

The Excalibur

The Online Nazareth RHS Student Newspaper



Thank You, Nazareth!

By: Jean Lafleur

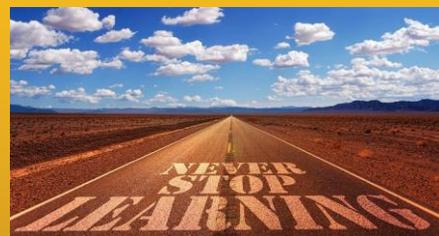
The phrase “time flies when you’re having fun” rings true for my four years at Nazareth Regional High School. These four years have been the greatest of my life so far. I have been able to learn, grow, mature, and experience many new things. I have become an open minded person who is much more willing to listen to and accept new ideas and concepts. Thanks to Nazareth I have been able to incorporate five important virtues into my life: simplicity, trust, zeal, compassion, and humility. My time at Nazareth has made a real impact on my life, and I am proud to say that I have no regrets.

Freshmen year was the beginning of a new chapter in my life. I wanted to make the most of it, especially because I had a rough middle school experience. When I first got into high school, I immediately put up a strong and confident facade. However, deep down I was very nervous because I didn’t know anyone. But thankfully, I was able

to encounter a tremendous young math teacher who was also my homeroom teacher, Mr. Samerson. Due to his unique personality and dedication to students, both in and out of the classroom, Mr. Samerson and I instantly formed a bond. He reintroduced me to chess and I fell in love with the game all over again. I was able to develop my character along with my academic skills. Through chess I became more self-confident, optimistic, detail oriented, and patient. Chess helped me to become a better critical thinker as I learned how to think “two steps ahead.” I learned how to socialize and how to interact in a better way with my peers. I have made some great friends, not only because we made jokes and understood each other, but also because we all share one common goal. The common goal that we share is for each of us to become as successful as possible. Freshmen year was great, so I couldn’t wait for what sophomore year had in store for me.

June 2019, Issue 2

**Congratulations
Class of 2019!**



Blessed to Be a Blessing!

- June 2019 Events -

- 6/4 - Graduation Practice
- 6/6 - Senior Dinner
- 6/7 - Graduation
- 6/12 - Last Day of Classes
- 6/13-14 - Final Exams
- 6/18-26 - Regents Exams
- 6/27 - Last Day of School
- 6/28 - Summer School Registration

Thank you, Nazareth (cont.)

Sophomore year was the toughest year for me as a student because I was academically challenged with courses such as Geometry and AP World. Due to these courses, I began to realize that the rest of my time in high school wasn't going to be as easy as my freshman year. By the beginning of my sophomore year I had become a very "cocky" person. Due to my arrogance I ended up becoming a procrastinator, thinking that I could get anything done at the last minute. I started to fall into mediocrity, being content with any passing grade. However, through the motivation I received from friends and family, I was able to turn everything around for the better. Sophomore year started off rough but I managed to come back, because it's not about how you start but rather how you finish.

Junior year went by smoothly. This year was the least stressful and also had the greatest impact on my life. What had such a great impact was the opportunity that I had to go on a school sponsored service trip to Jamaica with two chaperones and several friends. During most of the trip we volunteered at Mount Olivet Primary School. We donated school supplies and were able to help as teacher assistants. On the last day of the trip we went to YS Falls. It was an amazing experience that included zip lining and swimming, and I also bought a few souvenirs. However, what made this trip so impactful was that I learned to be grateful for what I have, especially since there are many others worldwide who are less fortunate than I am.

Another event that greatly impacted me during my junior year was the XBSS retreat. The students who attended this retreat were from the Catholic high schools that are sponsored by the Xaverian Brothers. After we greeted each other, we were broken into groups of seven, where we started to get to know each other. During the retreat, we talked about our problems and other personal concerns. After a few days of fun activities, great conversations, and plenty of bonding, it was time to go. What I got out of the retreat the most was that no one is truly alone in this world and it's very important to have someone that you can trust and talk to. After such an impactful year, I couldn't wait to see what senior year had in store.

Senior year has been truly remarkable and I have enjoyed every moment. From spirit week to my senior trip, this year has been astounding. At the end of my senior year, I look back and realize how far I have come. I thank God that I had such a great experience, and I thank God that I went to Nazareth because this school has had such a tremendous impact on my life. High school has been great, and I can't wait to begin the next chapter in my life!



Sophomore Retreat 2019

By: Raynard Raeburn

On March 14th and 15th, Nazareth held a retreat for the sophomore class. This retreat was organized by Mr. George, the Campus Ministry leader, Mrs. Sacks, and the XBSS senior leaders. One of the main purposes of this retreat is to bring the class together and help them to bond with people they might not have bonded with outside of the retreat. We also want to have the students think deeply within themselves about their faith in God and about who they are as a person. One of the main aspects in each retreat is that we try to help the students resonate with our Xaverian values. The values chosen for the sophomore retreat were trust and zeal.

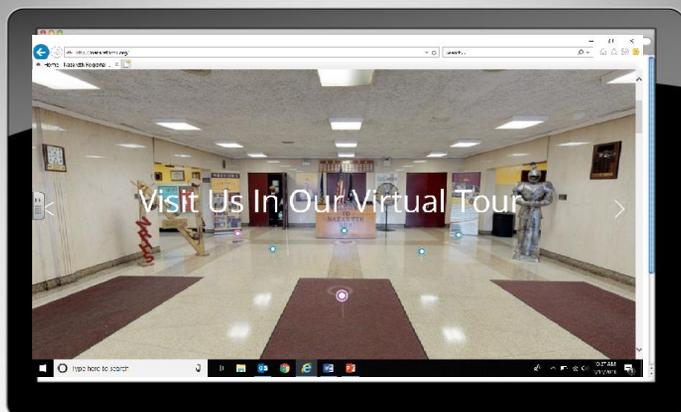
The retreat started with an icebreaker called the “Chain Game” that helps everyone to get comfortable and ready for what’s to come. In this game, the students make a circle and join their hands with other students who are across from them. Once each hand is “chained” to someone else’s hand, the goal of the group is to untangle themselves and return to a circle without breaking the chain. This

activity facilitates the use of teamwork and constant communication in order to be successful.

Once the chain game was finished, we divided the students into several small groups and assigned each senior leader to one of the groups. Each senior leader led his or her group in activities that helped the students to open up and think about how they use trust and zeal in their lives. The first activity was the skittles game. The purpose of the skittles game is to get the students to answer questions such as: What is your favorite activity? Where are you from? What is one of your dreams? How did God help you to recognize your talents? What is your social life like? The responses I heard both days as a senior leader were interesting because I got to hear about their passions, including passions for sports like football and basketball. I got to hear about how closely knit and loving their families are. The students were beginning to use the Xaverian value of trust by trusting me and other students with this information about their lives. Afterwards, everyone participated in

a “Build Your House” activity where the senior leaders asked them questions about people in their lives who have had a big impact on them. Some of these questions were: Who makes you feel comfortable and makes you feel like you’re at home? Who makes you feel happy and makes you laugh whenever you are down? Who is your main inspiration for being successful? Through pondering these questions, the students were thinking about what gives them that “zealous” feeling and about who they trust without being asked directly!

To cap off the retreat, the students did a “Letter to Myself” activity where they wrote letters to their future selves about what they want to achieve by senior year and about the kind of person they are striving to be. At the end, we all enjoyed pizza and soda. The sophomore retreat was a huge success and benefited both the sophomores and the seniors who were able to bond with them.



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our school at:

<http://www.nazarethrhs.org>

Who Is the 2018-19 NBA MVP?

By: Basilio Myke

Sorry Rocket fans, James Harden is not your 2018-19 Most Valuable Player. Despite his spectacular season, in which he averaged 36.1 points (a career high), Harden will not win back to back MVP trophies. It was indeed a close race between the two superstars, but Giannis Antetokounmpo is the true winner.

In the regular season, the "Greek Freak" averaged 27.7 points, 12.5 rebounds, and 5.9 assists. He led the Bucks in all those categories. His on court presence pushed the Bucks to the best record in the NBA. The role of Giannis Antetokounmpo on his team is more well rounded compared to that of James Harden. Not only is Giannis unstoppable on offense, but he also plays elite defense on the other end. The Bucks have a higher net rating when he's on the court. The court presence of Giannis also leads to a much higher offensive and defensive rating compared to when he's not there.

Throughout the season, the "Greek Freak" was consistently dominant on both sides of the court. He's the main factor in the Bucks having the #1 offense and the #3 defense in the league. His elite defense made him a candidate for the defensive player of the year award.

Harden's case of being the superior scorer and shooter cannot be refuted. However, the "Greek Freak" is the more consistent, well rounded, and dominant player. Therefore, the MVP of the 2018-2019 season should be none other than Giannis Antetokounmpo.



Concert Review: Panic! At The Disco

By: Winnie Pierre-Louis

The band Panic! At The Disco, led by Brendon Urie, the only original member remaining, recently finished their Pray for the Wicked tour. This tour started on July 11, 2018 and ended on April 4, 2019. Panic! made its way to the Barclays Center in Brooklyn on January 16, 2019. I was lucky enough to go to that show, and it was spectacular.

The show started with singers Betty Who and Two Feet, followed by the grand entrance of Brendon Urie, who jumped up onto the stage during the band's first song, "Silver Lining." From Brendon's walking through the crowd and greeting fans while singing "Death of a Bachelor" to his flying across the arena while playing "Dying in L.A." on the piano, his blockbuster rendition of "I Can't Make You Love Me" by Bonnie Raitt, and his speech about how we are all winners and how much we mean to him, we were all mesmerized. The visuals were absolutely amazing!

Panic! At The Disco fans are usually very open and friendly, so while at the concert, I made new friends with the fans who sat near me. It seems that no matter where you sat, it was such a great experience. Out of 10, I'd give it a 9.5!



XBSS Retreat 2019

By: Johanne Pluviose

The annual XBSS retreat brings together students from the schools sponsored by the Xaverian Brotherhood, including schools from New York, Massachusetts and other states. Each school sends six to eight students to this four-day retreat that shows the students how close they can get to God and each other.

When we met the first day, we were separated into different groups. Each day we spent time with the people in our group and really got to know them. We talked about our problems and successes and how God has helped us. As each person shared their experiences, it was amazing how well we could relate to one another.

The only time we were with the group from our own school was at the end of the day when we had an opportunity to talk about what we were learning from the students in the other schools. We brainstormed ideas about how to make our own school more active spiritually. At bedtime we all met up to relax and talk about how our day was. During the day we also had a free hour when we could relax, go outside or take a nap.

The retreat included educational lectures and mass three times a day - after breakfast, lunch, and dinner. The retreat was both educational and very spiritual. As teenagers who typically use their phones 90% of the time, we were not supposed to use our phones so we could focus on what we were learning. We learned something significant every day that was related to what we want to be in life, how God is leading us, or how we can live up to our Xaverian values individually and as a school community.

Science Fair 2019

By: Jovanne Myke

Hello, my name is Jovanne Myke, and I invite you to join me as we review projects at our annual science fair. The first project we'll be checking out is the "Elephant's Toothpaste" by Amani Nation. This project is about creating a foamy substance. According to Amani, "They call it an elephant's toothpaste because it feels just like toothpaste, and when it gets foamy, it looks like an elephant's trunk." This project was a messy one that showed the great effort that was put into making it.

The next project is the "Fire Twister," the most dangerous one in my opinion. It contains a large clear container that spins. A student then started a fire in it, and the fire proceeded to flow upwards, creating a tornado! Not just any tornado, but one that was on fire! They even made s'mores with it. The students seemed to be having a blast at this year's Science Fair!

The students worked extremely hard on these projects, and we should thank them for making something so interesting and unique. We should also thank Ms. Aponte for encouraging the students to be creative and demonstrate their skills. The fair was educational and fun, just what we need to get the attention of young teenagers, and we also enjoyed snacks and music. I can't wait for next year to see what the students can come up with next!



Anime Club

By: Jordan Reynolds

Anime* Club is a place for "nerds" to hang out and be themselves. We discuss and argue about anime topics and enjoy playing games.



As one of the avid supporters of anime club, I am always thrilled to be there. Everyone that participates in this club is so happy. It is, in a sense, a way for people to express themselves. Not everyone agrees with the way "nerds" act and what they follow as a community. The fact that Nazareth allows us to come together in this club and form bonds like these is really awesome!

*Anime: "a style of animation originating in Japan that is characterized by stark colorful graphics depicting vibrant characters in action-filled plots often with fantastic or futuristic themes" (<https://www.merriam-webster.com/dictionary/anime>).



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