

# THE EMERALD

## WHAT'S HAPPENING AROUND DE PAUL AND BEYOND...



Pictures of Spartans dressed up for the different Spirit Days!



### Midterms are on the Horizon

We are nearing the halfway point of the year, so we all know what that means. It's midterm season! You have probably already heard the schedule for the week from your teachers, but in case you need a refresher, here is the full schedule:

- Monday: Off for Martin Luther King Jr. Day
- Tuesday:
  - 8:10: All English
  - 10:15: All Math
- Wednesday:
  - 8:10: All Theology
  - 10:15: All Full Year Sciences
- Thursday:
  - 8:10: All Social Studies
  - 10:15: All World Languages
- Friday:
  - 8:10: Half-Year Sciences; AP Statistics; Makeups
  - 10:15: Makeups

Good luck Spartans!

### Celebrating the Holiday Spirit

#### SPARTANS PREPARE FOR HOLIDAY FUN AND FESTIVITIES BY PARTICIPATING IN THE STUDENT COUNCIL CHRISTMAS SPIRIT WEEK!

From December 11<sup>th</sup> to December 15<sup>th</sup>, the Spartans were able to get into the Christmas spirit with Student Council's December Spirit Week. Monday's spirit day was Falalala Flannel: students dressed up in Christmas pajamas or flannel outfits. Free hot chocolate was handed out in the cafeteria on this day. Tuesday was Light Up White Christmas Day!

All Spartans joined to wear white with light up accessories. On this day, there was the fun activity of guessing the number of holiday candies in a jar. There was one winner per grade level. Wednesday was Tree Topper Day where students could wear Santa Hats, Antlers, Elf Hats, and more! On Thursday, everyone joined together to wear their Ugly Sweaters! Free candy canes were handed out during lunches! We ended the week with a normal spirit wear day on the Friday. What a festive week that was!

### IN THIS ISSUE

MORE DE PAUL CURRENT EVENTS

WINTER SPORTS OVERVIEW

EXTRACURRICULAR AND CLUB UPDATES

## THE ARTS

### All About Art and Music

Music ministry has been amazing at all of our Masses this quarter, thanks to Mr. Cavagnaro! They have even expanded, adding more members recently. At the Senior Mass of Light, we were all treated to not only the worship songs during Mass, but also Christmas songs, like Feliz Navidad and All I Want for Christmas is You after Mass ended. Many staff members and students joined in the fun by singing along and dancing to the beat!



The Music Group visited ExcelCare Senior Residence of Wayne on Thursday, December 14<sup>th</sup>. The group was able to usher in the spirit of Christmas by singing holiday classics. The group brought so much joy through this experience; many of the audience members were clapping to the beat and singing along!



The Art Club has been meeting twice a month since October to share their love of all things drawing, painting, and sculpting. While the club has only been running for a few months, the members have already gotten busy. The club works to create art using all different mediums; whether it be colored pencils, oil paints, clay, or pastels, the art club dabbles with them all. They recently teamed up with the Student Cultural Resource Group to create a display of the flags of different countries. They have also been working with clay in order to create leaf sculptures. Their next meeting is January 16<sup>th</sup>; we look forward to seeing some of the pieces that result from all the members' hard work!



On December 12<sup>th</sup>, there was a celebration of all forms of art. The art and music departments both collaborated on the annual art show which featured a winter concert as well. Spectators were able to walk around and view the wonderful artwork created by all of Mrs. Carnevale's semester one students, while they were serenaded by the members of the music group. The music group performed Christmas carols, including "All I Want for Christmas", "Baby it's Cold Outside", "White Christmas," and more! The art show was flooded with colorful and deeply detailed art pieces, including masks, collages, and 3D pieces—all created by our talented students! Thank you to all who came and supported our artists as well as our musicians!



## SPORTS

### Bowling Team Update

Bowling team is a tiny, but close-knit team, with only 5 members: three seniors, two juniors, and one sophomore. The team has competed in 4 matches thus far, putting up a record of 2 wins (against Paramus Catholic and Lakeland) and 2 losses (against Bergen Catholic and Don Bosco Prep). Dean Koval leads the team, with an impressive bowling average of 162.92.



## ACADEMICS

### Spartan Study Tips: Midterm Edition

HELLO SPARTANS! IT'S ALMOST THAT TIME OF YEAR: WHERE YOU'RE STRUGGLING TO CRAM ALL YOU NEED TO KNOW FOR YOUR MIDTERM EXAMS! IT PROBABLY FEELS LIKE SO MUCH MATERIAL TO REVIEW IN SUCH LITTLE TIME. MIDTERMS MIGHT BE LOOMING OVER THE HORIZON BUT THEY DON'T HAVE TO BE SO NERVE-WRACKING! WITH THESE TIPS, YOU'LL FEEL BETTER PREPARED AND TACKLING MIDTERMS WILL BE SO MUCH EASIER:

1. Make an Effective Study Schedule based on Your Strengths and Weaknesses:

People have different strengths and weaknesses when it comes to academics: one person could be better at Math, while another could prefer English. Only you know what your strengths and weaknesses are, so only you can decide what you should spend time studying on. This will ensure that you strengthen what you might need additional help on.

2. Review your Study Guides AND your Notes/Past Tests:

Most of your teachers have probably given out a study guide. You shouldn't just cast it aside but you should fill it out and review it. You should also use your past notes and tests, which will provide you with all of the information you will need to know for your test. This applies to all subjects, whether it be math, history, theology, etc. In the end, you must look for what type of information is suited best for you to study and will ensure that you gain the best understanding of the material that you possibly can.

3. Don't forget to take care of yourself  
Even though it is good to try and study to the best of your capabilities, don't overwork yourself. Don't try to cram everything in on the night before, because you will never be able to remember it. Try to get a good night's sleep and have a healthy, balanced breakfast. Midterms are important but your health, both mental and physical, are more important in the long run.

## SPORTS

### The State Championship

The football season wrapped up on November 28<sup>th</sup>. The team made it to the State Championship, where they took on Red Bank Catholic. The team put up a tough fight, but unfortunately came up short, with a final score of 14-7, in favor of Red Bank. Both teams racked up their points early; the game ending with a scoreless second half. Despite not receiving the desired outcome, we are proud of the team for all of the hard work each member put in throughout the season! Next year will be ring season!

## *Transition From Fall to Winter Sports...*

**During Quarter 2, Fall sports came to a close. Winter sports officially began on November 20<sup>th</sup>, 2023 and are currently in full swing!**

### *Girls Basketball*

The Spartans' Girls Basketball Team has been off to quite a start, establishing themselves with a record of 4-3, as of January 2nd. Over the winter break, the team participated in the Blue and Gold Tournament held at Pequannock High School.

They played two games during this tournament: one against Mendham and the other against West Milford. At the end of the tournament, Leah Marain was named to the All-Tournament MVP team, as she contributed over 20 points to the game against West Milford. The team has also been doing well during their regular season games. They won games against Clifton, Lakeland, and North Star Academy. Unfortunately, they fell to teams such as IHA and Mendham. Some of the team stat leaders include Leah Marain in points and Arianna Hills in rebounds. With a good portion of the season ahead, we look forward to seeing how the rest of it unfolds.



### *Wrestling*

It's official! Our wrestling team is back! They kicked off their season against Eastside high, with an impressive opening win of 51-9. They also had the opportunity to go to Beast of the East, which was an amazing learning experience for the team where they were able to improve their skill and grow as a team. Caroline Biegel ('25) won 2nd place in Beast of the East, and went on to win first place in the All-Girls tournament. Samuel Cilento-Cao won first place and Joe McManus-Short won third at a West Orange all boys tournament. Rumble of the Pines, an All-Girls tournament, would result in Caroline Biegel winning second, Olivia Georges winning second, and Sophia Lentine-Turner taking home fifth. The team then went to the Sam Cali tournament, where Delvan Rotte and Josh Turner advanced to the second day. This is only the start of a great season for this team, and we are very excited to see what they can do!



### *Boys Basketball*

In recent performances, the De Paul Catholic Boys Basketball Team showcased extraordinary plays and excellent teamwork. With a current record of 4-4, the team has impressive wins over schools like Clifton, Lakeland, and Pequannock. The team has a powerhouse roster, led by standout player Ash Cole, and including other exceptional players like Skye Cotter, Ali Seidou, and Lawrence Tolbert. The team, as a whole, has scored an impressive fifty five 2-pointers, twenty five 3-pointers, and made twenty five out of twenty nine free throws, showcasing their strong offense. Defensively, the team's seventeen rebounds, two blocks, and seven steals showcase their well-rounded performance. As they continue on throughout their season, the De Paul Catholic Boys Basketball Team is looking forward to future wins. The season is a marathon, not a sprint, and the early games are building blocks for future successes. With each match, the team's character and unity are on full display, making them a force on the court. The future holds exciting possibilities for the De Paul Catholic Boys Basketball Team. They have a challenging schedule ahead, facing off against teams like Bergen Catholic, Passaic Valley, and Don Bosco Prep. The schedule concludes with a contest against Dwight-Morrow on February 13th at 7:00 pm, closing out their regular season.



## **Our Faith – Masses and More**

### **GROWING IN OUR FAITH AS A CATHOLIC COMMUNITY**

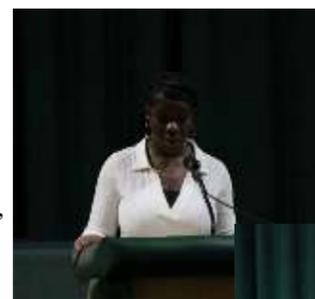
Quarter 2 allowed us to celebrate two wonderful Masses together: the Thanksgiving Mass and the Senior Mass of Light. Our Thanksgiving Mass took place on November 22<sup>nd</sup>, the day before Thanksgiving. We were able to celebrate and give thanks for all our blessings as a school community.

The Senior Mass of Light was on December 21<sup>st</sup>, the day before we left for Winter Break. The tradition of seniors processing in with candles continued. It was a beautiful celebration to honor both our seniors and the holy Christmas season we were in. At the end of the Mass, our music ministry had a surprise: playing Christmas songs to get everyone in the Christmas spirit. Many students and staff members joined in the fun by singing and dancing along to the music. A huge thank you to our three wonderful chaplains, Father Joey, Father Frank, and Father Steve and Father Brian, one of our theology teachers, for all they do to ensure that we can celebrate Mass together!

Along with these Masses, Ms. Zaccardi's peer ministry classes have been celebrating integrated Masses in the Chapel during theology classes. There was also a Peace Prayer Service with Father Brian & Ms. Zaccardi's Peer Ministry Class for all grade levels to pray for peace during these trying times.

During the Advent season, all students were offered the opportunity to go to confession during their theology classes. This allowed the Spartans to remember the reason for the Christmas season and prepare to start the New Year refreshed.

On Wednesday, December 13th, many of the peer ministers attended Christmas with the Chosen: "Holy Night" at the Cinemark Theater in Wayne with Fr. Brian, Ms. Caughey, and Ms. Zaccardi. It was a wonderful celebration of the faith during the Advent season. Together, everyone was able to witness the story of Jesus' birth, many people's testimonies, and worship music. Overall, it was an amazing experience to be brought together in our faith.



## Service

*Serving Others is a Fundamental Part of Our Faith...*

### Midnight Runs:

Since the beginning of the year, there has been a Midnight Run once each month. Midnight Runs are wonderful opportunities to help the less fortunate and give back to the community. First, you meet at De Paul to prepare for Midnight Run by making sandwiches, packaging goods, and organizing bins. Then, you set off for New York City, where you can see how much of a difference you are making in people's lives. Midnight Runs truly are eye-opening experiences. These service opportunities are open to juniors and seniors.

### The Interact Giving Tree:

Throughout December, Ms. Seven's Interact Club collected donations from the De Paul community to be given to the Catholic Charities organization. In the amount of \$25, gift cards from Visa, Amazon, Target, Shoprite, and Walmart were dispersed to families that the Father English Food Pantry provides for and to families in a nearby group home. All 100 of the requested gift cards were fulfilled and gifted to those in need this holiday season.

### Christmas Dinner with the Nuns and Clergy of Paterson:

In the true spirit of the holiday season, members of the Spartan community recently came together with the Paterson Fire Department for a heartwarming Christmas dinner. This annual event, which has become a cherished tradition for more than twenty-five years, was held at the Paterson Fire Headquarters on McBride Avenue on December 5. Students including Michelle Bodnar, Eryn Rubenacker, Hayden Tully, and Jaelynn Perez and faculty members like Father Brian, Mr. Trommelen, and Ms. Zaccardi were some of the De Paul Catholic community members in attendance. The dedicated firefighters from the Paterson Fire Department volunteered their time and efforts to prepare and serve a festive meal that included turkey, ham, and an array of sides and desserts. The roots of this tradition trace back to the appreciation the Paterson Fire Department has for Sister Loretta. For many years, Sister Loretta was a pillar of support, offering spiritual guidance to injured Paterson firefighters at St. Joseph's Hospital. The Christmas dinner began as a heartfelt gesture to express thanks for her unwavering support and care. The tradition has not only endured but has grown stronger over the years, showing the importance of community and the power of gratitude. It serves as a reminder that, even amid busy lives and demanding responsibilities, coming together to celebrate the season of giving can create lasting memories and strengthen the bonds that tie a community together.

### El Mundo Des Colores:

Senior Spartans went to El Mundo Des Colores to spend time with pre-school children. The Senior Spartans participated in the making of "backpack blessing bags." This allowed the pre-school children to take home a weekend meal.

### Wrapped in Love for the Holidays:

With a plentiful number of donated scarves, Ms. Caughey and Adamaris Vilcas took action to find a home for these scarves, which can be so useful during these cold New Jersey winters. They achieved this goal by creating winter care packages, consisting of a scarf and a holiday card, which they gave out to the elderly living at the Bristol in Wayne. The holiday cards were made with the help of the senior theology classes. This truly brought so much joy and happiness to all those who received a care package. Over 100 care packages were distributed, touching so many in our local community!

### Eva's Kitchen:

On Saturday, January 13th, Ms. Zaccardi's Peer Ministry Class and Club members will attend Eva's Village in Paterson, NJ to volunteer within the community. Those participating will prepare meals for the homeless alongside their classmates. After they serve the food to those in need, the Spartans will help clean up.



## EXTRACURRICULARS

# UPDATE ON SOME OF THE CLUBS HERE AT DE PAUL:

**THIS YEAR, DE PAUL ADDED A BUNCH OF NEW CLUBS, AND CONTINUED ON WITH OUR OLD FAVORITES! HERE IS AN UPDATE ABOUT WHAT SOME OF THE CLUBS HERE ARE DOING:**

### Morgan's Message Club

The Morgan's Message Club is continuing their efforts of spreading awareness about the mental health of student athletes. This club is helping to address the stigma around mental health and give tips on how to help those who may be struggling. They have covered topics such as performance anxiety and navigating mental health in high pressure situations. If you may be interested in joining, reach out to lead ambassador Olivia Ciampa ('25) at [ciampo@depaulcatholic.org](mailto:ciampo@depaulcatholic.org)!

### Right to Life Club

The Right to Life Club is up and running! They recently held a Chick-Fil-A fundraiser after school to raise money for their upcoming trip to Washington, D.C. During their trip, they will march on Washington in order to support their cause. Their trip is set for late January.

### Young Lawyers Club

Young Lawyers Club is back for a second year in a row! If you have thought about possibly becoming a lawyer, then this club is for you! Moderated by Dr. Stickles, a lawyer himself, the club is able to offer valuable information and insight into the legal system and what it is like to practice law. Recently, the club was able to sit down and listen to Michael Russo, a civil trial attorney. Students were able to hear all about the jury system and what it is like to be on trial from a seasoned professional.

### Ski Club

On Friday, January 12th, Mr. Bradford plans to organize the first day of skiing fun at Mountain Creek in Vernon, NJ. Whether New Jersey gets the expected snowfall or not, the mountains are ready! Any student interested should see Mr. Bradford or email him [bradforda@depaulcatholic.org](mailto:bradforda@depaulcatholic.org) All participants will be required to obtain their own life tickets and complete sports and transportation related forms.

The Emerald is brought to you by the members of the Newspaper Club. This includes:

- Moderator: Ms. Zaccardi
- Editors-in-Chief: Ashley LoMonaco and Eryn Rubenacker
- Writers: Matteo Brown, Olivia Ciampa, Natalia Gonzalez, Katelyn Guinto, Gianna Nelson, Hayden Tully, Isabella Najsarek
- Photographers: Emily Nicol, Katelyn Guinto

**The Emerald – A closer look at all the reasons why De Paul is the place to be!**

Stay tuned for our next edition coming soon, with more articles about academics, arts, sports, extracurriculars, and everything DPCHS!