

EAGLE PRESS  
STAFF

## The Eagle Press



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Volume 24, Issue 3

May 10, 2011

### Dedication to Mrs. Burns

Sadness was spread throughout the school on Monday, April 4, when the faculty and students were informed that our beloved Mrs. Burns had passed away the night before. The news hit hard because Mrs. Burns was loved by everyone during her 30+ years of working at Cardinal McCarrick. Her loving and caring personality made everyone feel welcome in her classroom and she always brought comic relief to one's day. She brought out the creative and colorful personalities in all of us. Each of her students looked forward to her class everyday where she would show them how to have fun with art and she told the best of stories.

Mrs. Burns was a close friend and co-worker to many of the teachers. Mr. Reid stated "Mrs. Burns was a dear friend of mine. She was a great listener, kind, and supportive. She marched to the beat of a different drum and she was an artist in her soul." Mr. Reid also said, "Mrs. Burns was very genuine and unassuming, a truly good person with an outstanding sense of humor, I will miss her a lot." Ms. Glenn was also a good friend of Mrs. Burns and they put many spring plays together. When remembering Mrs. Burns, Ms. Glenn stated that, "She was a great friend and colleague, and I'll miss seeing her face across the hall everyday." Clearly Mrs. Burns was well liked and very helpful to many teachers.

Many students gained a close relationship with Mrs. Burns due to being involved with play or just being in one of her many classes. Debbie Norek said, "She was my favorite teacher and was always there." Mrs. Burns would always give one piece of very wise advice to Onyechi Obaze which he will continue to follow until this day: "Never be fearful, always think positive." Clearly, she was and will be remembered as a very brave person.

On April 8, the school had a mass dedicated to Mrs. Burns. All of the students and faculty attended, as well as previous Cardinal McCarrick students. Even many old co-workers attended the school mass to offer their prayers to Mrs. Burns. The mass focused on a few of her finest paintings, and stories were told by Alexis Davis, Mike Iannaccone, and Genesis De Jesus, of their fondest memories of Mrs. Burns. Mrs. Burns was a huge influence in the art department and she will always be loved and remembered.



Suzanne M. Burns (July 28, 1948– April 3, 2011)

#### Senioritis by Mike Iannaccone

When teachers say that senioritis is real, they're not just saying that. This deadly disease can come at you when you least expect it. As a senior, you tend to always look at your schedule and seem to countdown to May of your senior year. As the months go by and your days at CMHS wind down, so does your want of doing work and boom, you're infected. Once senioritis hits you, it knocks you down off your seat. It is real, ask anyone who's been a senior. Your grades, like your motivation, drop quickly and it could put you in danger of failing for the year. It is a terrible but true topic and it's something that should be recognized by every student in CMHS. Senioritis makes senior year not fun and once you are able to get rid of it and your grades are back to what they should be, it's only a matter of time before graduation as opposed to summer school for some of the infected.

## Boys Baseball by Molly Sykes

The Cardinal McCarrick boy's baseball team is on the road to a successful season with a senior packed team. They have been practicing hard and spending much time at the batting cages in order to prepare for the season. In the first game of the season the boys took on Piscataway Votec. They kicked off the season with a 13-0 win. They kicked off the season with a 13-0 win. The team is hoping to go out with the title of Gold Division Champions by defeating their rival team, Dunellen High School. The team is lead by senior captain Ryan Smith, who was named the all Gold Division Player last season. Ryan is accompanied by his co-captain, senior, Kevin Savoia. Be sure to support the guys this season with many upcoming games taking place at the local Waterfront Park. Their official schedule can be viewed on the school website.



## Football by Andrew Eppinger

The Cardinal McCarrick football team is under new leadership, both by a new senior class and with the department of head coach Robert Kearns. Stepping up to the position of head coach is Lou Quaglia, while a new defensive coordinator has been brought in from Bishop Ahr High School. Also returning as the strength and conditioning coach is Rick Sterega. This staff promises to be a very well prepared and organized one. Further, it is difficult not to get excited about next year's season when speaking to them. They are surely dedicated to their positions, and success will surely come if dedicated players follow. The team could always use more athletes, though. Anybody with any interest should see the football coaches. in the weight room after school Monday, Wednesday, or Friday. Now is the best time to join, as their strength and conditioning routine will have any prospective player ready for the season.



## Softball by Jennifer Shereyka

Spring is finally here, and so is the long awaited softball season! Coach Geisheimer is very optimistic about his team this year and the expectations he has for them. Although the Lady Eagles lost some key players due to graduation last year, they believe they are back and stronger than past years. The team will be lead by the veteran captains Jamie Williams, Becky Beshada, and Jen Shereyka. The trio knows what it takes to win and have the determination to instill that same mentality into their younger teammates. The Lady Eagles will have a rougher schedule than past years as they now have Red and White division schools on their schedule, along with some games against Shore Conference opponents. Coach Geisheimer hopes that this schedule will get the girls ready to play in the Greater Middlesex Conference Tournament and the State Tournament at the end of the season. "Some may look at our lineup and say they lost everyone, but as a team we believe in each other and know we have what it takes to win as long as we play together like a team," said senior captain Jamie Williams when asked her outlook. Due to some key losses this season, the Lady Eagles will look to their underclassmen to step it up and follow right behind the seniors lead. The seniors know they will not go far without upperclassmen. When asked about the bonding of the Eagles, Williams said, "I believe we are much closer as a team than years past, and this will help us as the season progresses because trust is necessary in order to win games."



## National Catholic Forensic League

by Nicole Buongiovanni

The NCFL is a competition team that compete in Forensics, either reading pieces, or memorizing speeches or dialogues. The members of our NCFL team have worked very hard this year. They practice often and each month they compete in different categories. After months of practice, they competed at Grands on March 26th. They spent the day at DePaul Catholic High School in Wayne, New Jersey. They competed in several rounds before they were placed. In the category of Duo Interpretation, Sydney Ransom and Lizaine Saranglao placed 2nd with their piece from *Miss Congeniality*, and Ryan Kelly and Jonathan Kohut placed 1st for their *Good Will Hunting* piece. Now, because of their outstanding performances at Grands, they will move on to Nationals in Washington, D.C. and compete with NCFL students from all over the country. Also, Lyra Saranglao placed 4th in the category of Oral Declamation and Kasia Danilczuk placed 4th in Pros and Poetry. Congratulations everybody and good luck at Nationals!

**Spring Fashion** by Alyssa Fern & Kristen McGowan

Sunshine, flowers and pink lemonade; spring into the season looking freshly made! Spring has finally arrived and it's time to dress fresh and lively. Break out in the bold bright colors to make a statement because exciting colors will be here to stay this spring season. Be sure to pick out bright colors such as: orange, bright pink, yellow, and turquoise. Always let your surroundings inspire your attire as in floral printed shirts and skirts. Floral prints are always girly, sweet, and not to mention adorable! Bohemian patterns are other go-to's this season. Full-length skirts and dresses with a hippie vibe will leave you looking relaxed and artsy. On the other side of the spectrum, biker clothes are in style. Grab your leather jacket and motorcycle boots and you're ready to go. Remember you can always mix a biker chick meets girly grunge. For a girly tough look, pair a bright or floral shirt with your leather jacket and boots. Never think twice on a chilly day to add a cute cardigan to your ensemble. This spring season is mainly about adding color and excitement to your wardrobe. After a cold, snowy winter, warm things up with these hot fashion tips!



**Race To The Top** by Kelvin Peeples

For many years leaders of our nation tried to put together a perfect plan for our education system. Recently President Barack Obama came up with a new perspective on how to cure our education system throughout our nation. In 2009 our president and Arne Duncan, United States Secretary of Education, announced to us Race To The Top also known as RTTP. RTTP is a government reward to schools or states that out shine each other. Many school districts around our nation are now reviewing their own school system strategies to compete against other districts and states. For instance, some states are asking teachers to reapply for positions that currently have. They are starting this in Florida. In addition, some schools are forming education committees to re-design their district curriculum and research other ways of checking students' performances. Finally, RTTP in the long run will hopefully get our future students on track with science and technology. We need to get students to be more skillful in these areas to compete with other countries.

**Nook vs. Kindle** by Mitchell Farrell

These electronic readers are very popular among all different kinds of people. From librarians to doctors, everyone is getting their hands on an e-reader. But which one has the most bang for your buck? I have purchased both the Kindle and the Nook and each were great. The Kindle has a month of battery life along with 3G and Wi-Fi connection so you can connect anywhere you can with a cell phone. The Nook has its own cool features such as a cool touch screen at the bottom of the device. The Kindle is definitely a better choice. With its fantastic electronic ink screen and over 65,000 book library, the Kindle is a must have for any e-reader enthusiast. The Kindle weighs less than a paperback book and is one third of an inch thin. It also has an easy to use full qwerty keyboard. It is a sleek machine and it is a must have e-reading device.



### Detective Steven MacDonald Visits CMHS by Mike Iannaccone

On March 24, 2011 NYPD Steven MacDonald paid a visit to Cardinal McCarrick High School. For anyone who missed Det. MacDonald's visit, he is an NYPD Detective who was shot and paralyzed on July 12, 1986. Det. MacDonald shared his story of his life up to what happened on that tragic day in 1986. He told us that horrible day as he was undercover in Central Park and how three teenagers pulled a gun on him. He pleaded with the gunman and told us how chilling and terrifying it was to see a gun pointed at your head and shared every detail of the shot alone. Det. MacDonald was taken to a hospital and stayed there for a very long time. He told us how his son was a great joy to him and that his son was one of very few things that kept him motivated everyday. MacDonald said that his faith in God helped him get through every day and eventually worked up enough courage to forgive his attacker. Det. MacDonald finished his talk with the students of CMHS and some local law enforcement officers and proceeded to ask us to say a decade of the rosary. It was truly an amazing and unfortunate story from Det. MacDonald and something no one from CMHS will forget in the near future.



### Time Management by Sarah Balon



During high school, students have many events and hobbies to deal within certain time limits. The average student spends six hours in school and two hours in after school activities. Some students have jobs which can take up anywhere from four to six hours. Homework becomes the last activity to do during the day, which many students are too exhausted to do by the time they get home. So the question becomes should the student cut down their activities? Teenagers' brain need down time. There is already the problem where teens do not get enough sleep because they stay up doing homework or having that free time that they have not gotten to all day. Day-to day activities can cause stress and exhaustion that make that unwinding time mandatory. The true question is, are there enough hours in that day?



### Music Department by John Appiah

With Mr. Natelli leaving Cardinal McCarrick High School, we thought the music industry in our school was going to be shut down. But, we were in great luck. Mr. Whitfield has not only kept the music going but also has improved it. He took what was left over from last year's music concert and brought a new style of teaching form different from Mr. Natelli's. Mr. Whitfield has taken his time to teach his students original work from Bach such as "Minuet 2", foreign music "Piru Bole", and turned Christmas Carols into a Latin fun style. Whitfield puts great time into his work and it's surely been shown. Whitfield plans to finish the year with a spring concert.



## Financing Prom and Wildwood Expenses by Amanda Iocca

Throughout the past four years of high school, seniors of Cardinal McCarrick have been dreaming about prom and their trip to Florida. These events are coming up, and they could not be more excited! When senior Ryan Smith was asked about his excitement about the upcoming events, he replied, "I've never been more excited in my life!" There are many things that go into preparing for prom and losing money is definitely one of them! High school students' money is often strained without the impending trip to Disney and prom. Some students work part-time but a majority of them do not have a job. When looking into any financial endeavors, one should write down how much money they have, and how much money they might spend. Here is a table to help some of the seniors out:

Prom Dress/ Tux-	\$200-\$400
Prom Ticket-	\$70-\$140
Wildwood House-	\$130
Florida-	\$900
Hair/Make-Up-	\$100-\$150

## Gas Prices by Devan Mabey

Imagine— you're waiting at the stop light and notice a gas station. You see a huge billboard that contains the gas prices. As you look, there is something that gives you a discontent feeling in your stomach— the cost of gas. Gas prices are going up, and fast. Recently, the price of gas has rapidly increased from about \$3.30 to \$4.00 per gallon. The high increase of gas can cause people to drive less and even result to public transportation. Even if we cannot help the fact gas prices are rising higher and higher, there are ways for us to construct ideas to avoid the prices. Instead of driving to destinations that are close to us, why not walk or even ride a bicycle. We waste gas so easily because we have gotten to the point of becoming extremely lazy; we should invest in taking other types of transportation. Another way is finding a gas station that has a decent offer on the gas price. People can also buy hybrid vehicles. Take the time to save gas and just go for a walk.

## Movie Magic by Jenna Friedlander

In the new year of 2011 there have been some great movies coming out for all ages. For two of these three great films, *Gnomeo and Juliet*, *Sucker Punch*, and *Rango*, star the legendary Johnny Depp. Two of these movies are animation films for children and *Sucker Punch* is an action film made for an older audience.

*Sucker Punch* is an action movie full of computer generated graphics and fantastic acting. *Sucker Punch* stars Emily Browning, Vanessa Hudgens, and Abbie Cornish. This fantasy movie is about a girl, Baby Doll (Emily Browning) escaping from an insane asylum because she was put there by her abusive step— father. With the help of her four inmates she tries to escape the insane asylum by obtaining five magical objects. It is hard not to love this movie with its mind-blowing special effects and constant action.

*Gnomeo and Juliet* is a romantic comedy directed toward a younger audience. *Gnomeo and Juliet* was intended to be a recreation of Shakespeare's Romeo and Juliet play, except with garden gnomes. Two of the main characters are Gnomeo played by James McAvoy and Juliet played by Emily Blunt. The movie is flooded with Elton John music, and is very cute for all ages. Although it says the film is directed toward an entire family audience, it is apparent when watching the movie that the humor is made for children. Watch the play of Romeo and Juliet come alive in a cute and modern way with *Gnomeo and Juliet*.

*Rango* is an animated film that has action, and may be directed toward any age group. The graphics keep your attention, and has Johnny Depp starring as the main character, Rango. There are many hidden philosophical meanings in this movie, and many adults will enjoy this movie just as much as children. The tale of an ordinary lizard trying to find himself in the Old West where he ends up in the town named Dirt. In Dirt, the town is desperately in need of a sheriff and Rango is up for the challenge. This humorous film will keep you laughing and the computer graphics will amaze your eyes.

## Melody Smith's Winning Essay

Melody Smith submitted her senior bio to the State Gymnastics Association to be read at the championship meet. She won a scholarship for her essay.

Building speed, I bolted down the runway and hit the springboard dead-on. I knew I needed to hold tight form to sustain the power from the run. My hands made contact with the vault table, and I pushed off as hard as I could to propel my body into the air for my back tuck. All I wanted was to stick the landing, but I under rotated, and my Tsukahara landed short. An instant later, my ankle exploded with excruciating pain.

After two months of treatment, the orthopedist allowed me to return to training. Even so, the joint was still weak and painful. My practices became nonproductive, and my frustration level reached an all-time high. Knowing I would be unable to compete at states in 2009, I lost all desire to do gymnastics. When I quit the sport, I truly believed I had reached the end of my involvement. However, this one particular injury would take me on a circuitous journey of self discovery and ultimately lead me back to competitive gymnastics.

In the absence of gymnastics, I became free to explore other interests. I competed for my high school's swim team and earned lifeguard certification. Over the summer, I transferred to a new high school without gymnastics or a swim team. As a rising junior, I wanted to be involved at my school in some way, so I went out for their cheerleading squad and attended their summer camp. Additionally, I approached my very first gymnastics club to let me to come in and work on my tumbling skills for cheerleading. As part of the bargain, I choreographed a floor exercise for one of the club's younger gymnasts. Before long, the owner offered me a paid position at the gym. Even though the gym needed a time commitment that would force me to give up cheerleading, I accepted the job. Concurrently, I went to yet another gym (my fourth) to keep my gymnastics skills from getting too rusty. I practiced at my own pace with no expectation of any team involvement. By this time, my ankle had healed, and my skills had begun to reemerge. Surprisingly, I wanted to compete again. After a ten-month absence from competitive gymnastics, I decided to take one more shot at becoming the gymnast I was meant to be.

Although my skills and my stamina were subpar, the 2010 club season progressed well enough for me to qualify for states. Unfortunately, my chance to go to states would again be thwarted by injury. On my first tumbling pass at an invitational, I landed on my back with a loud thud. At first I was just embarrassed with every eye in the hushed crowd on me. Later, my back started bothering me, and I was off to the orthopedist again with a back problem that would knock me out of states for 2010.

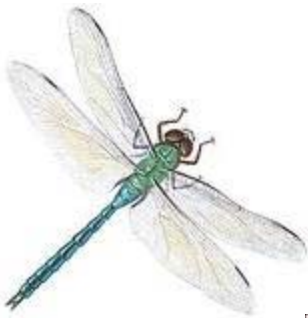
In the fall of 2010, I did high school gymnastics as an independent, and this helped me prepare for the upcoming club season. In early 2011, I enjoyed success with my new club and qualified easily for states. I sensed my gymnastics career was primed to culminate like the best moment of a Disney movie, but the script did not play out as written. Gymnastics ended for me on March 12, 2011 when the car I was driving hit a pothole and landed vertically in a tree on Route 18. A helicopter airlifted me to a trauma center with multiple fractures and lacerations. My chance to compete at states had disappeared for a third consecutive year.

There are moments in life that define us in ways we do not immediately perceive. As I reflect on my 2009 ankle sprain, I see that moment as a microcosm of a gymnastics career constrained by setbacks. At the same time, these setbacks have been part of my success because I have grown from them. My legacy in gymnastics there is not about how many times I have missed states. It is how I have overcome the obstacles that inevitably challenge us all.



## Did You Know? by Mitchell Farrell

- An artificial hand, with fingers moved by cogwheels and levers, was designed in 1551 by Frenchmen Ambroise Pare. It worked so well that a handless cavalryman was able to grasp the reins of his horse.
- Lou Gehrig earned a total of \$316,000 during his 17 year career with the New York Yankees. In 1992, a fan paid \$363,000 for a Yankee jersey that Gehrig wore during the 1927 season.
- Luther Crowell invented the paper bag in 1867.
- One American of every 16 will have one of the Top 12 most common last names.
- One in every four Americans has appeared on television.
- One of the many Tarzans, Karmuala Searlel, was mauled to death by a raging elephant on set.
- Some baby giraffes are more than six feet tall at birth.
- Some frogs like the wood frog and some turtles can stop their heart and frost their tissues during the winter and defrost after that.
- Wet sand weighs less than dry sand.
- It takes glass one million years to decompose, which means it never wears out and can be recycled an infinite amount of times.
- A dragonfly has a lifespan of 24 hours.
- Bob Dylan's real name is Robert Zimmerman.
- One penny doubled everyday becomes over 5 million dollars in just 30 days.
- If you put a raisin in a glass of champagne, it will keep floating to the top and sinking to the bottom.
- When the University of Nebraska, Cornhuskers play football at home to a sellout crowd, the full stadium becomes the state's third largest city.
- It is possible to lead a cow upstairs but not downstairs.
- If you have three quarters, four dimes, and four pennies, you have \$1.19. You also have the largest amount of money in coins without being able to make change for a dollar.



**CARDINAL  
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EAGLE PRESS**

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After June 4<sup>th</sup> you will be a proud member of an alumni group that dates back 125 years at CMHS. ^5!

BIF, SIT with your alma mater by being a part of the Alumni Directory on the CardinalMcCarrick.com site. GL!

*Debra Miller, CMHS Advancement Director*