



# DEPAUL CATHOLIC HIGH SCHOOL

## Spartan Sentinel

Welcome to the Spartan Sentinel, our bi-weekly electronic newsletter for all things DePaul Catholic.

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### **Principal's Corner**

Mr. Russell Petrocelli

Dear Spartan Community:

I am pleased to share with you the Quarter 2 Honor Roll and invite you to the Honor Roll Assembly on **Wednesday, February 20, 2019 at 9:45 AM**. There will be a breakfast at 9:15 AM for the parents of those students who earned Principal's List designation. I look forward to honoring these students, and your attendance, on February 20, 2019.

Please visit this newsletter on a regular basis to be brought up to speed on the happenings across the campus. If you are a graduate and are in the neighborhood, please stop in and say hello.

St. Vincent DePaul...Pray for Us!

Russell D. Petrocelli  
Principal

**[Click here for a full list of the Quarter 2 Honor Roll.](#)**

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### **Moving Forward...**

Mr. John Merritt '71

**Vice Principal, Student Life**

I was speaking with a student the other day who is now beginning to struggle both in the classroom and in athletics. The student is a bit rattled, as once upon a time, he was a star in both. A real 5<sup>th</sup>, 6<sup>th</sup>, 7<sup>th</sup> and 8<sup>th</sup> grade phenom. The student was very frustrated, so in order to figure some things out I requested that we go back in time in the student's life. We went all the way back to 5th grade and ended with the present.

#### **What did we learn about the student?**

The student received A's throughout Elementary and Middle School without much or any effort. The student did not have to study, in fact, his district had a no homework policy. The student had a good memory to fall back on. Basically, in academics, it was smooth sailing; it just came naturally.

I asked about athletics. The student responded that being the fastest on the team came naturally and he was also big for his age. The student never had to learn the game or the nuances of the game. It just came naturally.

Now in high school the student is being challenged both intellectually and athletically in a whole new way. He just can't memorize and show up for the test and expect an A. He needs to study, prepare, and learn the material just like most of us have always had to do. In athletics, the student is now being challenged by kids who are bigger and faster and stronger and who know the game better.

I felt the student was ready to give up, both academically and athletically.

Many kids face this dilemma (and I mean this **dilemma**) of being the superstar in 5th, 6th 7th and 8th grade. It's why having all-star teams in elementary school may be a mistake. Maybe the kids just need to learn how to play the sport properly and to also respect the game.

The dilemma is when you are the superstar based not on hard work, but on pure natural ability. Students and athletes with natural ability, quite often, find it very frustrating when they see everyone improving and maybe passing them by while they stand still.

### **What should the student do?**

Well, accept that now it's time to work at the specific subject or sport: study, homework, class participation and preparation.

- It's time to spend more time on academics than you ever have in your academic life.
- It's time to spend more time learning about your sport and preparing to practice and play your sport more than you ever have in your life.

Seems like a good plan. Right?

### ***Then why do so many students give up academically and say:***

- I can't learn.
- The teacher can't teach.
- The subject is too hard.
- It's not important that I learn it.

### ***Then why do so many athletes quit their sport after 9th or 10th grade and say:***

- The other kids are better.
- I have no chance to start.
- The coach already has the team picked.
- It's hurting my grades (You have to be kidding on that one!).

### **The following is just an opinion as to why kids quit.**

- Some kids are no longer raised to think long term. They are raised with instant gratification as the goal.
- Some kids quit because they cannot handle not being the star they once were.
- Some kids quit because they lack the desire to do the hard work that is now necessary to succeed.
- Some kids believe that someone else controls their future.

### **Here is my advice (not that anyone asked) to help you not to quit.**

#### ***Try being the following***

- Faithful
- Prayerful
- Patient
- Humble
- Tough
- Tenacious

The hardest time for a former star, is when they accept the fact that they need more than just natural ability to succeed, and now they must work as hard or harder than anyone else to get to the same place.

*When not possessing the above 6 qualities it will be difficult to impossible.*

*When possessing the above 6 qualities there is a great chance to succeed.*

**Here is a final thought for a student to think about who is fighting this fight.**

***Why do you go to school?***

Learn, grow, mature, create a memory and have some fun along the way.

***Why do you join a sport?***

Learn, grow, mature, create a memory and have some fun along the way.

**A final word to the wise!**

You may no longer be the star, but now you are a "**Champion**" because you never gave up, and you never gave in.

Sounds like you are a true "Spartan"!

St Vincent DePaul..... Pray for Us!

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**Spartan Spirit**

submitted by Ms. Wiltshire

**[Click Here For The Complete Spirit Week Schedule](#)**

# **Spirit Week Schedule**

## **February 22<sup>nd</sup> – March 1<sup>st</sup>, 2019**

<b><u>Feb. 20<sup>th</sup> - Feb 21<sup>st</sup></u></b>	➤Class representatives will organize the painting of a class poster after school.
<b><u>Friday, Feb 22<sup>nd</sup></u></b>	➤DePaul Pride Day -Only DPCHS attire is allowed ➤Volleyball Tournament 7 – 11 PM
<b><u>Monday, Feb 25<sup>th</sup></u></b>	➤Color Wars Begin -SW Class Shirt Day -Accessories in your class color (socks, tights, ties, headband, scarves, etc.) ➤Special PM Schedule Assembly -Volleyball Tournament Finals
<b><u>Tuesday, Feb 26<sup>th</sup></u></b>	➤Sport Team Shirt Day (College or Pro, <u>NOT</u> DPCHS) Shirts only – uniform pants and skirts
<b><u>Wednesday, Feb 27<sup>th</sup></u></b>	➤Twins with Jeans (or sweats) Day-must register -Identical top attire <b>with</b> (required) denim blue jeans or matching sweats (NO leggings)
<b><u>Thursday, Feb 28<sup>th</sup></u></b>	➤Throw Back Thursday – <b>That 70's Day</b> (See <i>guidelines</i> )
<b><u>Friday, March 1<sup>st</sup></u></b>	➤SW Class Shirt Day-Color Wars! -Pajama Pants Day (long flannel/cotton) -NO sweatpants -Stuffed Animal Day -Slippers, sneakers or Ugg-type boots are allowed ➤Special PM Schedule for school-wide Obstacle Course competition between homerooms.

*You MUST see the daily posters for more specific information.*

**DePaul Students Reflect**

submitted by Mrs. Sullivan

In celebration of Catholic Schools Week (January 27 – February 1, 2019) the students in our English Classes reflected on the values and experiences that they had/have as DePaul Catholic High School students.

Throughout the next few editions of The Sentinel we will share some of their reflections.

- “Being a DePaul Catholic student has not only helped me to grow in my faith but has helped me become self-aware and the importance of serving those less fortunate.” Senior.
- “DePaul Catholic has taught me exceptional values and ideals. It is the combination of mindfulness, respect, and faith that ultimately has forged my readiness to enter the world with optimism, hope, and love.” Senior.
- “As a DePaul Catholic student, I have learned the importance of faith in my everyday life as well as the power of love and acceptance.” Senior.
- “DePaul Catholic has taught me to treat one another with respect and dignity and has instilled in me the importance of a moral work ethic.” Senior.
- “DePaul Catholic has instilled in me the values of a strong work ethic, a commitment to learning, and what it means to be a responsible citizen who models integrity and character in all that I do.” Senior.
- “DePaul Catholic has enabled me to experience new subjects taught by teachers who are truly passionate about what they do, fueling a student’s desire to learn.” Senior.
- “DePaul Catholic teachers are invested in their students and treat them as their own.” Junior.

## Spartan Nation

### New Jersey Player of the Year



Ta'quan Roberson, December 2018 graduate and current student-athlete (football, quarterback) at Penn State University, was honored on Sunday night at the Maxwell Football Club Mini Max Awards Dinner. It was announced at the dinner that, of the 62 football players chosen as Mini Max Award winners, Ta'quan was selected as New Jersey High School Player of the Year. Winners from all three states (New Jersey, Delaware, and Pennsylvania) will be the candidates for the 33rd Jim Henry Award as the outstanding player in the region. The winner of the Jim Henry Award will be announced at the Maxwell Football Club National Awards Gala on March, 8, 2019, at the Tropicana Casino Resort in Atlantic City.

Congratulations, Ta'quan!

Pictured: Ta'quan Roberson and Coach John McKenna

## Winter Sports Update

### Swimming

Congratulations to the DePaul Girls Swim Team for coming in 2nd overall at the Big North Conference February 2, 2019.

3rd place- 200 Medley relay: Abigail Stripeikis, Hailey Krajewski, Jamilyn Juan, Monica Sperzel

1st place- 100 yard butterfly: Jamielyn Juan

3rd place- 200 freestyle relay: Abigail Stripeikis, Hailey Krajewski, Jamilyn Juan, Monica Sperzel

1st place- 100 yard backstroke: Jamielyn Juan

2nd place- 100 yard breaststroke: Hailey Krajewski

**Pictured:** Abigail Stripeikis, Hailey Krajewski, Jamilyn Juan, Monica Sperzel, Coach Lopez



### 100 Wins!

Over the course of the 2018-2019 season Ricky Cabanillas '19, Nicky Cabanillas '19, and Luke McFadden '19 all picked up their 100th wrestling win. Congratulations!

### It Was A Great Weekend To Be A Spartan...



Greg Tartaglia  
@NJTags13

#PassaicGirlsHoops final: DePaul 49, Lakeland 45. @DePaulGBB faces @wvalleyathletic for the county title next Saturday at Wayne Valley



DePaul Wrestling @DePaulWres... · 2h

That's a wrap for a long but successful day at Roxbury for District 6:

Team Champions 🏆

5 Individual Champs 🥇 🥈 🥉 🥇 🥈

3 Runner-ups 🥈 🥉 🥈

1 Third 🥉

9 Region 2 qualifiers

MOW award for Ricky Cabanillas 🍌



Ricky Cabanillas and 2 others





DPCHS XC | TF @DPCXC\_TF · 21m

Moving on!

Sebastian Ruiz '19 -800m  
Joey Amodeo '21, Alex Emuang '20,  
Sebastian Ruiz '19, and Marcello Silva  
'20-4x4

#MeetofChampions



The Wrestling Team will begin Regions on Wednesday at Mt. Olive.

The Girls Basketball Team will take on Wayne Valley at Wayne Valley on Saturday (2:30pm) for the County Title.

The Indoor Track Team will race at The Bennett Center (Toms River) in the Meet of Champions on Saturday.

Stay tuned to the team Twitter accounts and @depaulcatholic for updates.

## Coming Soon....Spring Sports

Interested in playing a spring sport? First you must be medically cleared. Please pick up a medical clearance packet. Packets are available in the Athletic Office, the Main Office, the Guidance Office, and at the Reception Desk. You must complete the forms in the packet and the online registration process. All instructions are included. Questions? Please email Coach Brynn Merritt Campbell ([merrittb@dpchs.org](mailto:merrittb@dpchs.org)).

### Spring Sports

Girls Lacrosse  
Boys Lacrosse  
Softball  
Baseball  
Golf (Boys & Girls)  
Track & Field (Boys & Girls)



## Signing Day

On Wednesday, February 6th, four DePaul student-athletes signed National Letters of Intent to continue their athletic and academic careers at the collegiate level.

Congratulations and good luck, Spartans!



**Aree Booker - Football - Morgan State**



**Johnny Amodeo - Football - Southern Connecticut**  
with Coach Nick Campanile & Coach John McKenna



**Kendall Tully - Girls Lacrosse - Palm Beach Atlantic**  
with Coach Kelsey Hall '09 and Coach Shannon Cornine



**Chazz Bryant - Football - Franklin Pierce**  
with Joe Lennon (AD), Coach Campanile, Coach McKenna, Russ Petrocelli (Principal), Sr. Jeanne Agans (VP)

## Save The Date

### 26th Annual Golf Classic

**Monday, June 17, 2019**  
North Jersey Country Club  
1:00pm Shotgun Start

*Benefitting The Sister Patricia Flarity  
Scholarship Fund*

Online registration - coming soon!

More more information, or to discuss  
sponsorship opportunities please contact:  
Brynn Merritt Campbell  
[merrittb@dpchs.org](mailto:merrittb@dpchs.org)

### Final Four Beefsteak

**Saturday, April 6, 2019**  
DePaul Catholic High School

Watch the NCAA Men's Final Four Games  
while enjoying a beefsteak dinner.

Catered by The Brownstone

*Benefitting The Boys & Girls Basketball  
Programs*

Complete details to follow.

For more details, please contact:  
Brynn Merritt Campbell

## Advancement News

Ms. Carmela Raiti  
Director of Advancement

### Gala Invitation honoring our Distinguished Alumni and Apostle of Charity Awardees

Thursday, March 21, 2019, 6:00 pm - 10:00 pm  
at The Venetian in Garfield

RSVP

<http://weblink.donorperfect.com/DePaulGala2019>

Join us at the Gala, as we honor fellow Alumni  
who have contributed extraordinary service to our school,  
their field and society.

#### Apostle of Charity Award

Christa Hoehner Reddy, Esq. '72  
Reddy & Reddy

#### Distinguished Alumni Awards

Rev. John F. Tarantino '68  
Administrator, Resurrection Parish

Trish O'Keefe, Ph.D., RN, NE-BC '76  
President, Morristown Medical  
Vice President, Atlantic Health System

Debbie DuHaime '80  
Reporter, iHeartMedia, AM970  
The Joe Piscopo Show

Andre Sayegh '92  
Mayor, City of Paterson

Tara Palmeri '05  
White House Correspondent, ABCNews

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### DE PAUL AT WORK - is there a match?

Does your employer have a Charitable Giving Program?  
Do they offer grants to community groups?  
We are interested in learning more about their interests.  
And ask if you can introduce us.

#### Alumni Association

Stay in touch with your  
fellow alumni. Be sure  
to update your contact  
info



via <http://weblink.donorperfect.com/AlumniUpdate18>

#### Save the Dates!

##### *Double K Basketball Challenge*

March 10, 2019  
Benefiting the Kristen Koenig Scholarship  
Fund. Join us!

<http://weblink.donorperfect.com/DoubleKBasketballChallenge2019>

##### *Brian Buczek Memorial Golf Outing*

July 13, 2019

## Reunions

Our Advancement Office can assist with planning your class reunion. Just let us know. Upcoming celebrations are planned for the classes of 1999, 1979 and 1969 and 1964.

Preakness Valley Golf Course

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## Admissions News

Mrs. Anne Brewer

**Director of Admissions**

February is off to a busy start in the Office of Admissions! We welcomed several new transfer students to the Spartan family at the start of the quarter. February 2nd we hosted a Registration Day for Accepted Students in the Class of 2023! For information about to apply to DePaul Catholic contact the Office of Admissions.

Happy Chinese New Year to our international students! Our students from Beijing Haidian International School flew home to celebrate with their families. We wish them safe travels on their journey to and from home.

Thank you to our Student Ambassadors, as we begin another busy season of Shadow Days!



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## Spend Your Summer As A Spartan

DePaul Catholic offers a variety of Sports Camps in late June and the month of July. Open to students in grades 4 to 9, DPCHS is "The Place To Become A Champion" each summer. All camps are coached by our own DePaul Spartan coaching staff.

[Click here to register for one of the summer sport sessions.](#)

June 24 - 27

Football I

July 8 - 11

Boys Basketball I

Girls Lacrosse

Boys Lacrosse

July 15-18

Boys Basketball II

Football II

July 22 - 25

Baseball

Girls Volleyball

Questions?

Brynn Merritt Campbell  
merrittb@dpchs.org

## **Carmen Sullivan '21 Will Travel to Washington, D.C. for Prestigious Journalism Conference**

FAIRFAX, VA (02/01/2019)-- Carmen Sullivan, a student at DePaul Catholic High School, has been selected to represent Totowa, New Jersey as a National Youth Correspondent to the 2019 Washington Journalism and Media Conference at George Mason University.

Sullivan joins a select group of students from all over the country for an intensive study of journalism and media. Sullivan was chosen based on academic accomplishments and a demonstrated interest and excellence in journalism and media studies. National Youth Correspondents participate in hands-on, experiential learning through decision-making simulations that challenge them to solve problems and explore the creative, practical, and ethical tensions inherent in journalism and media.

The experiential portion of the program is complemented by speakers who are well-known leaders in the media community. Presenters include prominent journalists, CEOs of major media outlets, researchers, and recent college graduates successfully entering the field. Past speakers have included Hoda Kotb from NBC, Brian Lamb from C-SPAN, Pulitzer Prize winning photographer Carol Guzy, and Sonya Ross from the Associated Press.

With distinguished faculty, guest speakers, and direct access to elite D.C. practitioners, the Washington Journalism and Media Conference offers aspiring journalists and student leaders an unparalleled experience. The week long program, held at George Mason University's state-of-the-art campus, will encourage and inspire young leaders from across the country who desire a unique experience focused on successful careers in this dynamic industry.

The Washington Journalism and Media Conference will be held July 7 to 12, 2019.

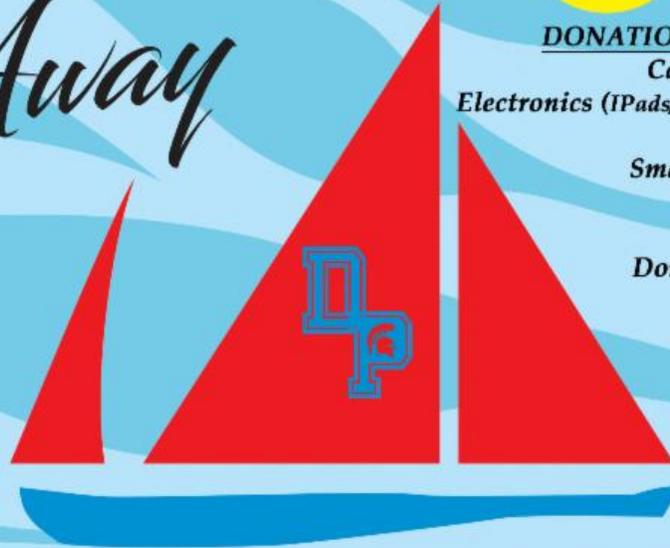
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### **WHAT'S THE SCOOP!**

**Submitted by the Parents' Association**

If you have any questions, contact us at [DePaulCatholicPA@gmail.com](mailto:DePaulCatholicPA@gmail.com)

# Sail Away



## DONATION WISH LIST

- Cash Donations
- Electronics (iPads/Apple Watches)
- Gift Cards
- Small Appliances
- Televisions
- Fitbits
- Donated Services
  - landscaping
  - salon
  - accountant
  - plumber
  - electrician
  - etc.

## **ANNUAL TRICKY TRAY and SENIOR FASHION SHOW**

*Presented by*

*The DePaul Catholic High School Parents' Association*

*April 10, 2019 - 5:30 pm*

*at The Westmount Country Club*

*Rifle Camp Road, Woodland Park, NJ*

*Please send in donations! Consider contributing a larger item with another family so we have more prize options at the event. Make sure to include your name and retail value on the items so we know whom to credit for the donation and what level to place it. The success of this event is dependent upon our entire Spartan Family. Thank you in advance for your support & a special thanks to the families that have already sent in their donations!*

*Registration & pre-sale baggies are available for purchase online at the link below. Registration is \$60 pp and Ticket Baggies are \$35 until April 3rd (\$40 at the door)*

*If you have any questions please contact one of our Chairpersons:*

*Donna DiPiano - [donnam59@optonline.net](mailto:donnam59@optonline.net)*

*Debbie Lozito - [dlodoc@aol.com](mailto:dlodoc@aol.com)*

*Maryann Marren - [school12marren@yahoo.com](mailto:school12marren@yahoo.com)*

**[Click here to RSVP for the Tricky Tray](#)**

Our next 2 Parents' Association Executive Board meetings are

Tuesday, February 19th at 7pm

and

Tuesday March 12th at 7pm

In the Information Commons

All are welcome to attend

Hope to see you there!

## **Get Your Yearbook**

Time is running out for underclassmen to pre-order their 2019 yearbooks. If you are

interested in purchasing a book, please visit the Jostens website. There are about 20 copies left for pre-sale, so we invite you to take advantage of the opportunity before it is too late.

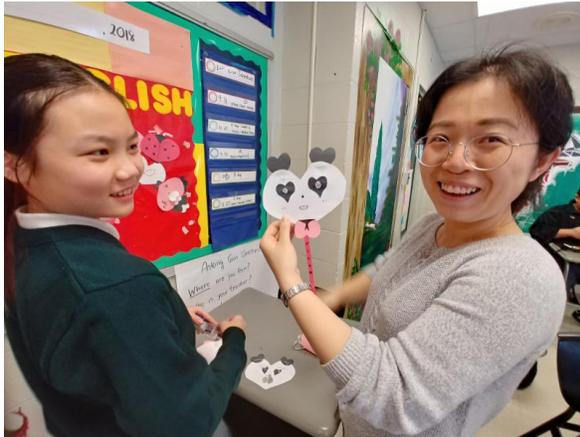
Thank you!  
The Green Years Staff

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## Happy Valentines Day!

submitted by Mrs. Percontino

Nothing says America more than Valentine's celebrations. The ESOL students enjoyed Beatles "She Loves You" and making Valentines for their friends. The students enjoyed sugar cookies and the tradition of saying "Happy Valentine's Day and Be Mine."



## Lunch for Two

submitted by Ms. McGovern

On Valentine's Day, students were able to reserve tables in the cafeteria for two! Student Council took reservations for the high top seating complete with a tablecloth a special dessert. The best part? The special guest server was Mr. Petrocelli.



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## 8th Grade Retreat

submitted by Mrs. Gorski

On Feb. 6th, Grade 8 students participated in their retreat which focused on overcoming obstacles. The program began with a short movie, "The Butterfly Circus" about a man facing overwhelming physical challenges and his ability to overcome them. Each student then wrote on an index card the obstacles they felt were preventing them from moving forward. After an afternoon of discussion and team building activities, the cards were burnt to symbolize rising above their obstacles. A gathering for Mass concluded what all felt was a very uplifting and inspiring retreat.



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## Alumni News

### **Louis Aboyoun '04**

Louis recently accepted the position as High School Director for Mad Dog Select National, a national all-star program that is invitation only and pulls from players coast to coast.

Coach Aboyoun was in Indio, CA at the Empire Polo Grounds for the 2019 Sandstorm Lacrosse tournament where he coached alongside former Rutgers (Division 1) coach and 1 of 6 coaches selected for the newly formed Premier Lacrosse League (PLL), Jim Stagnitta. They coached the National Select Team in the HS Elite Division. The team was comprised

of some of the best high school players in the country from New Jersey (Manasquan, HS) and other high school players from the greater San Diego/Los Angeles area (Cathedral Catholic, The Bishops School).

The team placed 2nd out of over 20 nationally based teams, and were the talk of the tournament. They lost by 1 to the eventual winner Team 212 out of Colorado.

Pictured Left to Right: Louis Aboyoun, Tommy Duerr (owner of Mad Dog), Jim Stagnitta (PLL), Ryan Brown (Team USA, PLL player)



DePaul Catholic High School | 973.694.3702 | [www.depaulcatholic.org](http://www.depaulcatholic.org)

STAY CONNECTED

