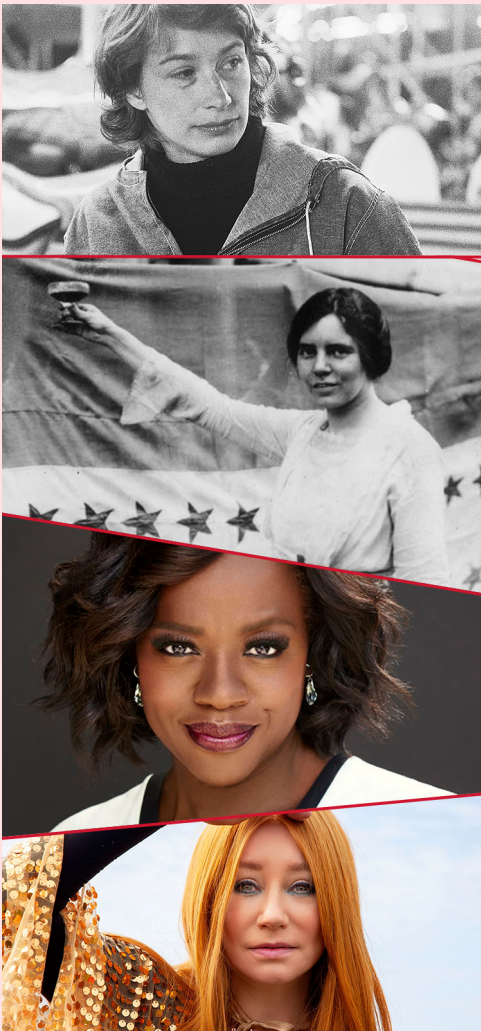


# The Cardinal

March 2022, Vol XCVI, Edition # 6 | Produced by Lasallians, for Lasallians | [www.LaSalleAcademy.org](http://www.LaSalleAcademy.org)

## Women's History Month



Women's History Month celebrates women for their remarkable achievements in all aspects of life. In this edition, *The Cardinal* focuses on a select group of women who have demonstrated devotion and resilience. They are the embodiment of this year's theme, "Providing Healing, Promoting Hope."



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# Mary, Mother of Jesus, Provides Healing and Hope

**By Alejandro Alvarez Luna**

The Virgin Mary exemplifies this year's National Women's History theme, "Providing Healing, Promoting Hope." Catholics around the world pray to the Virgin Mary whenever they feel abandoned, sick, lost, hopeless, or helpless.

When the pandemic began and the effects of COVID became glaring, Cardinal Joseph W. Tobin, C.Ss.R., Archbishop of Newark, outlined five major reasons why individuals, communities, nations, and regions around the world should turn to Mary.

According to Archbishop Tobin, Mary brings comfort to those who are sick and dying, and those who are frightened, lonely and depressed. Mary lessens the despair of those who are out of work or afraid they will lose their jobs. In addition, Mary offers solace to those who are longing for the sacraments, especially the Eucharist. To those in need of wise, prudent, and compassionate leadership, Mary offers reassurance.

Mr. Vincent Estevez, Chairperson of the Religion Department, and Brother Richard Gavin, Campus Minister, have also reflected on the hope and healing that the Virgin Mary provides.

## **Mr. Vincent Estevez's Perspective on the Virgin Mary**

The Catechism of the Catholic Church #1817 says: "Hope is the theological virtue by which we desire the kingdom of heaven and eternal life as our happiness, placing our trust in Christ's promises and relying not on our own strength, but on the help of the Holy Spirit." Mary is a perfect example of hope as she trusted God's plan. She was able to do this due to her unceasing faith and by the grace of God. She was a tremendous source of hope and healing to the Apostles who were filled with doubt and uncertainty immediately after the Crucifixion. Her example to us carries with it the message of hope as she is always looking to draw us closer to her son, Jesus who is our ultimate source of healing.

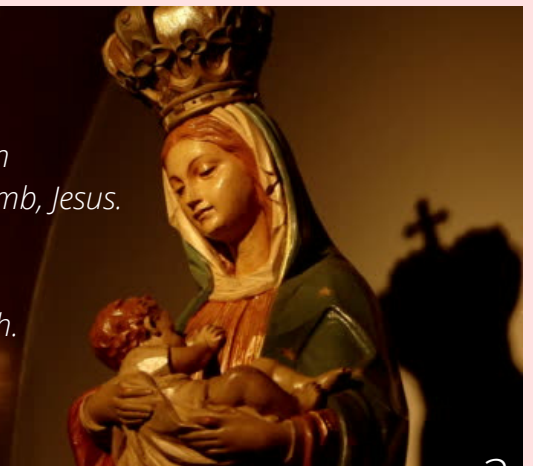
## **Brother Richard Galvin's Perspective on the Virgin Mary**

"Behold, I am the handmaid of the Lord. May it be done to me according to your word."  
Mary receives confusing news she doesn't completely understand. However, she stands firm in her faith and confidently lets God know that she will be His servant. She must have been frightened and yet said yes to God. I, therefore, am hopeful that I, too, am able to say yes to God each day and trust in His love.

I recall Mary's words to Juan Diego when she appeared to him at Tepeyac Hill in Mexico City. "Trust in me, I am your mother." No doubt, soothing and healing words from Our Lady! Let us remember these words when we are unsettled and need healing ourselves. "Trust in me, I am your mother."

Mary, thank you for the hope and healing you model as the mother of Jesus.

*Hail, Mary, full of grace,  
the Lord is with thee.  
Blessed art thou amongst women  
and blessed is the fruit of thy womb, Jesus.  
Holy Mary, Mother of God,  
pray for us sinners,  
now and at the hour of our death.  
Amen*











# Celebrating Women Around the World

In celebration of Women's History Month, we remember women who have made an impact on the world. To highlight women this month, *The Cardinal* asked a sample group of the Lasallian community to highlight women who provide healing and hope in the world.

Teachers & Staff	Who is your favorite female figure?	What best portrays the theme for Women's History Month this year?	How has this person provided healing and promoted hope during their lifetime?
<b>Brother Thomas Casey</b>	Mary Oliver (Poet)	"When I Am Among the Trees"	She has an attentiveness to the natural world and the place of humans in the ecosystem.
<b>Ms. Daria Coney</b>	Viola Davis (Actress)	<i>Won't Back Down</i>	Not only is she an incredibly talented actress, bringing joy to viewews by her performances on-screen, she is an advocate for human rights, equal rights for women, and people of color.
<b>Ms. Bridget Dowd</b>	Min Jin Lee (Author)	<i>Pachinko</i>	She speaks out against hate and racism and writes about identity. Her novels are beautifully written, taking place across generations and countries.
<b>Mr. Glen Flax</b>	Tori Amos (Singer-Songwriter)	"Amber Waves"	Her music inspires and comforts me.
<b>Mr. Patrick Murphy</b>	Alice Paul (Women's Rights Activist)	<i>Iron Jawed Angels</i>	She advocated for the 19th Amendment of the United States Constitution.
<b>Ms. Mollie O'Mara</b>	Georgia O'Keeffe (Artist)	<i>Pelvis Series - Red with Yellow by Georgia O'Keeffe</i>	She includes nature in her artwork.
<b>Ms. Zenaida Sonberg</b>	Madame Marie Curie (Actress)	Madame Marie Curie's pioneering research on radioactivity.	She is best known for her discovery of radium, polonium and other contributions in finding treatments for cancer.



# Students' Opinions on inspirational Women

Student	Who is your favorite female figure?	What best portrays the theme for Women's History Month this year?	How has this person provided healing and promoted hope during their lifetime?
<b>Dany Diaz (2022)</b>	Billie Eilish (Singer-Songwriter)	"Male Fantasy"	She is an advocate for the marginalized and feminists.
<b>Daniel Estevez (2022)</b>	Selena Gomez (Singer-Songwriter)	"Spotlight"	Her comforting songs provide strength and hope in times of stress and uncertainty.
<b>Ralphie Fajardo (2022)</b>	Billie Eilish (Singer-Songwriter)	"Ocean Eyes"	She is a proud feminist who speaks up on women's rights and inspires many young people.
<b>Izaac Garcia (2022)</b>	Michelle Obama (Former First Lady of the United States)	<i>Becoming</i>	She is inspiring because when she was First Lady, I liked her focus on poverty, education, and health issues.
<b>Joshua Grados (2022)</b>	Beyoncé Giselle Knowles (Singer-Songwriter)	"Run the World (Girls)"	She is inspiring because she stands up for women's rights and gender equality.
<b>Christopher Hurley (2022)</b>	Robyn Rihanna Fenty (Singer)	"Dem Haters"	She has inspired many young women to go further in life. She is a great role model because of her resilience and inclusion of all people regardless of color, race, or creed.
<b>Elias Rodriguez (2022)</b>	Alicia Keys (Singer)	"A Woman's Worth"	She honored essential workers during the pandemic.
<b>Bryan Rosario (2022)</b>	Jennifer Lopez (Singer)	"You Only Grow from Hard Times"	She teamed up with Amnesty International to launch a bilingual website aimed at raising awareness about Mexican femicide.



# Florence Nightingale

**By Joshua A Rocamora**

*The Cardinal* highlights Florence Nightingale for her historic and ceaseless work as a caregiver. She is one of the earliest known nurses who provided both healing and hope to an endless stream of sick and suffering patients.

Nightingale is the founder of modern nursing. She was a British nurse who influenced modern practices in hospitals. Born on May 12, 1820 in Italy, Nightingale lived most of her life in England. Her service to the ill and poor began at the very young age of 16 when she practiced philanthropy by providing aid to neighboring villages.

Nightingale's elite parents expected her to marry rather than work. Her parents did not support her decision to become a nurse. She turned down a marriage proposal from Richard Monckton Milne. Instead she enrolled as a nursing student in the Lutheran Hospital of Pastor Fliedner in Kaiserweth, Germany.

Upon completing her studies in Germany, Nightingale took on a nursing position in London during the early 1850s. She was quickly promoted to the position of superintendent.



Shortly after her promotion, cholera, an infectious disease, became rampant. Hospitals at the time were unsanitary so mortality rates were high. Witnessing the effects and causes of the disease, Nightingale realized that she needed to improve the sanitary conditions

of hospitals. She promoted a revolutionary way of nursing that improved hygiene in hospitals and drastically reduced the number of deaths.

Florence Nightingale is also a war hero. During the Crimean War of 1854-1856, she answered a government appeal for nurses. She sailed to Crimea along with 34 other nurses to serve. Upon arriving, Nightingale applied what she had learned in London and immediately launched an operation to improve hospital conditions.

Thanks to her revolutionary nursing practices, mortality in military hospitals decreased by over two thirds saving countless lives.

*The Cardinal* proudly honors Florence Nightingale and all who follow the brave and dedicated path that she paved.







# Kudos to Nurse Diana Colon

By Alejandro Alvarez Luna

In observance of Women's History Month, *The Cardinal* interviewed Ms. Diana Colon, Izzac Garcia's mother. Izaac Garcia is a senior at La Salle Academy. Ms. Diana Colon, a nurse, is a perfect symbol of this year's Women's History theme, "Providing Healing, Promoting Hope."

The following is a transcript of the interview:

Q. Why did you choose nursing as your profession?

A. From a very young age, I aspired to become a nurse. I am a first generation college student in my family and I was determined to complete my nursing studies and pursue the speciality of Oncology Nursing. I have always felt a call to give back to my community. I have been working in the same community of the Lower East Side where I was raised.

Q. How long have you been a nurse?

A. I have been a nurse for 25 years.



Q. Where were you trained?

A. I studied Liberal Arts at St. Francis College for two years, then pursued nursing at Long Island University for three years.

Q. What are the major responsibilities of nursing?

A. Nursing has a wide range of specialties. I am a Certified Oncology Nurse. I care for oncology patients in an Infusion Cancer Center where I administer chemotherapy and other medications that are needed to support our patients after the cancer diagnosis. I am also the Charge Nurse for the Infusion Suite. In this role, I ensure appropriate staffing, maintain a safe environment, and provide support to the nursing staff as a mentor and role model.

Q. How did your responsibilities change during the pandemic?

A. When the pandemic first began in 2020, I was working at the hospital in the inpatient unit caring for oncology patients. To safeguard the oncology population, the unit was moved to the outpatient center to prevent the patients and the nursing staff from contracting COVID. I quickly had to learn to care for patients not on a 24-hour basis at the hospital, but in an outpatient setting. I also had to leave staff that I worked with in the hospital for over 20 years and start again with a brand new staff.



# Diana Colon...

## CONTINUED FROM PAGE 8

Q. What has been your most challenging responsibility during the pandemic?

A. The most challenging responsibility is to prevent patients and staff from contracting COVID. As a result, patients were required to always wear a mask and visitors were prohibited. Having no visitors as a support system is hard for the patients as they are receiving cancer treatments. The staff must use proper personal protective equipment (N95 masks covered by a surgical mask and goggles.) All the training we received on emergencies and disasters did not prepare us for the pandemic. At the beginning of the pandemic, in late February, patients were not required to wear masks yet. One day, five patients that were sitting near each other receiving chemotherapy treatments all contracted COVID and within days, they all passed away in the Intensive Care Unit at the hospital. This was one of the most heartbreaking moments of the pandemic. After this occurred, the mask mandate for all patients was put into effect.

This was the reality of the negative consequences of COVID. The nursing staff was protected but not the patients at that time. Pre COVID, I witnessed many patients undergo their end of life care. I held their hands as they passed away at the hospital. During the pandemic it was different, I could not be with the patients as they were dying. As an oncology nurse, I could not work at the hospital. Unfortunately, many of the patients died alone, no one was allowed to stay with them. Medical staff had a limited time of contact with the patient and families were not permitted to visit.

Q. How did you balance family life and professional life during the pandemic?

A. This was very challenging at the beginning of the pandemic as there were no set work hours. I would not know in advance when my shift would end. I missed my family but I was a "healthcare hero" and I had obligations as a nurse to assist in every way possible. This was a very emotional time also as I tried my best to keep myself and my family safe. With the development of the vaccines and mask mandate, what was once a terribly sad and emotional part of life is now slowly becoming manageable.



*The Cardinal* thanks Nurse Diana Colon for her insightful interview. We hail her as a true hero who provides healing and promotes hope for countless patients and her Lasallian son, Izzac Garcia!



## Spotlight: Nurse Mayvelyn Palis

**By Joshua A. Rocamora**

*The Cardinal* also interviewed nurse Mayvelyn Palis, Joshua Rocamora's (2022) aunt. Her service in the medical field makes her a perfect symbol of this year's theme for Women's History Month, "Providing Healing, Promoting Hope."

The following is a transcript of the interview:

Q. Why did you choose nursing as your profession, who inspired you, and why do you work as a nurse now?

A. At a young age of around ten, I remember wearing a nurse uniform and cap to act the role of a nurse during playtime. I wanted to play the role that saved lives and gave others comfort. As I grew up, my family inspired me to become a nurse. Personally, the nursing profession is a way to touch someone's heart. So, I went on to pursue a Nursing course in college and eventually made it my career.

Q. How long have you been a nurse?

A. I have worked 35 fulfilling years as a nurse and continue to do so.

Q. Where were you trained?

A. I obtained my Bachelor of Science in Nursing and two years of Clinical Instruction at Sacred Heart College in Lucena City, Philippines. Then, I immigrated to New York City, U.S.A in 1990 where I continued my clinical training and presently work as a nurse.

Q. What are the major responsibilities of nursing?

A. It is mostly bedside nursing which includes total and holistic patient care. Some of the responsibilities of nurses are:

- Performing physical exams and obtaining health histories.
- Administering medications as prescribed.
- Coordinating care and collaborating with other health care teams.
- Promoting health, counseling, and education.

Q. How did your responsibilities change during the pandemic?

A. In order to continue caring for patients, we had to adopt new procedures to protect ourselves against COVID. As frontliners in the pandemic, we expose not only ourselves to the threats of COVID but our families as well. We equipped ourselves with personal protective equipment and practiced maximum infection control and prevention.

Q. What are sacrifices that you have to make as a nurse?

A. The greatest sacrifice in working as a nurse is sacrificing the time you could be spending with family in order to provide care to others. Working on holidays and during disasters are the most difficult times.

Q. As a nurse in the Narcotics Department, what advice do you want to give to teenagers and patients?

A. It is important for young kids and adults to maintain a clean and healthy lifestyle. Parents should actively guide and inform their children about the



dangers of drugs. As for teenagers, they should wisely choose their friends. There are times that peers might pressure you into doing things that you might regret later on in the future.

Q. How did you balance family life and professional life during the pandemic?

A. Taking care of myself and my family is my personal responsibility and not a luxury.

I am meticulous as I look out for signs and symptoms of an infection to protect myself and my family. I work full time and make sure that I spend my day off bonding with my family.

I focus on what is only important and set aside unrealistically high standard goals and tasks.

Q. What do you love the most about nursing?

A. My favorite aspect of nursing is being able to care for everyone regardless of race, color, gender or religion. As a health care worker, I enjoy providing healing and promoting hope for all who are sick.





## Dr. Carmen Orama Lopez on Rigoberta Menchú

Rigoberta Menchú ha sido una perseverante luchadora por los derechos de los pueblos indígenas de Guatemala. Esta india quiché vivió de cerca las atrocidades cometidas por los terratenientes contra su aldea.

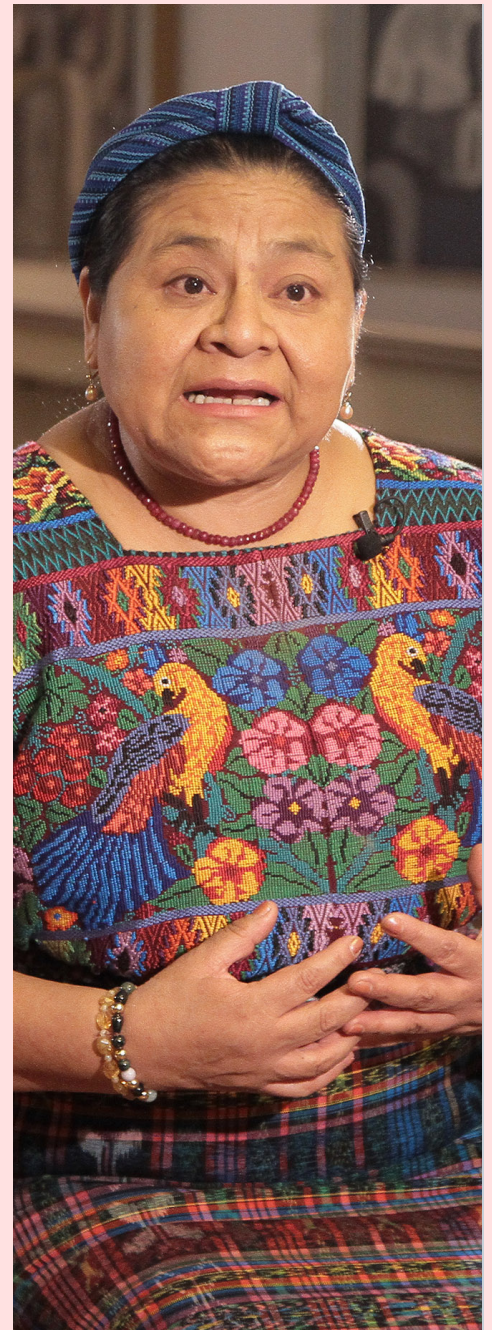
A raíz de las deplorables e inhumanas circunstancias vividas, dos de sus hermanos murieron. El mayor de su hermano fue quemado vivo y su mejor amiga, una adolescente murió a causa de los pesticidas emitidos sobre las siembras de algodón mientras trabajaba. Su padre fue víctima de la persecución del gobierno por clamar justicia para los indígenas. Recibió una paliza y tuvo que ser ocultado. Hambruna, condiciones laborales inhumanas sufridas en las plantaciones, hogares requisados por los terratenientes era el panorama imperante en las aldeas indígenas guatemaltecas. Treinta mil indígenas guatemaltecos murieron en una guerra civil desatada por los terratenientes. Toda esa atrocidad vista y vivida por Menchú la impulsó a luchar con ahínco por su pueblo.

Sustituyó a su padre en el Comité de Unidad Campesina, entidad que exigía cambios políticos y sociales en pro de los indígenas. Las monjitas le enseñaron a leer y escribir en español. Aprendió también a hablar las otras lenguas indígenas de otras aldeas para poder lograr la unidad de todos en la lucha por sus derechos humanos. Estas herramientas lingüísticas eran necesarias para ganar una lucha que duraría muchos años.

Como asumió el liderato de su padre en la lucha por los pueblos, a los 21 años fue víctima de represalias, prácticamente había quedado sin familia. Tuvo miedo y tuvo que exiliarse en México. Escribió un libro autobiográfico, buscó ser escuchada por grupos internacionales y finalmente, recibió el Premio Nobel de La Paz en 1992. Este reconocimiento público y su autobiografía publicada hizo que el mundo entero se enterara de la injusticia social vivida por las aldeas indígenas de los guatemaltecos.

Rigoberta Menchú, con una consigna de paz, luchó con diplomacia. El conocimiento adquirido fue su arma de lucha y el lenguaje fue su instrumento de unidad para los

pueblos indígenas en la lucha. Diez años estuvo fuera de Guatemala en una larga lucha, pero finalmente logró ser escuchada y consiguió la justicia para los indígenas guatemaltecos. Menchú representa dignamente a la mujer hispana. Indudablemente, ha sido una guerrera de la paz.





## Rigoberta Menchú...

### English Translation

Rigoberta Menchú is a strong and ardent fighter for the rights of the Indigenous in Guatemala. She is a Quiche Indian who lived the atrocities committed by landowners against her village.

Menchú challenged the deplorable and inhumane conditions that existed in Guatemala. She was inspired to combat the stark violence that almost decimated her family and the residents in her village. Two of her brothers died. An older brother was kidnapped, tortured and killed by a military squad and another brother died from pesticide poisoning when the foreman put the workers back into the coffee field shortly after it had been sprayed. The government persecuted her father when he tried to claim justice for the Indigenous people. Thirty thousand Indigenous Guatemalans died in a civil war started by the landowners.

Menchú was determined to fight for social justice and

embarked on a course to not only read and write Spanish, but also to learn and speak the Indigenous languages in the villages. She was able to achieve unity in her fight for human rights because of her knowledge of these different languages.

At the age of twenty-one, when Menchú assumed leadership of her father's Peasant Unity Committee, she became a victim of reprisals. As a result, she was forced to go into exile in Mexico.

The ten years she was outside Guatemala was a long struggle, but she was finally heard and got

justice for the Guatemalan Indians. Her autobiography attracted international attention because she focused on her experience as an activist campaigning against human rights abuses.

In 1992, Menchú was awarded the Nobel Peace Prize. Her name, Rigoberta Menchú, is synonymous with the slogan for peace.

Menchú undoubtedly represents Hispanic women. She is a warrior of peace, providing healing and promoting hope for marginalized people.







# Judge Ketanji Brown Jackson

**By Christopher Hurley**

Ketanji Brown Jackson is an attorney and jurist who has been nominated by President Biden as Associate Justice of the United States Supreme Court. Jackson was born on September 14, 1970 in Washington D.C. and moved to Miami, Florida at a young age.

Throughout her high school and college career, she was an extraordinary and hard-working student. She earned both her undergraduate and law degrees from Harvard.

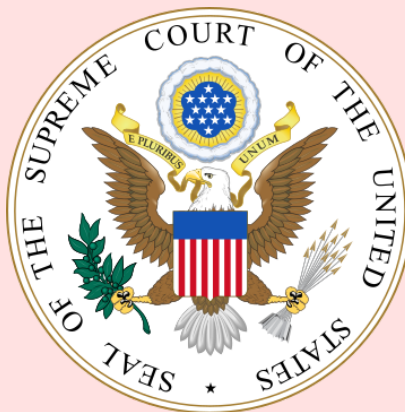
Judge Jackson currently sits on the District of Columbia Circuit Court, widely considered the second most important court in the U.S. Jackson also served as an assistant public defender from 2005 to 2007 before returning to work in corporate law. On July 23, 2009, Barack Obama nominated Jackson to become vice-chair of the United States Sentencing Commission. The United States Senate confirmed Jackson by unanimous consent on February 11, 2010. The Commission retroactively amended the Sentencing Guidelines to reduce sentencing disparities for drug-related offenses.

Jackson is the first Black woman to be nominated for a seat on the high court. If Judge Jackson becomes a United States Supreme Court Justice, she will be the first Black woman to serve in that position.

A 2020 report from the Center for American Progress stated, "Judges with more diverse professional experiences improve jurisprudence so that it better acknowledges people's unique lived experiences."

*The Cardinal* is hopeful that Judge Jackson will become the next Supreme Court Justice. According to President Biden, "It's time that we have a Court that reflects the full talents and greatness of our nation with a nominee of extraordinary qualifications." Jackson is that person.

As a woman, a mother, a judge, and former public defender, Judge Jackson is eminently qualified to provide healing and promote hope for all Americans.







# Meet Ms. Stephanie Carlsen

By John Diaz

Ms. Carlsen is our student government organizer. She also teaches math and leadership classes.

Ms. Carlsen started her career at La Salle Academy as a volunteer, then taught at a middle school before completing her degrees. Ms. Carlsen returned to La Salle in 2016 to begin her full-time teaching career. I asked Ms. Carlsen some questions about what it is like to teach at La Salle.

Q. What made you want to pursue a career in teaching mathematics?

A. I have wanted to pursue a career in teaching ever since I was a little kid. I was fascinated by the idea since I met my first teacher. I even did a report in 6th grade which focused on teaching as my future job.

Q. Who inspires you?

A. I am inspired mostly by the students that I work with as they are resilient, brave, and work very hard to improve themselves. Even if they are having a bad day, they still work diligently.

Q. The theme of this Women's History Month is about hope and healing. How have you provided hope and healing over the course of the year?

A. As a teacher, it would be a good idea to use more social and

emotional learning. I do this in my leadership class. I believe that help during tough times for a student is key, whether it is helping a failing student or giving him practice for an upcoming quiz.

Q. Are there any hurdles in teaching in an all- boys school that differs from a co-ed school or all-girls?

A. The problem is sometimes being a woman building relationships and rapport with the students may be more complicated or more convenient at times. My main goal is to be inclusive to everyone in my classes and always help them as much as possible.

Q. How should Women's History Month be celebrated?

A. I wish that Women's History Month wasn't needed, but the trends in society show that we need to celebrate the progress and contributions women have made to society.

Q. Any final remarks?

A. I love all my students very much and I thank you for inspiring me everyday.





# Honoring Women at La Salle

*Stephanie Carlsen*

*Krista Cernara*

*Daria Coney*

*Kerry Conroy*

*Bridget Doud*

*Beverly Fields*

*Mary Anne Glassen*

*Mary Kenny*

*Carmen Orama Lopez*

*Rosalie Masullo*

*Yvette Masullo*

*Luz Morales*

*Mollie O'Mara*

*Ana-Maria Ritziu*

*Susie Romanosky*

*Kimberly Santiago*

*Carmen Santos*

*Ann Straub*

*Zenaida Sonberg*

*Daisy Tavera*

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