

The Signpost

Volume 43 No. 1

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

March 2025

Casey LIPS

By: Grace Heaton

PowderPuff: The junior and senior girls participated at Count Basie and went head to head in a game of flag football. A group of boys performed the role of cheerleaders at half time. For the first time in a while, the junior girls took the win over the seniors.

Signing day: This fall, many Red Bank Catholic Caseys participated in signing day. They signed their commitment papers to continue their academic and athletic careers at their chosen colleges. They have shown dedication and hard work to their sports, and it has paid off.

Thanksgiving Food Drive: This Thanksgiving season Red Bank Catholic held a Thanksgiving Food Drive. This year we donated a ton of Thanksgiving dinners to many families who needed it. We have a lot of success with this every year, and this year we continued that success and beyond.

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Welcome Dr. Vanessa Pereira: New HS Principal

By: Sienna Sheridan

This September, Red Bank Catholic High School proudly welcomed Dr. Vanessa Pereira as our new principal. With over 30 years of experience in education, Dr. Pereira brings an incredible passion for learning and a fresh perspective to our school. Her enthusiasm for Catholic education and dedication to academic excellence make her a perfect fit for the Casey community.

Dr. Pereira joins us after serving as Superintendent of Lacey Township School District. She began her journey in education with a bachelor's degree in Science, Health, and PE from Montclair State University, followed by a master's from

Georgian Court and a PhD from Capella University. Her career has included roles as a middle school principal, assistant superintendent, and superintendent. Through these experiences, she has developed a leadership style rooted in tradition and a commitment to innovation.

Dr. Pereira's approach to leadership at RBC is all about honoring the Casey legacy while preparing us for the future. She believes in maintaining what makes RBC special, but she is excited to explore new opportunities. Her goals include introducing courses that prepare students for future careers,

enhancing programs in visual and performing arts, and strengthening leadership and public speaking skills. She also emphasizes academic rigor and the importance of reducing reliance on technology to build stronger connections among students.

A proud dual citizen of Brazil and the U.S., Dr. Pereira has a unique background. She learned English as her second language, and loves to visit Brazil. She began her career working with camps for individuals with disabilities, which shaped her understanding of stepping out of her comfort zone and embracing challenges.

As she embarks on her first year with us, Dr. Pereira is taking the time to observe RBC's strengths and areas for growth. Both her excitement to immerse herself in our faith-based traditions, and her creative vision for the future promise an exciting chapter for our school.

Welcome to Red Bank Catholic, Dr. Pereira; we're thrilled to have you as part of the Casey family.



Dr. Pereira in her new office.



Monsignor Rosie welcomes class of 2028 and parents.

Red Bank Catholic Welcomes the Caseys' Class of 2028

By: Kiera McInerney

As Red Bank Catholic welcomes the class of 2028, we make sure that they feel welcome and prepared for the new school year. On the first day, the freshman class came in and met their peers in their respective homerooms. There were ambassadors there to help them open their lockers and navigate around the school.

They had the opportunity to run through their schedules prior to the other classes, coming in a few days later. Many orientation events were held in order to make the freshmen class feel comfortable that RBC is their new home.

Similar to every year, RBC hosted a social and convocation for the new freshmen. At the convocation, the class of 2028 received shamrock pins

that made them official Caseys. Their parents also met the administration of RBC. Following the convocation, the freshmen participated in many games and enjoyed food as a way to interact and meet new classmates.

The staff and students of Red Bank Catholic are happy to welcome the class of 2028, and cannot wait to see what they do with the rest of their years here.

EDITORIALS

Eric LeGrand: Effecting Change

By Sienna Sheridan

Eric LeGrand: Turning Challenges into Change

In October 2010, Rutgers football player Eric LeGrand's life changed forever when he suffered a spinal cord injury during a game at MetLife Stadium.

The injury left him paralyzed from the neck down, and doctors gave him little hope for recovery. But Eric refused to let that moment define his life. Instead, he chose to fight back with determination, becoming an inspiration to millions by proving that even the toughest challenges can lead to meaningful change.

In 2013, Eric founded Team LeGrand as part of the Christopher & Dana Reeve Foundation, raising over \$3 million to fund research and support for people living with paralysis.

His work has helped shine a light on the struggles of nearly six million Americans affected by paralysis, while giving hope to those facing similar battles. Eric has turned his personal journey into a mission to help others, showing that one person can make a difference.

Eric's impact doesn't stop there. He's also an entrepreneur, launching LeGrand Coffee House, which started online and later opened its first cafe in his hometown of Woodbridge, New Jersey. Through his podcast, A Cup of bELieve, Eric shares

stories of resilience and reminds his listeners to keep pushing forward no matter the obstacles.

On the 14th anniversary of his injury, Eric spoke to students at Red Bank Catholic High School. He shared his stories from his childhood and football career, reflecting on lessons about teamwork, perseverance, and how to stay strong in tough times.

Eric also talked about his journey through grueling rehab, the relationships that have kept him motivated, and his decision to live a life focused on giving back.

His words left a lasting impact, showing students that no matter what life throws at us, there's always a way to move forward.

Eric LeGrand is living proof that challenges don't have to hold us back- they can push us forward. This brave young man chose not to give up, but to fight back. His persistence is a revelation to all of us that we need not merely accept when life throws a wrench in our paths. His example should teach each and every one of us that the possibility for hope is always there.

We, the students of RBC, sincerely thank Eric for his time, his speech, and his willingness to connect with a group of high school students, to tell his story in an honest and thoughtful manner. His message was a lesson we will not soon forget.



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

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FEATURES

Who's That Casey?

By: Emma Mercers

Mia and Michael Makar are our "Who's that Casey". These two are twins in the graduating class of 2025. When they were in middle school they performed in the school's version of *Legally Blonde*.

This year's play, that the twins participated in, was called *The Real Inspector Hound*. The play is about critics who are watching a crazy who-dunit show. In a fake play, a crew of characters from a house named Muldoon Manor are shocked when a man arrives without a warning.

Later, Inspector Hound informs them there is a murderer on the loose. Mia had the role of a critic in a group with two other talented performers. Michael had the role of BirdBoot who was also a critic.

Growing up Mia and Michael would always listen to *Hamilton* alongside their cousins. Once they were freshmen at RBC they joined the After School Theater Club, and the rest is history.



Seniors Michael Makar and Mia Makar make a big impact on our theatre program, as seen here in the fall play.



Caseys Gain Career Experience Through Internships

By: Rhiannon Hill

Red Bank Catholic does an excellent job in preparing the upperclassmen for the real world. Caseys are taught that they are capable of succeeding in any career path out of college. Internships have given students an idea of what a day in the life of their future career path of interest would look like. A vital part in education at Red Bank Catholic is hands-on-experience. One can study and educate oneself through books as much as one wants; however, experience out in the specific field of study is the most valuable kind of learning. Red Bank Catholic offers upperclassmen excellent internship opportunities so that they can see what their lives would look like if they pursued a certain career path.

Senior Luke Meyers spent every Thursday this fall at Cuozzo Orthodontics for eight weeks. He learned his way around the office while he discovered his newfound passion in wanting to become an orthodontist. His most favorite experience was learning more about the teeth and jaw structure of a human mouth.

Senior Morgan Trageser, along with six other students also had an exceptional experience that is currently taking place through Jersey Shore Medical Center. They had the opportunity to shadow a nurse around Jersey Shore Medical Center. They were able to tour the pediatric floor and are planning on working with their Child Life services. Interns will also play with the children and

make their lives as comfortable as possible.

This internship will set the tone for the seven RBC students who plan on majoring in Nursing at their future universities. We cannot wait to see what they do, and we are so proud of the achievements that they have already made.



Meghan Cardoza and her classmates at Kessler-Ellis Products for an internship.

Class of 2025 Celebrates Halloween With Great Style



As dressing up on Halloween is a special tradition for RBC seniors they did not disappoint. The overall winners were a group of grandmas. The big group of girls wore nightgowns, wigs, pearls, and canes. The group winner was the Diary of a Wimpy Kid. Sophia Rossi and Brylee Hans won best duo dressing up as Abby Lee Miller and Cathy from Dance Moms. Duncan Hussey won most scary and Jesse Plumaker took the win for best individual by dressing up as Kris Jenner. Our seniors' creativity was above and beyond this year, and it was great to see all of the seniors come together.



ARTS & ENTERTAINMENT

Casey Players Present *The Real Inspector Hound*

By: Anna Accardi

Who let the dogs out? Red Bank Catholic Performing Arts! From November 21st to November 23rd, 2024 the Casey Players performed a hilarious production of *The Real Inspector Hound* with an almost completely sold out audience on all three nights. Based on the screenplay by Tom Stoppard (a former theater critic himself), this play-within-a-play follows theatre critics Moon (played by Abirah Napoleon) and Birdboot (played by Michael Makar) as they are taking their seats in the theater to critique the play, an absurd murder-mystery set in the country-side residence of widower Lady Cynthia Muldoon (played by Francesca Ranucci) who is joined by her house guests Felicity Cunningham (played by Sarah Moser), Simon Gascoyne (played by Nikolas Sakelaris), Major Magnus (played by Matthew Block), her nosy maid Mrs. Drudge (played by Anna Accardi), and her assistant maid Sara (played by Maeve Thurman). The show reaches great levels of comedic absurdity when Birdboot and Moon decide to join the play-within-a-play, making it a true farce.

The show was also filled with delightful comic performances by Inspector Hound (played by Emma Tava), the Critics (played by Mia Makar, Syd Lithgow, and Siena Marino), the Radio Announcers (played by Evangeline Foukas and Cort Hooker), the Stage Manager (played by Ben Aiuto), the assistant Stage Manager (played by Liv Jaeger), the Dead Body (played by John-William Zziwa), and the wonderful ensemble.

Congratulations to Director Jeanne Montano, RBC Head of Performing Arts Kelly Gemellaro, Technical Director Robert Rutt, Assistant Directors Mary King and Joey Maher, and all of the production crew (student & faculty) and cast for an excellent production.



The women of the household, Frankie Ranucci, Maeve Thurman, Anna Accardi, and Sarah Moser, begin to close in on the critic-turned- detective, accusing her (Abirah Napoleon), of being the murderer. The tables turn constantly in this theater of the absurd.



Above- Anna Accardi as the housekeeper gazes suspiciously at the critic, (Michael Makar), as he consoles Lady Muldoon, (Frankie Ranucci). **Below-** Abirah Napoleon as the critic- turned- detective , accuses Magnus,(Matt Block), as she tries to determine who did all of the killing.

Next issue- review
on the musical
Into the Woods

SPORTS

Football Rules

By: Rhiannon Hill



Junior Blake Caruso kicking a field goal.

The Casey Football Team has a tradition of success. While losing valuable seniors from the 2023 season, where they won the Group B State Championship, they still upheld the champion mindset.

The Casey's won a total of six games out of ten. After a disappointing loss to Rumson Fair-Haven, they bounced back by beating Paramus Catholic (42-14), Middletown South (29-14), and Donovan Catholic (35-14). Unfortunately, their season came to an end when they lost to Saint John Vianney in a close game, scoring only three points lower than them (31-27).

Casey football is most proud of their team bond. The team comradery and relationship is what makes this team special.

The team captains of the 2024 season included seniors Frankie Williams, Matthew Lonczak, Gio Olmo, Jamie Gutridge, and Patrick McGonnell.

The key returning players will have a hard task of filling their shoes; however, they will take on their same mindset of grit and leadership.

These returning players include Johnny Williams, Daniel Zabora, Lorenzo Tartamella, and Luke Lonczak.

Girls' Tennis

By: Mary Mulvaney

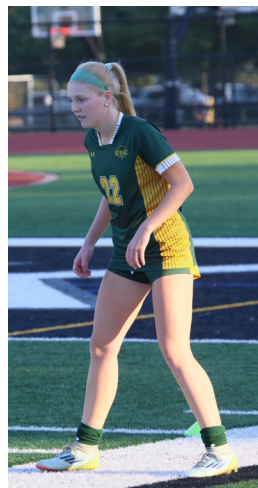
This year, girls' tennis had a challenging season, making it to the second round of Shore Conference Tournament and Quarterfinals of the NJSIAA South Jersey Tournament. The girls ended the season with a final record of 8-11. Their lineup consisted of Maddie DiBiasi (1st singles), Kenadi Egan (2nd singles), Maddie McConnell (3rd singles), Elise Hardigan and Adrianna Murino (1st doubles), Olivia Rich and Nola Geffen (2nd Doubles), with Sienna Fieramosca, Athena DeStefano, Grace Dinger switching between an additional third and fourth doubles. Sienna Fieramosca was an amazing leader and captain throughout all of the hardships the players faced this year. One especially tough match was when the Caseys took on Shore Regional. The exciting match ended in a tie breaker, with Adrianna Murino and Nola Geffen winning doubles.



Girls Tennis team captain Sienna Fieramosca gets ready to receive a serve in her singles match.

Girls' Soccer

By: Amanda Foster



Senior Caitlin Naughton battles with the opponent near the goal.

The Red Bank Catholic Girls' Varsity Soccer Team exhibited excellent playing skills and intense hard work this season. The season ended with a strong record of 11-8-2 led by Head Coach Brian Blue. In total, the team had 35 goals and Heidi Wierman made 151 saves in goal. Each individual on the team came to the field with so much talent and it most definitely showed throughout the season. During the NJSIAA tournaments, the team successfully played in the quarter final against St. John Vianney with the outcome of a win 2-1 which advanced them to the semifinals against Paul VI High School. In a tough game, the Caseys fought but ended up with a 2-1 loss. This loss, however, does not define their season, as the Caseys went head to head with multiple strong opponents.



Freshman Lexi Sinatra getting ready to go out to the field.

Gymnastics

By: Emma Mercas

The Gymnastics Team had a great season led by seniors Maeve Martino and Avery Shaughnessy. As a team they had their ups and downs, but overall they were successful, making it all the way to the Shore Conference. Maeve was very successful on the bars, and Avery was very successful on the vault.

The seniors impacted the team by helping all the freshmen and transfers get to know the rest of the team. Though their record was 1-10, the majority of their meets were very close.



Junior Isabella Galbornetti leaps along the beam to compete in her event.

SPORTS

Boys' & Girls' Cross Country Teams Dominate

By: Charlotte Heaton

The girls' cross country team has a history of success. This year, our team captains Rhiannon Hill, Ava Bataglio, and Charlotte Heaton helped the team start off their season on the right foot. They started off by claiming their first place title for the Shore "A" Central Division meet. The girls had an impressive finish of places 4-5-7-8-9 with their 1-5 split only 43 seconds. At Monmouth County Championships, the girls placed 6th with senior Charlotte Heaton getting on the all-time list with a time of 19:43 at Holmdel Park, and Grace Heaton following with a personal best of 20:03. They then placed 6th at Shore Conference with seniors Ava Bataglio and Charlotte Heaton running personal bests of 18:40 and 19:09. The Caseys placed 4th in the NPA Group State Championships and Charlotte Heaton secured her spot at the Meet of Champions. These girls' dedication and hard work since summer training paid off and we could tell by their performance. Great job Caseys.

The boys' cross country team had a great season. Throughout the season every Casey got a personal best. At the Monmouth County Championships, they secured their spot to the Shore Conference Championships with Andrew Sweeney running a Holmdel personal best of 17:51.

At the Shore Conference race, Connor DeFilippis and Nathan Hogg both ran personal bests of 16:13 and 16:55. Freshman Adam Pyndus helped them strive to score throughout the season. The boys have worked so hard to achieve these goals and we are so proud of them. Awesome job Caseys.



Senior Connor DeFilippis sprints toward the finish line.



Sophomore Grace Crow charges commandingly toward the finish.



Freshman Oliva Manzo dribbles the ball down the field toward the goal.

Girls' Volleyball

By: Charlotte Heaton

March 2025

The RBC Volleyball team did very well this season. Talia Snedeker broke the school record. Kat Bauman and Talia Snedeker were both all divisions. They made it to the second round of the Shore Conference before they lost to Saint John Vianney.

They also made it to the second round of States.

Their record ended up being 13-13. Congrats on your amazing season Caseys.



Sophomore Anne Celestin goes to hit the ball to the other team.



Senior Malia D'Alterio celebrates a goal with her teammates.



Freshman Jack Denver takes the ball toward goal.

Field Hockey

By: Amanda Foster

The Red Bank Catholic Field Hockey team showed a great effort and dedication in their 2024 season. The team was led by Head Coach Niki Cummins and Assistant Coach Megan Surgent, bringing the team to a record of 8-10-3 by the end of the season. Each year the team continues to improve their skills and game play on the field. Captains, Haley Moran and Isabella Palmieri led the team with their impeccably strong leadership skills, which helped the team persevere this past season. They overcame challenges and came out better than ever.

The team continues to give it their all every season, showcasing their determination and skill in regular games, Shore Conference and NJSIAA tournaments. They battled hard in this year's Shore Conference against Shore Regional High School but lost in the first round. Despite these challenges, the Caseys' determination will inspire momentum heading into the next season.

Boys' Soccer

By: Mary Mulvaney

This year, the Caseys Boys' Soccer Team had a tough, but developmental season.

The season ended with a final record of 3-12, and one tie.

Although the Caseys' faced many challenges throughout the season, their senior captains- Christian Sherman, Luke Meyers, Andrew Torregrossa, and Jack Keefe were able to provide great examples for the team, and always push them to play their hardest and strive for improvement.

One highlight of the season was when the Caseys played Keyport.

The game ended with a final score of 3-1, with goals from Luke Meyers, Andrew Terregrossa, and Matthew Asfendis, as well as an assist from Joey Farrell.

Overall, the 2024 boys' soccer season set players up for success in the future in their upcoming years on the field.

We wish a fond farewell to the seniors for their guidance and leadership on the field.