

The Excalibur

The Online Nazareth RHS Student Newspaper



Stations of the Cross – April 13, 2022

What Did You Give up for Lent?

By: Daniel Korede

Social Media, Coffee, Video Games, Candy, Netflix: these are all things that people typically decide to give up during the season of Lent. For the uninitiated, Lent is a period of 40 days starting from Ash Wednesday and lasting until Easter Sunday, excluding Sundays, during which Christians decide to fast from (or give up) something such as the aforementioned habits in order to meditate on or reflect upon their spiritual lives.

Lent serves as a solemn reminder of when Jesus Christ prayed and fasted for 40 days and nights in the desert before being tempted by the devil (Matthew 4:1-11; Luke 4:1-13). Many use the season of Lent as a time to strengthen their faith in God and become a better version of themselves, as they devote more time to their spiritual lives, cut out bad habits, practice self discipline, and challenge themselves in new and beneficial ways.

At Nazareth, as we strive to become better students, athletes, and leaders, now is a good time to reflect on our experiences with Lent and what we have learned. I spoke with several students who shared how they participated in Lent this year:

"I didn't really have anything to give up for Lent, but instead I have been consistent with some personal things such as learning a new language and staying focused with schoolwork" (Carl Jennings, Class of 2022) - A great example of how Lent is not just about making sacrifices but is also about building better habits.

"Ever since the 5th grade I decided to donate around 25% of all the money that I made to charity during Lent" (Dylan Augustin, Class of 2022) - A great commitment for Lent is to donate!

(cont. on p. 2)

April 2022 - Issue 2

Easter Edition

Celebrate the
resurrection of
our Lord!

Happy
EASTER



- Special Events -

- 2/28 Black History Month Assembly
- 3/2 Ash Wednesday
- 3/22 Underclassmen Awards
- 3/24 Science Fair
- 3/29 Women's History Month Assembly
- 4/6 Career Day
- 4/10 Palm Sunday
- 4/13 Stations of the Cross
- 4/17 Easter Sunday

What Did You Give up for Lent? (cont.)



Stations of the Cross – April 2022

“I gave up fast food. More specifically, Chinese food. I learned that I never want to give it up again! And also the fact that I love chicken wings. It also taught me how to cook more at home and make food by myself” (Niara Lacroix, Class of 2022) - Very relatable to say the least. It doesn't always have to be about giving something up. You can also focus your attention on doing the positive things you love or picking up a new hobby.

You heard it here first! While participating in Lent is an important part of our Christian heritage, it is always important to remember the reason why you decided to give up scrolling through Instagram or to sacrifice that sweet tooth in the first place. If you gave up something for Lent 2022, then take a moment to ask yourself what you have learned in the past 40 days.

Happy Easter!

Dylan's example reminds us that we can use this season as an opportunity to support a good cause through charitable giving, and we can also give back in other creative ways.

“I gave up chocolate. I also got to start going to the gym! I learned that it's very important to keep a promise to yourself when you make it” (Aidan Thomas, Class of 2024) - Insightful commentary! I'm sure many of us are already saving chocolate for Easter.



Stations of the Cross – April 2022
Directed by Mr. Steve George and
performed by the Class of 2024

Black History Month Program 2022

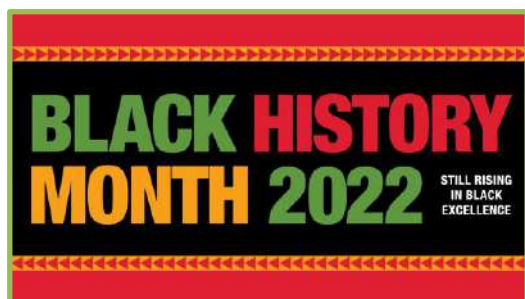
By: Briana Patrick

February! To some people it may seem like an ordinary month, other than the fact that it is the season of love. But February is a special month, especially for those in the African American community. IT IS BLACK HISTORY MONTH! The month when we celebrate black excellence and admire our black ancestors and leaders who went before us and paved the way.

Although we celebrate Black History Month every February, it is typically the same each year. We talk about Dr. King, Rosa Parks, Malcolm X and how we were discriminated against. Don't get me wrong - that is all a part of our black culture and history, but there are so many other aspects we can explore.



We talked about hip hop and legends like Jay Z and Run-DMC, and we also talked about 90s sitcoms like “Fresh Prince of Bel-Air” and “A Different World.” We spoke about how hip hop influenced and shaped the way we listen to music today. The struggles and the hardship that black people have faced - we put that into sitcoms and hip hop, to talk about the struggles and deal with them.



So ... for our annual Black History Month Program at Nazareth this year, Ms. Davis, the director of the program, the Media Arts Club, and other members of our Nazareth community put together a wonderful masterpiece filled with music and love. We decided to travel back to the 80s and 90s to show and reflect on our culture.



That is what we wanted the Black History Program to speak about - how we could take something so denigrating and turn it into something beautiful. We did this program in the form of a Late Night Show and everyone loved it! It showed the level of excellence and creativity that our students have. As Dr. King said, “Almost always, the creative dedicated minority has made the world better.” And I believe that we have showcased that through our program this year, and it will only get better and better as the years go by.

Women's History Month Assembly

By: Adrianna Montesir

On March 29, 2022, Nazareth celebrated our first in-person assembly that we have held since the beginning of the Covid pandemic and the start of quarantine. It has been two years since we have been able to come together and commemorate a special event without being separated behind our monitors and computer screens. This year's Women's History Month Assembly marks a momentous occasion for all students and faculty, as it has given us the opportunity to be around friends and those we have come to know as family. During this assembly, we were able to celebrate women from around the world who reached great heights. Thanks to the effort and creativity of Ms. Aponte, Mr. Alvira, and the student participants, the Women's History Month Assembly was a tremendous success. And of course we cannot forget our great technical team led by Mr. Manny Trama!

The school band, directed by Mr. Alvira, created a lively atmosphere as students spoke about the accomplishments of many women, including Queen Latifa and Ann Cairns. Along with these performances, the assembly incorporated fun lighthearted pieces such as a Finish the Lyric segment. In the segment led by Sephora Vixama, all the female students repeated powerful statements about self worth. These statements, including "I love my body and feel comfortable in my own skin" and "My mistakes do not define who I am now," shed light on the importance of being confident in yourself and showing pride in who you are. The entire assembly provided encouragement and empowerment to everyone who attended.



Queen Latifah



Ann Cairns

Students who participated in the assembly spoke about the importance of being a part of this celebration. Lauryn Johnson, a junior who read about Queen Latifah and her accomplishments, explained why she felt it was important to be a part of the show: "Women do not get enough recognition and I felt that it would be a good experience for the school to see how powerful these women are and how they got to where they are." Dorien Williams, a senior, said, "Being a part of the assembly gave me the opportunity to show off my womanhood! I was proud to show my school what it is to be a woman and what women of our past and present have done for our society."



The Women's History Month Assembly that was held this year provided an important platform for all the students in our school. It gave us the opportunity to honor the women of our history who have made so many contributions to our society. The assembly was made even more special by the fact that we were able to be together and celebrate with each other in person. The hard work and dedication of all those who participated made this celebration possible, reminding us of why we should honor women not only during Women's History Month but also throughout the year.

XBSS Retreat

By: Demetria Baptiste

For the first time since 2020, the Xaverian Brothers Sponsored Schools were able to meet in person for the annual XBSS retreat. The XBSS retreat can be described as a once in a lifetime experience that the students would not trade for the world.

A group of juniors, a senior leader, Jayden Neptune, and our campus minister, Mr. George, met in a retreat house in Connecticut. Of course, going into the experience the students were nervous and withdrawn, but it was not hard to find “your people” among 84 other students with the common interest of getting closer to God.

The other students were also very welcoming and kind, despite being from different parts of the country and being new to this experience as well. Even students who did the retreat online stated that their groups were very friendly, and they found themselves connecting with the other juniors who were there. It was easy to build a bond quickly and to feel like a big family.



The retreat had a perfect balance, from the service at 11:00 a.m. to playing in the snow with fellow student leaders at 2:00 p.m. If any Nazareth student has the opportunity to go on this trip, I highly recommend it! The annual XBSS retreat is an enlightening experience that we would love for you to experience.

The National Honor Society

By: Tracey Thompson

The National Honor Society (NHS) is an organization where students from all over the world participate in NHS activities. The organization is based on four pillars: scholarship, service, leadership, and character. These values are not only upheld by members of the NHS, but they are also encouraged and elevated throughout each school. NHS members participate in various ways in their school and local community, helping to spread these values and growing as leaders.

NHS members help their school community in different ways. One way is through tutoring. At Nazareth, NHS members tutor for a 40-minute period in any class they choose. Tutoring days are scheduled on Monday, Tuesday, and Thursday. If a member desires, he or she can tutor for more than one period. The purpose of tutoring is to help students who are struggling in a certain subject. Students tend to understand easily what another student says. Tutoring encourages students to help other students when they need help.

Another way NHS members help is by lending assistance during parent-teacher conferences. NHS members lend assistance by signing in students and their parents on the attendance sheet. Then, the student watches the time for each conference to ensure that all parents and students can meet with each teacher to discuss grades and behavior. Their assistance helps the meetings run smoothly.

What qualifies a student to become a member of the National Honor Society? To be nominated, a student must have an average of 85 or above. After being nominated, students must sign a “contract” that lists the rules, regulations, and requirements that they promise to uphold. They also write an essay explaining how they represent each of the four pillars. The essays are evaluated by the moderators, followed by in-person interviews as needed. If a student is accepted, he or she is expected to attend meetings and be prepared to start tutoring after being officially inducted.

(cont. on p. 6)

National Honor Society (cont.)

(cont. from p. 5)

New NHS members are officially welcomed during the annual induction ceremony. Current NHS members assist with the ceremony, coming early to assist teachers in setting up and crafting speeches that are dedicated to each of the four pillars. After each speech is given, a new member lights the candle that symbolizes that pillar. After all the candles have been lit, all the new members are called up to accept their certificates. The ceremony welcomes the new members and congratulates them for the hard work and dedication that led to their being nominated and inducted. The new members also receive a special shirt that they can wear any day of the week with NHS printed on it.



Being a member of the National Honor Society is a great honor for any student. Not only does the society celebrate and reward them for their hard work, but it also instills helpful values in them that enable them to make the world a better place, both now and in their lives after graduation. Do you have what it takes to become a member of the NHS?

Editor's Note: Tracey Thompson, a member of the Class of 2023, wrote this article and is herself a member of the National Honor Society.

Boys Varsity A Basketball

By: Jovan Germain

After the Covid year we did not know what direction our team was going to go, but one thing we knew was that we could have a great season. After practice one day Coach Mike mentioned to us that we had an opportunity to make it to the city championship, and Coach Gary explained the importance of believing in ourselves.

The first key game that helped us to believe in ourselves was the first league game against St. Edmunds. We were down by 15 points going into halftime and turned it around to beat them by 18 points. The second key game, which was against Farrell, tested our character as a team and as individuals. Those two games showed us the ups and downs of a season and the belief we would need to make it to the championship game ... and we did!

We fought hard in the championship game and fell short in a close game, but this journey turned out to be one of the best memories that I will take with me for the rest of my life. I built so many incredible relationships and learned so many life lessons, and I thank Naz Nation for that!



Girls Varsity Basketball 2021-22

By: Dorien Williams

Nazareth Lady Kingsmen - the biggest underdogs who came alive this year! Despite Covid, this season was our most remarkable yet. From injuries to canceled games and sickness - we still pushed through. After two long years without a normal season, we knew this year would be our time to shine.

From September 2021, we were working hard during open gym times and putting in extra work in the weight room. My favorite part was conditioning (but you didn't hear that from me). Official practices began in November, which means they were mandatory and it's time for BUSINESS. Every practice we had was tough, and not every practice was a good one either - but that did not stop us from working hard. All the yelling and screaming from Coach Ron, Shaw, Brit, and Tremane was worth it!

Once the first game against St. Francis Prep rolled around, we knew it was time. We won our first game 61-57, which set the tone for our following games. We walked into every game like it was our last. This season had to be the best - we only lost about 5 games. The level of

intensity we played with each game was "crazy." Even if our shots weren't falling, or if we were just having a bad offensive game, we still played through it ... and it all started with defense.

My favorite game was our March 3rd semifinal game against Christ The King. No one expected us to beat them to get to the championship game, but we proved everyone wrong. I will never forget the talk we had with Coach Ron before the game: "Don't go out there scared and nervous because it's the semifinals. This is just another regular game." What he said changed everyone's mindset ... and we won!

I missed a few games this season including my senior night due to an ankle injury, so every game mattered even more than the last. In the championship game, we left everything out on the court and lost a close game. It was a tough loss, but what a great season! If I could go back in time and redo this entire season, I truly would. I will remember and cherish forever the relationships that I built with my coaches and teammates.



Dorien Williams at Winter Athletic Pep Rally



2021-2022 Girls Varsity Basketball Team



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