and junior Jack Sisk starred as Prince Eric. Junior Carmen Gemellaro starred as Sebastian, junior Riley Manfredi starred as Scuttle, and senior Sophia Nazareno starred as the wicked sea witch Ursula, while freshman Sarah Moser starred as Flounder. The pandemic brought a new style of casting. Understudies were added in for the first time in RBC history and got the opportunity to perform their roles in the Saturday afternoon matinee. This was a great opportunity for underclassmen and members of the ensemble to perform these larger roles on stage.

The Little Mermaid is a tale about a mermaid who wishes to be human. When she sees the man of her dreams on a ship



Carmen Gemellaro as Sebastian leads the dance in "Under the Sea." with other humans this motivates her to fulfill her dream of having legs. The antagonist Ursula preys upon Ariel's biggest dream. The wicked sea witch along with her two eels lure Ariel into her grotto to make her human, but with a price. During the Act 1 climax, Ariel sings her voice into a shell in order to get legs. She does become human, but she cannot talk or sing. Act 2 of this musical is dedicated to Ariel getting her voice back while staying

human.

This musical was both directed and choreographed by Mrs. Kelly Gemellaro, music directed by Mrs. Melody Blasenheimer, theatrics directed by Ms. Mary King, tech direction by Mr. Robert Rutt, and house managed by Ms. Sarah Guarillo. This musical was a combination of royal enchantment mixed with dazzling costuming and thrilling choreography as well as complex harmonizing. Mrs. Gemellaro is so proud of how quickly *Little Mermaid* emerged into a wonderful production after just six weeks of rehearsing and preparing.

There also had been two fundraising opportunities for this musical. The first fundraiser was a sneak peak of the show and was held on March 4 in the BSA. This was a fun night filled with sneak peak performances of the show as well as raffles and 50/50s. The second fundraiser was the Under The Sea bake sale that



Michael Makar as the pilot leads the ship along with sailors Matthew Block, Monica Beileys, and Anna Accardi in the opening number "Fathoms Below."

was held on Friday March 25. Students got to purchase a tasty treat during their lunch period to help support RBC Performing Arts at this mermaid-themed bake sale.

This musical was nominated for two Basie Awards- Best Choreography and Best Costuming. The RBC Performing Arts Staff thanks all of the cast members for their hard work and dedication.

Senior Showcase Shines

By Daniella Del Tufo

On Thursday May 19 and Friday May 20, Red Bank Catholic's Performing Arts Department presented its annual Senior Showcase. This showcase gives seniors the opportunity to choreograph, or write and direct their own one acts to have presented on stage. This show was especially emotional for the seniors because it was their last show ever on the BSA stage during their last week of senior year. This showcase highlighted all of the seniors' talents as well as where the seniors are going to college through the final number- the senior goodbye dance. Both senior dance classes got to choreograph their own

dance to "As It Was" by Harry Styles. RBC Performing Arts thanks its seniors for all of their hard work and dedication in this program throughout the last four years.



Seniors from back to front: Momoka Jimbayashi, Rebecca Pierre, Emily Wilson, Afrodite Koulouris, Daniella Del Tufo, Sophia Medina, Sophia Nazareno, Samantha Russo, Charlie Simeone, Jenny Portella, Maya Khosla, Bailey O'Connor, and Claire Cush.

Spring Choir Concert Moves All

By: Daniella Del Tufo

On Friday May 13, 2022, the RBC Choir alongside Chamber Band presented their annual Spring Concert at Saint James Church. This was the first year that the Choir Concert was combined with the Chamber Band Concert. The concert began first with three songs from Chamber Band, including the popular song "We Don't Talk About Bruno" from the new Disney movie *Encanto*. The RBC Choir sang several arrangements alongside solos and duets. There was even a portion of the concert dedicated to the spring musical *Little Mermaid* that included songs like "Daddy's Little Angel," and "Under the Sea."

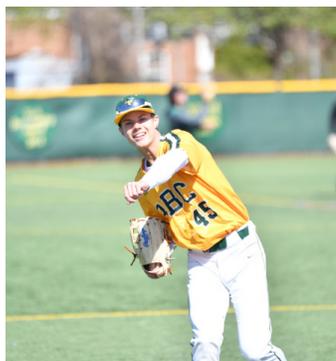


Senior Afrodite Koulouris intones an emotional piece at the first ever Spring Concert collaborating with the newly formed Chamber Band. The students all seemed to feel the emotion as they bid adieu to their senior classmates participating in their last ever Spring Concert. The evening was moving thanks to Ms. Melody's direction.

SPORTS

Baseball Scores

By: Mackenzie DiValli & Stephanie Mahns



Senior Jack Meyers hurls a pitch in a close game. Meyers goes to the U. of Miami this fall. The team hit a Three-peat as Shore Conference Champions.

The RBC Baseball Team came out on top last year, grabbing the title of #1 in the Shore. Despite the loss of great players, the Caseys came back on top for this 2022 baseball season. This is not two, but three Shore Conference crowns in a row. There are six seniors leading the team this year: Nico Gonzalez, Matt Scrivanic, Mike Liddy, Jack Meyers, Ashton Mejias, and Andrew Gonzalez. With the talented players on the field along with their head coach Mr. Buddy Hausmann, the Caseys continued their stellar play. They racked up a record of 20-9, also achieving the NJSIAA Tournament Quarterfinal Round, South Jersey, Non-Public A.

On April 23, the Caseys competed in the Autism Awareness Challenge Baseball Game. Pitchers Alex Stanyek and Dominic Mallamaci pitched a 5 inning no-hitter, resulting in the winning score against Holy Spirit, 11-1.

With players like Monmouth commit Matt Scrivanic and Alabama commit Sean Griggs on third base, and outstanding pitchers on the mound (Alex Stanyek, Dominic Mallamaci, Steve Svenson, Ryan Prior, and Declan Leary) the team accomplished so much, and can still in the future with their talented underclassmen.

Boys Tennis

By: Rhiannon Hill

The Casey Boys Tennis Team racked up a solid season not reflected in their record of 6-9.

Led by team captain Jack McLaughlin, the Caseys beat St. John Vianney, Raritan, and Monmouth Regional, among others. Standout sophomore Victor Sandru contributed significantly to the team despite being an underclassman.

In the meantime, senior Dillon Larkin expressed his emotions as bittersweet. He has been playing on the team since his freshman year, and he improved greatly. Larkin's favorite memory is practicing indoors with his teammates, working together to achieve their goals. Senior night, May 11, the team reminisced about how special being in this RBC program was to them all.



Senior Jack McLaughlin smacks a crisp return to his opponent. McLaughlin was team captain this year and led a dedicated group of tennis players.

Softball Crushes

By: Abigail Zebick



Amelia Santos eyes the ball for just the right pitch to get her on base.

Despite fewer upperclassmen than in recent years, the Caseys softball team became A Central Division Champs.

The young Caseys took control, as freshman short-stop Nicole Knox, named RBC Rookie of the Year, and A Central Player of the Year, achieved a .603 batting average, leading the team with 47 hits. The team is rich in talented underclassmen.

The pitchers killed it, especially junior Bella Hurta, who threw for 115 strikeouts in 73 innings pitched. She also led the team in hitting doubles, with 13. In addition, Hurta made the A Central All Division Team, and was named RBC's Most Valuable Player.

The team wrapped up the season with a record of 17-7, made it to the Monmouth County Tournament Semi-final Round, and made it to the NJSIAA Tournament Quarterfinal Round, South Jersey, Non-Public A.

Hey now, not bad for a bunch of underclassmen.

Boys & Girls Golf

By: Samantha Weber & Cassidy Torchia

The Red Bank Catholic Boys and Girls Golf Teams have had a very successful season, led by head coaches Gaul and Kusch. The captain of the girls team is Abigail Ellery, with her best nine-hole score of the season being 52. The girls team's best score was 242 against Marlboro. The captain of the boys team is Chaz Hart, with his best nine-hole score being 39. The boys team's best match was against St. Rose, where Red Bank Catholic scored 169. Congratulations to the seniors Elena Fernandez, Chaz Hart, CJ Ruoff, Colin McGrath, Ronald Fay, and Trevor Learn for a great performance this season.



Freshman Braden Dente drives one down the fairway with classic form. Dente contributed to a strong boys golf program, as the team ended the season with a 12-4 record. The boys finished second in the Shore in the Shore Conference Central B Division.

While the girls struggled a bit this year, at 2-12, they worked hard to improve, and enjoyed playing. The future for the team looks bright.

SPORTS

Girls Track Strong

By: Cate DeSousa



Freshman Rhiannon Hill hands off the baton to anchor Cate DeSousa. DeSousa won two County Crowns this year.

The Red Bank Catholic Girls Track Team is full of talent and ambition. The girls were able to defeat some local opponents like Rumson-Fair Haven and Shore Regional in the 4x800 and 4x1600. In the first relay of the season at Central Regional High School, Elena Dimitri (senior), Rhiannon Hill (freshman), Avery Hargis (sophomore), and Cate DeSousa (junior) set a current NJ state lead in the 4x1600, with a time of 21:30. This means that each girl averaged 5:22.5 for each 1600 meter leg. DeSousa won the 3200 at the Holmdel Twilight Series, then won the 1600 in the Monmouth County Championships, as well as the 800. Since then, the team has been putting in the miles to reach more goals. The younger girls on the team had a strong showing at the A-Central Divisional Championships. Competing against athletes from all around the county, freshman Charlotte Heaton led the charge with a top 10 finish in the 1600. At the same meet, Mia Gonzalez (sophomore) and Sofia DeGennaro (junior) led the way for the sprints group, both placing in the top 10 in the 200m. Although the team does have so much talent, the success starts with the work put in over the summer, and it continues through the year.

Boys Track Races

By: Grace Anderson

The Red Bank Catholic Boys Spring Track Team posted a fantastic season. In both relay and individual events, the team has exhibited hard work and dedication which is showing off in their races. The sprint medley, consisting of Patrick Coyle (sophomore) running the 800, Jaidin Haynes (senior) running the 400, Emanuel Ross (sophomore) running the 200, and Dennis Vassalo (senior) running the 200, has been very successful and the relay continues to decrease their time. Each meet they showcase their talents through dedication, and camaraderie. They aspired to run at the national stage at the end of the school year. Many individual personal records were set this spring. Patrick Coyle ran his 800m PR of 1:57.50 at the A-Central Divisional meet, and won a bronze medal at the Monmouth County Championships, while sophomore Dylan Ciorciari gained a new PR.



Senior Jaidin Haynes leaps forward with all of his might in the long jump. Haynes won the gold medal in this event at the Monmouth County Championships this year. Both boys and girls track teams were forces to reckon with this season.

Boys Volleyball

By: Kallie Zebick

The boys volleyball team works well together on the court, and they support each other through all of the good and bad matches. The new players on the team use their athleticism to better themselves and the team as a whole. Senior Stanley Zolek leads the team with 20 kills and 20 blocks. Sophomore Ryan Hierl is also

leading the team with assists, having 59. This team works hard and plays hard.

These boys played much better than their record of 5-16 shows, and have a great future ahead of them, as the underclassmen returning next year are deep, determined, and ready to take on the challenge.



The boys volleyball team puts on an intense practice in preparation for competition.

Girls Lacrosse

By: Dado Aw & Taylor Carlson

Red Bank Catholic's Girls Varsity Lacrosse Team showed both perseverance and dominance on the field this year.

The girls fought to a 14-7 record with 8 outstanding seniors leading the team, including the senior captains Anna Gotterup, Lizzy Povalski, and Molly Malone. The girls made it to the Shore Conference Tournament Quarterfinals, made it to the NJSIAA Tournament, Quarterfinal Round, Non-Public, Group A.

Coaches Troy Madison and Emily Holtz were crucial in each Casey victory.



Senior Anna Gotterup fights her way down the field as opponents try to stop her momentum. Gotterup proved to be too much for them. She will attend the United States Naval Academy in the fall.

Boys Lacrosse

By: MiaGrace Delfini



Sophomore Ryan Magee adeptly moves on the field to outmaneuver his opponents and push the ball downfield. The total goals for the team hit 274.

Red Bank Catholic's Boys Lacrosse Team had a 13-9 season with the senior leaders Jack Foote on defense and Anthony Muniz on offense. The boys made it to the NJSIAA Tournament, Semi-final Round, Non-Public, Group B.

Midfielder Torin Harmon led with 63 goals, and 47 assists. He has racked up 110 points thus far.

On defense, goalie Christian Schrader had 161 saves, while sophomore Gianvito Viola had 114 saves on the season.

Senior Anthony Muniz and junior Torin Harmon hit 100 points in their high school careers this season—a great achievement for them both.