

# TWIBCS SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

# WE ARE



**SENIOR GENTLEMEN, SCHOLAR-ATHLETES, JULIAN BROWN AND  
JOE CANGRO, ATTAIN MOMENTS OF EXCELLENCE IN THE ARENA.  
BROWN HITS 1,000 CAREER POINTS AND CANGRO WINS STATE TITLE!**

# Crusader WRESTLING

## EIGHT CRUSADERS PACE STATE'S #1 TEAM AS CANGO TAKES GOLD

**Atlantic City - March 3-5** - The Crusaders finished off their #1 season accomplishing a great deal as Joe Cangro took first and Dominick Brogna and Nick Fea each placed second at the 2022 NJSIAA Wrestling State Championships this weekend.



In all, twelve Crusaders advanced to Atlantic City, representing the Catholic School of Oradell proudly. Brian Melamud entered the tournament as the #8 seed. He advanced to the quarterfinal round and ultimately wrestled back to finish in 5<sup>th</sup> place overall.

Chris Nucifora wrestled well and fell just a round short of medaling, losing in an ultimate tie-breaker in his first wrestle back.

Aiden Wallace won his seventh-place consolation match to earn a medal at 126 pounds and Ryan Ford tech-falled (I realize this seems a misuse of the tense for "fall" but this is wrestling and that's the way it's said) his opponent from Paulsboro in the 132 seventh-place consolation to earn his medal.

Chris Bacchione wrestled tough in the 144 weight class, showing great courage and fortitude and Eric Broadie wrestled well at 157 pounds.

Justin Onello placed seventh at 175 pounds, defeating his Region II opponent from Mount Olive 3-2 in the consolation

round. At 190 pounds, Remy Brancato won a tie-breaker to earn seventh place.

At 215 pounds, AJ Fricchione went 5-1 on the weekend, earning third place after falling in the semi-final round in the championship bracket.

BC's 165 pounder, Nick Fea, had a terrific tournament, pinning two opponents and winning by decision twice to put him into the state finals. Fea came up just a point short of his quest for a state title, earning silver in Atlantic City.

Dominick Brogna also made the most of his tournament. BC's star football lineman demonstrated how balanced an athlete he is, earning a pin and winning two bouts by ultimate tie-breaker in order to reach the final. Brogna finished second as well.

Lastly, we get to Joe Cangro, Harvard-bound Joe Cangro. Soft-spoken, humble, confident Joe Cangro. Joe wrestled a perfect tournament, earning BC's first individual state championship since Robert Howard's title run in 2020.

WT	NAME	FINAL
<b>106</b>	Brian Melamud	FIFTH
<b>126</b>	Aiden Wallace	SEVENTH
<b>132</b>	Ryan Ford	SEVENTH
<b>138</b>	Joe Cangro	CHAMPION
<b>165</b>	Nick Fea	SILVER
<b>175</b>	Justin Onello	SEVENTH
<b>190</b>	Remy Brancato	SEVENTH
<b>215</b>	AJ Fricchione	THIRD
<b>285</b>	Dominick Brogna	SILVER



**The 2021-22 Crusaders named NJ's #1 Team at the NJSIAA Wrestling Championships in Atlantic City.**



# Crusader BASKETBALL

## JV COMPLETES SWEEP OF 2022

## BASKETBALL COUNTY TITLES

**March 3 - Ramsey, NJ** - The JV Crusaders made some very happy memories at Don Bosco Prep on Thursday night as they defeated Ramsey's other high school (Ramsey High School's Rams) 66-49 to complete the Bergen County Triple Crown of Basketball.



The Varsity won the Bergen County Jamboree, defeating Don Bosco Prep 71-64 on Saturday, February 26 and the Freshman Team won its county championship later that day 61-49 over Ramapo High School at St. Joseph Regional.

Congratulation to all three teams on this fantastic accomplishment!



## CRUSADERS ADVANCE WITH BIG WIN OVER ORATORY PREP

TEAM	1	2	3	4	F
<b>Oratory Prep</b>	24	20	17	16	<b>77</b>
<b>Bergen Catholic</b>	14	10	18	15	<b>57</b>

**March 4 - Oradell, NJ** - BC's big four (Will Richardson-22 points, Julian Brown-12 points, Terry Copeland-14 points and Brandon Benjamin-11 points, 16 rebounds) powered BC to a twenty-point victory on Friday night in the quarterfinal round of the NJSIAA Non-Public "A" North Sectional Tournament.



Early on, Julian Brown reached the 1,000 point mark finishing at 1,009 to date. He is just the 17<sup>th</sup> player in school history to reach that milestone.

PLAYER	2PT	3PT	FT	PTS	REB	AST	BLK
Brandon Benjamin	5	0	1	<b>11</b>	16	0	0
Elias Espinosa	1	1	0	<b>5</b>	2	0	0
Will Richardson	7	2	2	<b>22</b>	3	5	1
Julian Brown	4	0	4	<b>12</b>	1	1	0
Terry Copeland	7	0	0	<b>14</b>	2	0	3
Jaylen Robinson	3	0	1	<b>7</b>	1	0	0
Joe Scrivanich	0	0	0	<b>0</b>	0	1	0
Austin Spencer	1	0	0	<b>2</b>	1	0	0
Elijah Flournoy	2	0	0	<b>4</b>	1	1	0

The Crusaders host St. Peter's Prep in the NPA North Semi-Final at 7:00 pm on the Christopher "CJ" Donfield Court at Hoehl Gymnasium on Monday Night, March 7, 2022. The winner of that game will go on to the NPA North Final at Franklin HS on Wednesday, March 9<sup>th</sup> at 7:00pm.

# Crusader INDOOR TRACK

## FABIAN FRANCE BEATS

### PERSONAL BEST AT NJSIAA MOC!

**March 4 - Toms River, NJ** - Fabian France once again ran exceptionally well, this time at the NJSIAA Meet of Champions at the Bennet Indoor Athletic Complex also known as "the Bubble." France placed second overall in the 55m with a personal best 6.37, two-hundredths of a second better than his Non-Public A Meet Record 6.39. His time was just two hundredths of a second off the state champion time of 6.35 which also happens to be the school record, held by Kyle Ellerson '15.

Justin King placed twenty-first in the shotput with a throw of 46 feet 10 inches.

Congratulations to both of this outstanding young men and to Coach Begen and the entire Track program on an outstanding season!



**March 6 - Oradell, NJ** - Make the most of your high school years by joining a spring sport today! Did you know that an "enormous percentage" of **NOTRE DAME** students were varsity athletes in high school and many were team captains? Did you know that **HARVARD** boasts more Division I athletic programs (42) than any other University in the country?

The value of being a high school athlete is not simply in winning a scholarship, or setting a record or winning a championship. Many colleges see value in the commitment required to being a high school student-athlete. The ability to manage academic expectations and all of the commitments that a team demands gives them one more indicator of potential success in college.

In speaking with the Harvard Head Men's Lacrosse Coach years ago, it also provides for colleges to identify students who understand how to deal with failure. Virtually every student who applies to an Ivy League school is a 95+ average student. Few applicants have earned grades below an A, let failed a class or even a test. How can they separate those students?

One area is athletics. Think about the lessons one can learn in friendship, teamwork, commitment, physical fitness, self-improvement, humility, sportsmanship, communication. The list goes on.

Athletics are not the only way to make the most of your high school experience, but at BC, there are opportunities for so many. If you have not yet signed up get onto FamilyID today and consider your opportunities.

<https://www.familyid.com/organizations/bergen-catholic-hs>

**LOUDER THAN WORDS**  
A Broadway Rock Review

**american IDIOT**  
**ROCK AGES**  
**JERSEY BOYS**  
**SIX**  
**MAMMA MIA!**

FRIDAY, MARCH 11 - 7:30 PM  
SATURDAY, MARCH 12 - 7:30 PM  
SUNDAY, MARCH 13 - 3:00 PM

**HACKENSACK PERFORMING ARTS CENTER**  
102 STATE STREET  
HACKENSACK, NJ 07601

GENERAL ADMISSION \$15  
STUDENTS & SENIORS \$12

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## Our Father

Our Father, Who art in Heaven  
 Hallowed be Thy Name  
 Thy Kingdom Come.  
 Thy will be done  
 On Earth as it is in Heaven.  
 Give us this day our daily bread.  
 And forgive us our trespasses  
 As we forgive those who trespass against us.  
 And lead us not into temptation.  
 But deliver us from evil. Amen.

## Hail Mary

Hail Mary, full of grace  
 The Lord is with You  
 Blessed are you among women  
 And blessed is the fruit of your womb, Jesus.  
 Holy Mary, Mother of God  
 Pray for us sinners  
 Now and at the hour of our death.  
 Amen.

## Glory Be

Glory be to the Father and to the Son and to the  
 Holy Spirit,  
 as it was in the beginning, is now and ever shall be,  
 world without end. Amen

## Act of Contrition

My God, I am sorry for my sins with all my heart.  
 In choosing to do wrong and failing to do good,  
 I have sinned against you whom I should love  
 above all things.  
 I firmly intend, with your help, to do penance,  
 to sin no more, and to avoid whatever leads me to  
 sin.

## Serenity Prayer

God grant me the serenity  
 to accept the things I cannot change,  
 Courage to change the things I can, and  
 Wisdom to know the difference. Amen

## The Jesus Prayer

Lord Jesus Christ, Son of God, have mercy on me, a  
 sinner.

## Blessed Edmund Rice prayer

Creator God, we thank you for the life and  
 work of this gifted man, Blessed Edmund Rice.  
 He opened his heart generously to Christ present and  
 appealing to him in the poor who were oppressed by  
 poverty and injustice. May we follow his example of  
 faith and generosity. O God, give us the courage and  
 compassion of Blessed Edmund as we seek to support  
 one another, protect the vulnerable and care for the  
 earth, our common home. We make this prayer  
 through Jesus Christ Our Lord.  
 Amen.



## The Golden Rule

Love one another as I have loved you.

## Traditional Grace Before Meals

Bless us, O Lord, and these, thy gifts  
Which we are about to receive from  
thy bounty, through Christ, Our Lord. Amen

### DEUS VULT – JOHN 6:39

And this is *the will of Him who sent me*, that I shall  
lose none of all those He has given me, but raise  
them up at the last day.

### Prayer of St Francis



Lord, make me an instrument of Your peace  
Where there is hatred let me sow  
love.  
Where there is injury, pardon.  
Where there is doubt, faith.  
Where there is despair, hope.  
Where there is darkness, light.  
Where there is sadness joy.  
O Divine master grant that I  
may  
Not so much seek to be consoled as to console  
To be understood, as to understand.  
To be loved, as to love  
For it's in giving that we receive  
And it's in pardoning that we are pardoned  
And it's in dying that we are born...  
To eternal life.

## PRAYER FOR PEACE (IN UKRAINE AND RUSSIA)

Lord Jesus Christ, who are called  
the Prince of Peace, who are  
yourself our peace and  
reconciliation, who so often said,  
"Peace to you," grant us peace.

Make all men and women  
witnesses of truth, justice, and  
brotherly love. Banish from their hearts whatever  
might endanger peace. Enlighten our rulers that  
they may guarantee and defend the great gift of  
peace. May all peoples on the earth become as  
brothers and sisters. May longed for peace blossom  
forth and reign always over us all.

Amen

- Pope Saint John Paul II



## an Irish Blessing

May the road rise up to meet you.  
May the wind be always at your back.  
May the sun shine warm upon your face,  
The rains fall soft upon your fields,  
And, until we meet again,  
May God hold you in the palm of His hand.

## Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and  
kindle in them the fire of your love. Send forth your  
Spirit and they shall be created and You shall renew  
the face of the earth.

O, God, who by the light of the Holy Spirit, did  
instruct the hearts of the faithful, grant that by the  
same Holy Spirit we may be truly wise and ever  
enjoy His consolations,  
through Christ Our Lord, Amen.

## SUPERMAN GRACE BEFORE MEALS

We thank you Lord, for giving us food.  
We thank you Lord, for giving us food.



And for our daily bread  
When we need to be fed  
We thank you Lord, for giving us food  
Bum, bum, bum, bum, bum.

## Addams Family Grace Before Meals

We thank you for this food, Lord.  
For Mom and Dad and you, Lord.  
We thank you for this food, Lord.  
And for our family.  
Duh, duh, duh duh. SNAP SNAP.  
Duh, duh, duh duh. SNAP SNAP.  
Duh, duh, duh duh. .  
Duh, duh, duh duh. .  
Duh, duh, duh duh. SNAP SNAP.



# BIRD OF THE WEEK

## THE HOUSE FINCH

*Haemorhous mexicanus*



**March 5 - Hillsdale, NJ** - Growing up in Hasbrouck Heights, we had a side door on our family home. There was a bell there that my mom would ring at dinner time and a dormer which provided housing each spring for a family of House Sparrows. Their friendly song would brighten the neighborhood and welcome the season.

Those birds would scare the heck out of us whenever we would walk out the door from the kitchen. They would be startled and bolt out of the dormer to the neighborhood trees for shelter. Every year, a new clutch of House Sparrows would be born.

I think of these birds, who are a small, streaked finch with bright red on their heads, throats and backs. As I look out my back window at the bird feeders, the house finches visiting remind me of my past and of this house finch (pictured above) that I saw in Tempe, Az in 2018 when we travelled with our Lacrosse Team to the great southwest.

You can attract these guys with regular wild songbird feed and black oil sunflower seed. They will also enjoy nyjer seed as do their cousin, the American Goldfinch (our state bird of New Jersey)?