

Cardinal



November Edition
2018

Lasalle Gives Thanks

SO MUCH TO BE
THANKFUL!!



Thanksgiving - pg. 2
Thanksgiving Food- pg.3
College Prep- pg.4
Lasalle's Counsellors - pgs.5
Veterans Day Assembly-pg.6&7
Salem Trip-pg.8&9
Sports- pg.10

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This edition is also available at www.lasalleacademy.org

THANKSGIVING

The celebration of Thanksgiving is beautiful. It is a day when we come together with family and friends to give thanks for what we have and for the people in our lives.. Thanksgiving is celebrated during the fourth week of November, and this year it falls on the 22nd. So what do you know about Thanksgiving? For all of us, it is a wonderful break from school, but why do we celebrate thanksgiving? How did this holiday begin?



On September 6 1620, 102 passengers boarded a ship called the Mayflower in Plymouth, England where they hoped to find a place where they would practice religion in peace and land of their own. These people were known as the pilgrims.

The ship arrived at Cape Cod 66 days after its departure, and faced an upcoming harsh winter. During the winter, the majority of crew and passengers remained on the ship, but almost half of them died from illness and disease. The spring season followed in March 1921, and the travelers moved to land, where they met an Abenaki Indian that welcomed them. He left and returned with a Native American man named Squanto, who was a part of the Patuxent tribe.

Squanto was a runaway slave from London, who was captured by an English sea captain. He escaped from his buyer and was able to make his way back to his homeland. Squanto was very helpful to the pilgrims, teaching them necessary living skills such as the cultivation of corn and the catching of fish. He also bonded the settlers with the Wampanoag tribe, who were later invited to the first Thanksgiving feast. The corn cultivated by the Pilgrims was a success, and in celebration the governor, William Bradford, decided to have a feast. Invited to the feast were many of the Native American tribes, who brought food of their own to the celebration. Foods included in the feast were deer, corn, fish, lobster, clams, blueberries, plums, shellfish and many other

local meats and fruits.

There is no evidence that turkey, the main dish today, was served at the first feast. Also, the first thanksgiving feast was not called "Thanksgiving." Many thankful feasts occurred after the first, but were not annual or designated to be a holiday. It was in 1863 that Abraham Lincoln made Thanksgiving an official holiday, after the death of many men in the Civil War, which caused an increase in widows, orphans and mourners. He made Thanksgiving Holiday the last Thursday of November, but in 1939, Franklin D. Roosevelt moved the holiday to the fourth week of November in hopes of increasing sales during the Great Depression. This was not mandated until 1941, when President Roosevelt signed a bill making the fourth Thursday the holiday's official day.

Do you celebrate Thanksgiving? What do you do, and what foods do you eat? Let us take into consideration that this time given for Thanksgiving is more about spending time with friends and family and being thankful for them, and less about the time we get off from school. From everyone at La Salle Academy, we hope you have a great Thanksgiving!

- David Mena



THANKSGIVING FOOD

It's finally that time of year again when we get together with family, eat some homemade food, and reflect on our blessings. There is an



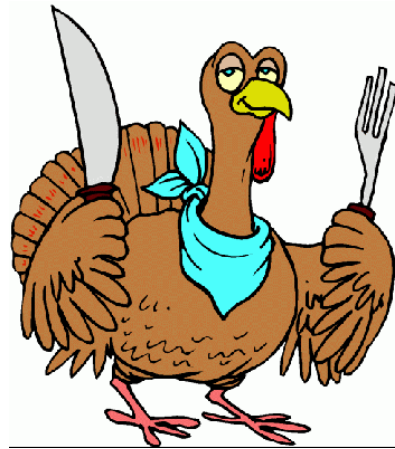
endless amount of special traditions people have within their family on Thanksgiving but something I think most Thanksgiving traditions have in common is they all involve food. Some classic

foods that are typically served on Thanksgiving are cranberry sauce, stuffing, mash or sweet potatoes, and of course the very traditional Thanksgiving turkey. Obviously, the type of food that is served on the Thanksgiving table varies family by family because of religion, culture, or just simply a tradition that has been passed down your family for generations. A personal tradition of mine is my aunt always makes the turkey, my grandmother always makes the rice and beans or sweet potatoes, and my mother always provides the dessert with her homemade cookies in a variety of differ-

ent flavors like the classic chocolate chip or the very season appropriate pumpkin cookies. I encourage everyone to have a great Thanksgiving and make sure to spend time with your family because it's important to never take the time you have with your family for granted.

Happy Thanksgiving!

- David Matos



COLLEGE PREP

As we finish our first quarter and are creeping towards the beginning of the second semester, we at the Cardinal would like to remind all juniors and seniors about the coming commitments they will experience, specifically, those to do with college readiness and preparation. We want to outline a few things that you should be finishing up or be done with by now, as well as highlight things that need to be done in the near future.

First things first: The Common App & Naviance. Luckily, Ms. Cernaro will be covering all of this with students, but as a reminder these websites are essential to the application process, as the Common App is where you will be submitting your applications. Naviance helps to coordinate teachers and faculty for things such as recommendations, your GPA, etc. You must have these things ready when you're about to apply to colleges.

In the meantime, be sure to do both your SUNY and CUNY applications. This goes especially for the CUNY application, which is highly recommended for La Salle students!

Equally as important: your college essay! Most seniors should be long finished with theirs, but as a warning to all juniors, it would be wise to begin working on it as soon as possible so your finished product can be the best.

Speaking of your very best, you should have taken, or should be taking, the SATs. Submit your SAT scores once you receive them as you apply for college, this is done through the College Board and not just the Common App. This is extremely important as it can become somewhat confusing because you also have to submit it via the Common App. It's something to consider strongly.

While you're at it: be sure to complete your FAFSA and College Board CSS Profile. Both of these are great resources for financial aid, and most schools do require you to submit at least

one of these. The links for these websites will be provided to you in the hand-crafted checklist provided by Ms. Cernaro.

While you're completing all of these, be sure to look for any external resources to aid you as well. There are numerous different programs and organizations willing to help a student in need. You need to represent the very best that La Salle has to offer, in the school and even after you've gone off to the next chapter of your life.

- Joel Dominguez



MS. CERNARO

On a Friday afternoon, I sat down with the lovely Ms. Cernaro to talk about her time thus far at LaSalle, along with the honor she has recently received. Ms. Cernaro, our College Advisor, was recently named Vice President of the New York City Catholic Secondary School Counselors Association for the 2018-19 Academic Year. This elite organization is a “group of caring professionals who are committed to promoting the intellectual, social, emotional and spiritual development of adolescents within the Catholic tradition”.

This is another title/responsibility Ms. Cernaro has added to her belt. I asked Ms. Cernaro what this new role meant to her. She said that she was delighted to be a part of such an organization dedicated to doing what she loves, which is helping others. Before we get into the Ms. Cernaro we know today, it is important that we learn about what inspired her to be the positive and nurturing person she is.

Ms. Cernaro as a student was dedicated in both athletics and her studies. She participated in sports such as softball, basketball, and cheerleading. Aside from math, she loved to study science, history, and English. She has a younger and older sister, along with a younger brother.

Some of her biggest mentors in life are her parents and her older sister, Liana. Liana was a great role model for Ms. Cernaro and someone she has been close to since day 1. Ms. Cernaro also mentioned that Ms. Fields, her other another mentor, continues to encourage and support her. As some may or may not know, Ms. Cernaro commutes every day to school via driving, sitting in traffic for as long as two hours. Ms. Cernaro said what motivates her to make it through this is her love for her job. She loves helping students socially, emotionally, and of course, preparing them for college. Ms. Cernaro always welcomes students to her office and makes sure that her students feel safe. Ms. Cernaro is definitely trustworthy.

Ms. Cernaro always knew from a young age she wanted to have a job so that she could help others. In college, she studied psychology as an undergrad and later received her master's in education in school counseling/counselor education. Despite

being well accomplished already, she is still very goal oriented and is always looking to improve her skills and hopes to possibly further her education. Along with being goal oriented, Ms. Cernaro is very optimistic and always sees the beauty behind the madness, so to speak.

As I got to know Ms. Cernaro as a counselor, I wanted to get to know her as a person and some of her interests outside of La Salle. Ms. Cernaro loves spending time with close friends and family, no matter the space. She enjoys the company of all types of people, especially those who are funny, outgoing, and optimistic. By no surprise (due to her Italian ethnicity), she loves Italian food. She also mentioned that she can't get enough coffee, no matter the time of day. She enjoys all types of music from hip-hop to country to rock. She loves the hot weather and summer time activities like going to the beach and traveling. Some of her favorite clothing brands include Michael Kors, Vince Camuto, Coach, Mark Jacobs, and Burberry. Some of her favorite tv-shows include “Riverdale” and “Orange is the New Black”.

The best advice Ms. Cernaro has ever been given is along the lines of not letting other people affect you and your goals in life. A quote she lives by is “never give up on a dream just because of the time it will take to accomplish it. The time will pass anyway”. What I personally, have come to learn about Ms. Cernaro is that she is a very positive person who truly enjoys trying to improve the life for others. She puts others above herself and is always ready to give a helping hand and be the sunshine in a dark situation. She genuinely loves her work. In her life, Ms. Cernaro says she has worked for everything she has received. Truly, we should all aspire to be as kind, nurturing, passionate, and positive as Ms. Cernaro is. I know I do. She embodies what a true giver is and is someone we are grateful to have as part of our Lasallian family.

- Steven Dumeng



Look out for the interview with Ms. Sanchez in the December's edition!

VETERANS' DAY ASSEMBLY

Veterans' Day is a very important day when we honor the past and present veterans who have risked their lives to ensure that we are a safer America. We honor these veterans in several ways like going to past veterans gravesites or just simply educating ourselves on some veterans that have put everything on the line in hopes to make America a more ideal and safer place to reside. La Salle's assembly



in honor of Veterans was on Friday November 9th. We welcomed many veterans who provided thoughtful and inspiring information to the Lasallian students. We first welcomed Staff Sergeant Jeremy Gaynor who started the assembly by a beautiful rendition of the nation-

al anthem.

After Major Sean Gardner led everyone in prayer we welcomed Brig General Michael A. Natali who spoke eloquently about service. BG Natali was commissioned into the Military Intelligence Corps in May of 1987 and he joined the New York Army National Guard in December of 1996. He also is a New York State Police Investigator assigned to the New York State Intelligence Center- counter Terrorism Center. He has earned several awards such as the Bronze Star Medal, the Meritorious Service Medal, the Iraq Campaign Medal and the Global War on Terrorism Medal. After BG Natali's profound words. Elias Lopez played TAPS.

Captain Michael Freddie who was from the United States Coast Guard Academy in 1996 was assigned to the Coast Guard Cutter MELLON and he had a wonderful message for us. The Coast Guard Academy in New London, Connecticut, the Drill Team showcased their expertise as they performed incredible skills. Towards the end of the assembly the

winners of the students who created beautiful pieces of art and written essays honoring veterans received awards. The three winners were New Jersey Marburn (1st place winner), Isaiah Sylvain (2nd place winner), and Lyndon Inglis (Student Award).

Before we welcomed the AF drill team, Mr. Pannell accepted a proclamation honoring Veterans' Day from Governor Cuomo. Finally, the very talented and outstanding drill team also known as the US Air Force Honor Guard Drill Team performed with skill and dexterity. We ended the assembly with a performance of military music provided by the Coast Guard Windjammers Drum and Bugle Core under the direction of Chief Warrant Officer Ian Frenkel. The day fortunately didn't end there, we then welcomed several veterans to our classrooms. I personally want to thank everyone who took the time out of their busy day to really celebrate and highlight the importance of this honorable holiday with La Salle students

- David Matos

VETERANS' DAY ASSEMBLY



SALEM TRIP

November 2, 2014, 43 juniors traveled by luxury coach with their teachers, Ms. Toney, Ms. Ritziu and Dr. Guerriero to the historic Salem, Massachusetts. We visited The Rebecca Nurse Homestead, The Witch History Museum, the Burying Point Cemetery, The Salem Witch Museum, the Witch Dungeon Museum, and John Proctor's House. This all happened after we had completed reading The Crucible by Arthur Miller.

Having overnighted at the Hampton's Inn in Massachusetts, on Saturday morning, we began to relive Salem 1692. We experienced the drama of history in life-size stage sets with live guides who guided us through changing exhibits of different interpretations of witches. We were able to see the truth behind the stereotypes, witchcraft practice today and the frightening phenomenon of witch hunting. We also saw exhibits entitled *Haunted Happenings*, *Macbeth's* three witches and other variety of witches that ranged from Hansel and Gretel, to the Wicked Witch in The Wizard of Oz to Joan of Arc and John and Elizabeth Proctor and Rebecca Nurse of the Salem trials. At the end of this tour, we realized

that the word "witch" changed as our beliefs and customs have evolved.

We were also thrilled to see the streets in Salem named after some of the outstanding people during the witchcraft trials. The Rebecca Nurse Homestead is the house of a most pious, altruistic woman who was hung because she refused to confess that she had practiced witchcraft. Her fragility and age were realistically depicted in the museum and we were amazed that her age did not matter to the authorities who had no qualm in sentencing her to be hung.

By 3.00 pm on November 3, we had indeed relived 1692 Salem. Exhausted but informed, we returned to New York City having brought to life Arthur Miller's The Crucible. The museums reinforced that the witchcraft trials were indeed real and one of the most tragic stories in American History.

- Michael Suarez



SALEM TRIP



SPORTS

Bowling:

The Bowling Teams continue to roll as they both defeated Archbishop Molloy High School on Tuesday afternoon. Devin Flowers led all scores for the Varsity with a high game of 256 and 633 series. Mariano Mitchell followed with a 193 game. Yamil Sanchez led all scores for JV with a 172 game.

Both JV & Varsity currently sit in first place.

Track:

Despite the absence of three runners who have posted the fastest times on the freshmen level, for various reasons, our season ended on an incredibly proud moment. Our 4th through 11th best runners stepped up at the Freshmen City Championships with eight out of the ten runners finishing with a personal best time at this meet. Although we finished 16th out of 18 teams, what a way to end the Freshman Cross County Season!

- Daniel Baimbridge

