

The Excalibur

The Online Nazareth RHS Student Newspaper



Easter Mass - April 5, 2023

Lent: A Time to Reflect

By: Amanda Jordon

Lent is a 40-day season of prayer, fasting, and almsgiving that starts on Ash Wednesday and ends on Holy Thursday. It is connected to the 40 day fast that Jesus underwent when he was tempted by Satan. Lent is a time to prepare our hearts for the sacrifice that Christ gave for us. Lent is observed by Catholics and by Christians in other denominations. Some sacrifices include abstaining from meat on Fridays or from certain habits that a person selects. Though fasting is common during Lent, there is much more to it. Lent is about creating good spiritual habits. All of this is done in preparation for Easter Sunday.

This year I decided to give up social media for Lent. Spending too much time on social media has hindered me from spending time with God. There were times where I found myself looking to social media for comfort and fulfillment, but I knew that was temporary. In giving up

social media, I have seen a drastic change in my daily habits and the quality of my relationships. The time I used to spend scrolling on Instagram is now spent reading my Bible and learning how to love others as Jesus loves. I have found myself spending more time with my family and cherishing my relationships more. I have also created healthy habits such as putting God first each morning, being more intentional with friends, and even eating healthier. Observing Lent in this way has helped me to reflect on Jesus' sacrifice on the cross and has also improved my understanding of God's love for us.

On Wednesday of Holy Week, Nazareth held a Stations of The Cross Guided Meditation. During this meditation, what happened at each station was explained,

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Easter Edition

Celebrate the
resurrection of
our Lord!

Happy
EASTER



- Special Events -

- 2/22 Ash Wednesday
- 3/5-9 XBSS Retreat
- 3/15 Black History Month
Assembly
- 3/16 Underclassmen Awards
- 3/21 Science Fair
- 4/2 Palm Sunday
- 4/5 Easter Mass
- 4/9 Easter Sunday

XBSS Student Retreat 2023

By: Breanna Pierre-Toussaint

The Xaverian Brothers Sponsored Schools (XBSS) grew out of the vision of Theodore James Ryken, who founded the Xaverian Brothers in 1839. His inspiration was St. Francis Xavier. Through the mission of the Xaverian Brothers, schools have been established all over the world that follow the virtues of compassion, trust, humility, zeal, and simplicity. Thirteen of those schools, including Nazareth, are in the U.S. In March, junior and senior student leaders from these schools met in West Hartford, CT for the annual XBSS Student Retreat. I am so thankful that I was able to attend as one of the junior student leaders from Naz.

Walking into the retreat center on March 5th, I immediately sensed a shift within myself. The staff waiting by the entrance were very welcoming and made me feel at home. After we settled our belongings in our rooms, it was time to work on our school board. During this time, we got to walk around and meet new people. People would introduce themselves to us, and from there the bonds began to flourish.

To kick off the retreat, we listened to a talk given by Nazareth's senior leader, Arsh Guirand. His talk opened our eyes to see what this retreat could bring forth for ourselves and others. That same night, when we met in small groups with students from other schools, I sensed that everyone was feeling a little out of their element. We were not with our school friends and had to speak to people that we were meeting for the first time. However, within the hour or so that I spent with my small group, I found a family that I will always cherish.

One of the retreat's main purposes was to gain insight into how other schools practice their faith and bring back some of their ideas to our own school. The retreat accomplished that purpose and so much more. There were also times when we could interact with students from other schools that were not in our small group. There was a social hour where we could talk to new people and make plenty of new friends. I met many new people who had interests and views that were similar to my own.



Back: Mr. Meyerend, Arsh Guirand, Mr. Miller, Alex Blackman, Elijah Alexis. Front: Naya Jean-Charles, Breanna Pierre-Toussaint, Damaris Avila

Each school was responsible for one of the multiple prayer services that we had each day. Every prayer service contained a meaningful message that I will forever hold close to my heart. We also had small group meetings everyday, which consisted of talking about our feelings, schools, and much, much more. Many speakers from different schools spoke to us about the values they have learned while being in a Xaverian Brothers Sponsored School. Through those talks I learned the value and importance of being myself and helping others. The small group meetings and the talks that we heard have taught me so many new things that are helping me to become a new person.

One of the most moving parts of the retreat was the event that took place on Wednesday, the day before we left. We went with our small groups to a service site to help others. My small group went to a soup kitchen called "The House of Bread." We helped stock the pantry, cleaned the kitchen before and after the meals were served, and served the homeless. Once we stepped foot into the soup kitchen, I felt like I was in my element. I was so happy to be there to help, and I could tell that

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XBSS Student Retreat 2023

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everyone in my small group was just as eager to help as I was. Even James, despite having a broken arm, did all he could to help. Serving the homeless people in the kitchen was a great experience. Seeing their happy faces and knowing they would be getting a hot meal brought a smile to my face. After we served them, we were able to have a chat with Sister Teresa, the founder of House of Bread. She is a nun who founded House of Bread over 40 years ago, and she still plays an active role at the site. After thanking her and the kitchen staff for letting us volunteer, we were on our way back to the retreat center.

Once we got back, we sat in our groups and discussed how we felt during the service trip, and we had nothing but great feelings. After we spoke about the experience, we each wrote a letter to one of the Xaverian Brothers. I do not remember the name of the brother I wrote to, but I do remember writing to him about how blessed I felt to be able to be on this retreat with like minded people, and I thanked him for helping to make this opportunity possible.

Later that night, when we were in our small groups, we all wrote letters to each other, and it was one of the most heartwarming experiences I have ever had. I remember writing heartfelt messages to each of my small group members, because throughout the whole retreat they did not show me anything less than respect and kindness. In their letters to me, they wrote things about me that I did not even realize myself. This caused me to feel so much closer to them and to see them as more of a family rather than as just friends. After our service trip and reading the letters my group wrote to me, I felt even closer to them than I had before.

The XBSS retreat has been and continues to be a learning experience for me and for all the other students who attended. Through this retreat I have grown closer to God, and I have found a family in a new environment. Within those four days, I was able to find a new set of friends who helped me to find myself.

Lent: A Time to Reflect

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allowing students to focus their minds and hearts on the events of Jesus' sacrifice.

Easter is a day that gives believers immeasurable peace and a heart of gratitude and love for our God. It is because of Jesus' sacrifice that we are able to have a relationship with God and experience eternal life. Jesus' death paid the price for our sin, and His resurrection built the bridge from death to life for us.

During Lent, we experience, through the Holy Spirit, the love within Christ's sacrifice. As we reflect on His love, we also recognize our own cross, which we should take up once more, strengthened by God's love, to continue our journey.



This retreat called for a lot of self reflection. After this time of self reflection, I was able to leave feeling like a new and improved person. Our XBSS group was also able to bring back many ideas on how to improve Nazareth as a whole. I am very excited about working on the implementation of these ideas, starting with a "Kingsmen and Squires" mentoring program for seniors and incoming freshmen. I am so grateful that I was able to have this experience and see the world in a different light.

Through the Decades

By: Briana Patrick

This year for Nazareth’s annual Black History Month Show, the students traveled back in time, showcasing black music and dance through the decades, from the 1950s to the 2010s. Through genres such as jazz, hip hop and house music, the excellence of black artists has shaped the way music is today and greatly influenced how we perceive music and dance.



Starting from the 1950s: Jaenai Tercius sang “Night in Tunisia ” by Ella Fitzgerald (see **photo above**). Then Lee Anne Lacroix gave a tribute to Rosa Parks. Moving from the 1950s to the 1960s: Gregg Crawford preformed “Stand by Me” by Ben E. King (see **photo below, with Mr. Alvira, our music director, on the sax**), and Nayah Hylton did a dramatic presentation of a speech by Malcolm X. We then went to the 1970s with a rendition of the Jackson 5’s “I Want You Back,” performed by London Hippolyte, Mirdred Joazard, and Alexis Branford.



Now going into the 1990s: Briana Patrick sang “I Have Nothing” by Whitney Houston, followed by a rendition of New Edition’s “Can You Stand the Rain,” performed by Spencer Sanders, Ephrem George and Gregg Crawford. Then the Dance Club performed to the song “Poison” by Bell Biv DeVoe. We also had a Michael Jackson tribute by Spencer Sanders dancing to “Bad” and a poem and Tupac tribute by Damari Norville.

Now going into the 2000s: We had Melody Lebron doing a rendition of “No One” by Alicia Keys. And moving to the present day we had a wonderful performance of Beyonce’s “Brown Skin Girl,” done by Maureen Marcel, Charmela John, Gregg Crawford, London Hippolyte and the other students in the school choir. And to close off the show we had the Dance Club performing to “Follow Me” by Aly-Us and “Show Me Love ” by Robin S. and Sandeville (see **photo of the Dance Club below**).



This year the Nazareth students really “showed up” and presented a wonderful showcase. Students, teachers and staff members all enjoyed it and had an amazing time, listening to these iconic songs from black artists throughout the years.

What a Time at the Science Fair!

By: Lizmarie Recio

The annual Science Fair is an opportunity for students at Nazareth Regional High School to gather and show off their science projects. This year there were many fascinating projects and one or more winners in each category.



The categories this year were Chemistry, Physics, Environmental Science, Anatomy and Physiology, and Forensics. Each project showed something unique, even if another project covered the same concept or area.

The projects included "The Chemistry of the Heart" by Kiara Green and "Black Women and Pregnancy" by Jahzara Phillips and Nicole Jordan. One of my favorites was "Orbeez" by London Hippolyte and Hailey Henry. This project explored the chemistry in Orbeez and then did many trials with different substances to see which ones would be bigger or smaller.



Principal DiRe gives a thumbs up at the Science Fair!

This year's science fair was a great one, especially for the seniors who will carry this memory with them as they move on to even greater projects in the future!

List of Winners

Chemistry

- 1st - "Sulfate vs. Sulfate-Free Shampoos" by Lizmarie Recio & Kaitlyn Clarke (**see photo**)
 2nd - "Icy Ice Cream" by Robert King & Ashlee Balthazard
 3rd - "Sugar Crystal Experiment" by Lanah Harbin & Alani Acevado

Physics

- 1st - "The Air Balloon Car" by Kino Vitet & D'Andre Collins
 2nd - "Air Pressure" by Emmanuel Amo-Yartey & Jaylen Jean-Pierre

AP Environmental Science

- 1st - "Energy Rising" by Stephon Deare & Adian Thomas

Anatomy & Physiology

- 1st - "Can You Tell the Difference?" by Nayah Jean-Charles (**see photo below**)
 2nd - "Do My Eyes Deceive Me?" by Sephora Vixama



Forensics

- 1st - "Chemical Hair Analysis" by Jasmine Augustin & Mirdred Joazard
 2nd - "Fingerprint Analysis" by Adeyinka Adetunji & Lee Anne Lacroix
 3rd - "Fingerprint Analysis" by Isaiah English & Genesis Westbrooks

In Honor of Women's History Month

Honoring an Outstanding Female Teacher

By: Jaenai Tercius

This Women's History Month we are honoring one of our female teachers, Mrs. Samara Mirbaha, who is one of our English teachers at Nazareth. I know her as my AP Language and Composition teacher.



For Women's History Month, I have chosen to honor her for her personality and teaching skills. Ms. Mirbaha is a very bubbly, energetic person. She has a bright personality and a contagious smile. Even in the morning, when most of us are dreading the day ahead, she always brings a positive energy wherever she goes, helping to give us what we need to push through a challenging day.

For those of us in her classes, she has the same energy and an innate desire to teach. She treats us with respect and tries to keep our classes as interesting and interactive as possible. She makes sure that we understand what she is trying to teach us. As we close this year's Women's History Month, we hope that even more students will be inspired by this wonderful teacher. We love you Ms. Mirbaha!

Sisters Reaching Out

By: Cassandra Perrin



Are you in a tough situation and you need someone to talk to so you can pour out your feelings? You can join our Sisters Reaching Out club! This club is available for every girl in each grade. I was in Sisters Reaching Out during my freshman year and joined again as a junior this year.

Ms. Batista, who is the faculty advisor for the club, is always finding ways for us to have fun and get connected with each other. We enjoy talking about our day, giving each other advice, doing fun activities, and going on field trips.

This club helps us express ourselves and get to know each other better. I have enjoyed my time in Sisters Reaching Out, and I can't wait to see what fun activities we will engage in as time goes by!



We Got Talent at Naz!

By: Jazmyn Leger

At Nazareth Regional High School, students have many opportunities to stand out. Whether you love singing, dancing, sports, cooking, decorating, art, science, or chess, Nazareth has an opportunity for you!

Everyone has a special place at Naz. Some of the students dedicate themselves to showing off their talents by performing for the school, and of course many prove their abilities with their grades. Nazareth offers so many activities, with teachers and coaches that will help you:

Such as our amazing choir directed by Mr. Alvira! He is also the music teacher, helping anyone who wants to try.

Or the lighting and technical crew led by Mr. Trama! They assist with every show we have (see **Hispanic Heritage Month Show photo**).

Or Sisters Reaching Out, with Ms. Batista as the faculty advisor! This club is a space for girls to come together and share their thoughts and feelings.

Or the dance team directed by Ms. Thompson! The return of our dance team was highlighted by two great comebacks, one at our Winter Fine Arts Show and another at our Black History Month Show.



JV Boys' Basketball Team – City Champions!

As you can see, Nazareth offers so many ways for students to shine. And we never let just one individual person shine, because everyone can be a star here. Everyone can shine thanks to the help of our Principal, Mr. DiRe, our Assistant Principal, Ms. Roberts, our Dean, Coach Ron, our coaches who work so hard for the success of their teams, and our teachers who continuously encourage us to give it our all.



We have so much talent at our school, and we thank everyone who is taking the opportunity to develop their talent at Naz. Thank you to our boys' and girls' basketball teams, volleyball team, cheerleaders (see **photo above**), choir members, dance team, musicians, all our clubs, track team, softball team, and baseball team.

Everyone at Nazareth adds their own unique talent to create this wonderful community of people. Whether you play a sport, sing, dance, or simply focus on your academics, you have a talent at Nazareth. Naz way, or no way!





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