

## BELL RESIGNS AS HEAD WRESTLING COACH

**February 16 - Oradell, NJ** – It is impossible to list all of the words to describe Coach Dave Bell's impact on not only Bergen Catholic HS Wrestling, but the national amateur wrestling scene. That may be because it was never his intention.

Coach Bell's focus was on one thing...his wrestlers. He advocated for them, fought for them, cared for them. There was never a wrestler in his 25 years at the helm of BC's wrestling program whom he did not defend. No matter what predicament you may have found yourself in, Coach Bell had your back.

The numbers are staggering.

- 25 District Team Championships in 25 years and 269 district medal winners. From the day he entered until the day he left, on the verge of #26, his teams won district titles.
- 11 State Champion Teams.
- 16 Sectional Champion Teams.
- 1 National Championship in 2018.
- 21 League Championships

But those numbers do not do justice to the man who teaches in our school and makes everyone he meets feel they are valued. The stats and records could never define the importance Coach Bell plays for BC and its families.

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# TWIBCS SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### BASKETBALL STARTS THE WEEK

#### OFF ON THE RIGHT FOOT

**February 13 - Newark, NJ** - The Crusaders visited Newark Arts HS on Monday night and started their week on a positive night, defeating their hosts 66-55.



Benjamin Brandon led the Crusaders in scoring with 16 points and sophomore guard, Naiim Parrish added 11. In all, ten Crusaders contributed to the scoring offense

Arts jumped out to a seven-point, first-quarter lead, but Bergen cut the lead to a point 29-28 at the half. The scarlet and gold five came out of halftime on fire, opening a twelve point lead to enter the final eight minutes.

SCORING	1	2	3	4	FIN
<b>Bergen Catholic (19-7)</b>	13	15	21	17	<b>66</b>
<b>Newark Arts (17-7)</b>	20	9	8	18	<b>55</b>

Player	FG	3PT	FTM	FTA	PTS
Austin Spencer	3	0	0	0	<b>6</b>
Shawn Spencer	1	0	0	0	<b>2</b>
Chidi Nwigwe	1	0	0	0	<b>2</b>
Naiim Parrish	4	1	0	0	<b>11</b>
Jaylen Robinson	0	2	0	0	<b>6</b>
David Munro	1	0	2	2	<b>4</b>
Declan Wucherpennig	0	1	0	0	<b>3</b>
Brandon Benjamin	7	0	2	2	<b>16</b>
Julius Avent	0	0	2	2	<b>2</b>
Terry Copelland	2	0	4	4	<b>8</b>

### JV HOOPS WINS EIGHTEENTH

**February 13 - Newark, NJ** - Newark Arts HS became the JV hoopsters' 18<sup>th</sup> victory in 22 chances on Monday. Freshman Angelo Bellizzi recorded 22 points to lead the victors to a 64-52 win.



SCORING	1	2	3	4	FIN
<b>Bergen Catholic (18-4)</b>	16	14	20	14	<b>64</b>
<b>Newark Arts</b>	-	-	-	-	<b>52</b>

Player	FG	3PT	FTM	FTA	PTS
Angelo Bellizzi	9	0	4	5	<b>22</b>
Jayden Brown	3	2	5	7	<b>17</b>
Guy Vickers	5	0	0	2	<b>10</b>
Lockton Walker	2	0	0	2	<b>4</b>
Peter Gallo	4	0	0	0	<b>8</b>
Gabe De la Rosa	0	0	2	0	<b>0</b>
Brandon Michael	0	0	0	0	<b>0</b>

### HOCKEY SUCCUMBS IN SEMIS

**February 13 - Howell, NJ** - Despite a competitive first period, the Crusaders were unable to hold off the Colts in Monday's Gordon Cup Semifinal Round Game. A difficult second period all but sealed Bergen's fate as the hosts generated four goals during the 15 minute span en-route to a 5-1 victory.



Niko Smilovic scored early in the third period on a power play goal, assisted by Alex Frassetto and Declan Quinn. Goal keeper Ryan Henry, actually had a season-high 42 saves and a save percentage of .894 on the night. The Crusaders were outshot 47-15.

## PARK WINS, CRUSADERS PLACE SECOND IN SKI RACING



**February 17 - Vernon, NJ** - Nate Park continued his assault on the slopes, and won the overall event on Friday, defeating opponents from 6 other schools. Nick Wheaton placed 8<sup>th</sup> overall and Nick Wheaton and Will Dodds placed in the top 20.

As a team, the Crusaders placed second behind Delbarton School. The Green Wave finished with an overall time of 6:24.15. BC finished less than a second behind at 6:25.29. Morristown Beard finished third overall at 6:31.33.

Skier	Run 1	Run 2	Total
Nathan Park	<b>43.68 (1)</b>	44.80 (4)	<b>1:28.48 (1)</b>
Nick Napolitano	47.52 (8)	48.34 (9)	1:35.86 (8)
Nick Wheaton	49.53 (12)	49.88 (13)	1:39.31 (12)
Will Dodds	50.24 (17)	51.30 (18)	1:41.54 (18)
Aiden Hickey	53.18 (28)	53.24 (24)	1:42.46 (26)
Carter Pontone	55.59 (35)	1:00.42 (35)	1:56.11 (35)

## CRUSADER SWIM SEASON ENDS

**February 14 - Wayne, NJ** - The Crusaders fell in the first round of the State Team Swim Tournament to Seton Hall Prep 97-73. The Crusaders finished with an 8-2 overall record and brought home league and county titles in 2022-23.

Doyee Kim took first place in the 100 Butterfly with a 52.84 and the 100 Backstroke, recording a 54.42. Dmitri

Melnikov won the 100 Breaststroke with a time of 1:00.20, but that was all the gold the Crusaders could mine. Even the relays, where BC was dominant all season fell to the Pirates who swam like Tick-Tock himself was chasing them.

Congratulations to Coach Kunnapas and her program on an outstanding season. Good luck to our swimmers as individual meets are still on the horizon.

**Seton Hall Prep (12-0)**

**97**

**Bergen Catholic (8-2)**

**73**

200 MR (yards)		
Pl	Swimmers	Time
<b>2</b>	Doyee Kim, Dimtri Melnikov, Gavin Perez, Rhyse Ruffy	1:42.44
<b>4</b>	Matthew Semelsberger, Benjamin Vester, Jeremiah Tomioka, Eric Kwon	1:47.48
<b>6</b>	Ryan Kwon, Harris Kinnear, Enzo Yuen, Parker Day	1:55.16
200 Free (yards)		
<b>1</b>	Raymond Stelmark	1:44.14
<b>2</b>	Eric Yoo	1:45.75
<b>3</b>	Jeremiah Tomioka	1:49.87
200 IM (yards)		
<b>3</b>	Dimtri Melnikov	2:00.69
<b>4</b>	Gavin Perez	2:01.31
<b>6</b>	Matt Semelsberger	2:16.05
50 Free (yards)		
<b>2</b>	Rhyse Ruffy	23.01
<b>4</b>	Ryan Kwon	24.09
<b>6</b>	Ricky Wright	25.07
100 Fly (yards)		
<b>1</b>	Doyee Kim	0:52.84
<b>5</b>	Eric Kwon	0:57.59
<b>6</b>	Benjamin Vester	1:00.18
100 Free (yards)		
<b>2</b>	Eric Yoo	0:48.86
<b>3</b>	Gavin Perez	0:49.16
<b>6</b>	Ricky Wright	0:56.29
500 Free (yards)		
<b>2</b>	Raymond Stelmark	4:49.31
<b>3</b>	Jeremiah Tomioka	4:52.12
<b>5</b>	Matthew Semelsberger	5:02.87



<b>200 FR (yards)</b>		
<b>2</b>	Dimtri Melnikov, Eric Yoo, Raymond Stelmark, Rhyse Ruffy	1:31.38
<b>4</b>	Benjamin Vester, Ricky Wright, Ryan Kwon, Harris Kinnear	1:39.23
<b>6</b>	Jonas Haro, Alexander Herrera, Harrison Kazimir, Parker Day	1:58.79
<b>100 Back (yards)</b>		
<b>1</b>	Doyee Kim	0:54.42
<b>3</b>	Eric Kwon	0:56.91
<b>6</b>	Harris Kinnear	1:11.20
<b>100 Breast (yards)</b>		
<b>1</b>	Dmitri Melnikov	1:00.20
<b>4</b>	Rhyse Ruffy	1:05.43
<b>6</b>	Ben Vester	1:11.20
<b>400 FR (yards)</b>		
<b>4</b>	Ricky Wright, Matthew Semelsberger, Eric Kwon, Jeremiah Tomioka	3:40.55
<b>5</b>	Christopher Kaufman, Joseph Trione, Jack Cummings, Enzo Yuen	4:15.78

## MOCK TRIAL WINS BERGEN COUNTY TITLE

**February 15 - Hackensack, NJ** - The Crusader Mock Trial



Team won its first Bergen County Championship since 2020 on Wednesday at the Bergen County Courthouse.

The victory came against a very talented Indian Hills HS.

The case that was argued in the County Competition was about a young man who suffered a cardiac arrest after drinking an energy drink. Rather than call for help, his friend

continued to video record the event as they were attempting to make funny videos for social media.

The Crusaders will move onto the next round of competition based upon an entirely new case to argue.



**Coach:** Jeff Fox

### **Defense:**

- Lawyers: Andrew Mosco and Nick Napolitano
- Witnesses: Colin Daly, Nikhil Sahu, Oliver Lopez, Tyler Parker, Sebastian Castro

### **Plaintiff:**

- Lawyers: AJ Seker and Calvin Jung
- Witnesses: Ryan Rydell, Matthew Morrin, Grant Choi, Andrew Blodgett, Jonathan Owens, Christian Choi

The Crusaders have won five north region titles (1985, 89, 91, 2000 and 16), four state titles (1985, 89, 91 and 2000) and one national championship (1991).

## *Crusader* INDOOR TRACK & FIELD OLIVER SETS SCHOOL PENTATHLON MARK

**February 15 - New York, NY** - Junior Tristan Oliver set a new school record for the Pentathlon at this week's BCCA Meet of Champs on Wednesday. His score of 3085 places him 15<sup>th</sup> in the nation overall. The #1 score is currently 3773 which was recorded by a senior at Kindersports Elite Athletics.



## BOWLERS EDGE EAGLESS

**February 15 - Fair Lawn, NJ** - The Varsity Bowlers edged



Eastern Christian on Wednesday defeating them in game three by just one pin to earn the 5-2 victory.

John Brignola, Sean McKechnie,

Calvin Villanueva and Stephen Paul were able to step up and get it done in Game 3 for the win.

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	X	172	164	<b>336</b>
SEAN MCKECHNIE	176	201	156	<b>533</b>
ANDY LEE	212	184	X	<b>396</b>
LIAM CHIN	205	X	X	<b>205</b>
JUSTIN MARTIN	209	X	X	<b>209</b>
NICK ROSSIG	X	171	X	<b>171</b>
CALVIN VILLANUEVA	X	X	189	<b>189</b>
STEPHEN PAUL	X	X	199	<b>199</b>
BC (16-1)	<b>802</b>	<b>728</b>	<b>708</b>	<b>2238</b>
EASTERN CHRISTIAN	<b>663</b>	<b>753</b>	<b>707</b>	<b>2123</b>

**JERRY! JERRY! JERRY!**

## JV HOOPS BEATS CLIFTON 70-31

**February 15 - Clifton, NJ** - The JV Basketball Team went



on the road to the home of the Mustangs in Passaic County and rode their hosts to a 70-31 victory on

Wednesday. Jerry Armstrong lit it up for 30 points including 10 field goals, 3 treys and one of two from the line.

Gabe De la Cruz, Lockton Walker and Peter Gallo added 5 points apiece. Angelo Bellizzi deposited 8 points and Sean Cahill scored 7 points. Brandon Michael and Sebastian Margono each scored a bucket in the victory.

Team	1	2	3	4	TOT
Bergen Catholic	20	10	21	19	<b>70</b>
Clifton HS	-	-	-	-	<b>31</b>

*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.*

**Deus Vult**

**Jn 6:39**

## THE OLD SWITCHEROO...

**February 17 - Hackensack, NJ** - Coach Larry, always up to



working on the psychology of his bowlers, pulled the old 22 switcheroo. I'm not sure the 22 means anything other than rhyming

with switcheroo. So the JV bowled varsity (gaining great experience for next year) and the varsity bowled JV (keeping their skills sharp for the states next week) and all is well.

### VARSITY

NAME	G1	G2	G3	SERIES
JOHN BRIGNOLA	183	190	216	<b>589</b>
STEPHEN PAUL	128	X	179	<b>307</b>
NICK ROSSIG	139	98	X	<b>237</b>
ANDY LEE	176	214	214	<b>604</b>
CALVIN VILLANUEVA	X	194	211	<b>405</b>
BC (16-2)	<b>626</b>	<b>696</b>	<b>730</b>	<b>2052</b>
FORT LEE	<b>865</b>	<b>773</b>	<b>705</b>	<b>2119</b>

### JUNIOR VARSITY

NAME	G1	G2	G3	SERIES
SEAN MCKECHNIE	163	165	142	<b>470</b>
CALVIN VILLANUEVA	154	X	X	<b>154</b>
LIAM CHIN	224	214	204	<b>642</b>
JUSTIN MARTIN	192	236	184	<b>612</b>
STEPHEN PAUL	X	203	X	<b>203</b>
NICK ROSSIG	X	X	155	<b>155</b>
BC (17-0)	<b>733</b>	<b>818</b>	<b>685</b>	
FORT LEE	<b>525</b>	<b>627</b>	<b>534</b>	

## JAMBO WRAP-UP

**February 17 - Hackensack, NJ** - Following a very early



lead, BC was unable to hold off Don Bosco Prep in the Jamboree finals on Friday Night. The Ironmen secured the

victory 71-49 for their third victory of the season over BC. Terry Copeland led BC with 14 points and 8 rebounds.

Team	1	2	3	4	TOT
#3 Bergen Catholic (19-8)	12	10	16	11	<b>49</b>
#1 Don Bosco Prep (25-2)	16	16	19	20	<b>71</b>

Individual stats on the next page.

Player	FG	3PT	FTM	FTA	PTS	REB
Austin Spencer	3	0	1	1	<b>7</b>	<b>1</b>
Tyler McQuaid	0	2	0	0	<b>6</b>	<b>0</b>
Shawn Spencer	0	0	0	0	<b>0</b>	<b>0</b>
Naiim Parrish	1	0	0	0	<b>2</b>	<b>0</b>
Jaylen Robinson	1	1	0	0	<b>5</b>	<b>0</b>
David Munro	0	0	0	0	<b>0</b>	<b>2</b>
Declan Wucherpennig	0	0	0	0	<b>0</b>	<b>1</b>
Brandon Benjamin	5	0	1	2	<b>11</b>	<b>7</b>
Terry Copeland	6	0	2	3	<b>14</b>	<b>8</b>

## WRESTLERS WIN 34<sup>th</sup> DISTRICT CHAMPIONSHIP

**February 18 – Oradell, NJ** – The Crusader Wrestling Team won its **34<sup>th</sup> overall** and **33<sup>rd</sup> consecutive** District Wrestling Tournament as it hosted the District V Championships on Saturday at the Hoehl Gymnasium. This time it was under the leadership of a new head coach, Dom Santoli, who is serving as BC's interim head coach.

BC dominated the event with all 14 wrestlers reaching the final. Second place went to Wayne Valley and Clifton finished in third place overall.

The Crusaders matched last year's best of 13 champions and 1 silver medalist (in 14 weight classes) and all 14 wrestlers will advance to the Regional tournament this coming weekend at Mount Olive. Five time in school history have all fourteen weight classes advanced to the regionals: 2013, 2014, 2018 (BC's National Championship Season), 2022 and 2023.

**285 pounds, Benjamin Shue:** Benji advanced quickly to the final and earned a takedown in the final to lead 2-0 in the first period. His opponent stalled out the entire second period, though was not warned for stalling. Shue took referees position to start the third



period and earned a reversal 13 seconds in to lead 4-0. He was able to run a bar arm and pinned his opponent at the 4:58 second mark. That victory made Ben the 275<sup>th</sup> District Champion in school history as he won his first district title.

**106 pounds, Nathan Braun:** Braun put on a takedown



clinic in his semifinal match. The freshman recorded 12 takedowns in two minutes to establish a 24-11 lead

entering the second period. He pinned that opponent in the opening seconds of the second period.

Braun became 400<sup>th</sup> Wrestler in BC history to win a medal in the Districts. The first was 129-pounder Mike Collins who earned Bronze in 1977.

In the final, Nathan earned a takedown in the first fifteen seconds of the bout. Nathan picked up three near-fall points taking a 5-0 lead into the second period where he pinned his opponent to win his first district title.

**113 pounds, Chris Nucifora:** Noose earned a first period



takedown to jump to a 2-0 lead. Chris selected down to start the second period and reversed his opponent in 8

seconds. He earned three near fall points as well, extending his lead to 7-0 after two periods. The wrestlers started neutral to begin the third period and both were aggressive. Thirty seconds into the period, Noose hit a five-point takedown move, putting his opponent to his back. The Passaic wrestler was their program's finest and was able to reverse him and get on the scoreboard. Chris became BC's third-straight district champ with a 12-2 major decision. This is Noose's second district championship.

**120 pounds, Nicholas Politto:** Nick hit a quick tap-and-



go to takedown his Wayne Valley opponent 15 seconds into the

bout. He jumped out to 10-0 lead heading into the third period. Nick took his opponent down to start the third period and remained in control the entire way, ultimately earning a 12-0 major decision for his first district title.

**126 pounds, Noah Kochman:** Noah was able to attack on a low-single and finish for an early takedown and 2-0 lead. After yielding an escape, he hit him with a 5-point move, working a headlock for a pin at the 1:24 mark. This was Noah Kochman's second district title.



**132 pounds: Riley Halal:** After a scoreless first period, Riley needed to ride his opponent who chose referee's position to start the second period. After two scoreless periods, Riley chose down to start the third period. It was clear the activity level increased dramatically as he scrambled to escape his opponent. Finally, five minutes into the match, he earned a reversal and 2-0 lead. With 20 seconds remaining, the Bogota-Ridgefield Park wrestler escaped and Riley immediately took him down, though no takedown was awarded. Riley evaded his opponent for the remaining time and held on for his first career district title.



**138 pounds: Joey Canova:** It was a battle of Crusader vs Crusader as Joey faced off with an Elmwood Park wrestler. As with his previous teammates, Joey scored first against his opponent, earning a takedown at 30 seconds in the first period. At 1:26 into the bout, Joey won his first career district title.



**144 pounds: Ryan Ford:** Ryan took advantage of a poor shot by his Bogota/Ridgefield Park opponent and he quickly spun behind to earn a takedown 25 seconds into the bout. He yielded an escape at 40 seconds quickly took his opponent down to his back for a pin at the 1:05 mark.



**150 pounds: Chris Bacchioni:** Chris earned the fastest takedown in the finals at just four seconds. He earned a first-period pin at the 1:02 mark in businesslike manner. This was Chris's second district championship at BC.



**157 pounds: Aidan Wallace:** Aidan was working toward his third district title in three attempts. The only thing able to stop Wallace was Covid-19. Early in the first period, Aidan hit a five-point move, taking his opponent down to his back. He earned two additional back-points and led 7-0 going into the second period.



Aidan started on bottom and was able to pull his opponent, who was too high, by the head and over the top, earning a reversal. Quickly, the situation progressed to near-fall points and a 12-0 lead with 39.2 seconds remaining in the second period. The Clifton opponent gave up a point for fleeing the mat and Wallace was a takedown away from a technical fall. His opponent fought for his life and did not get pinned. Wallace won a 13-0 major decision and became the 40<sup>th</sup> three-time district champion in school history.

**165 pounds: Eric Broadie:** Chili took his opponent down just 17 seconds into the bout. With 10 seconds, the "other" Crusader escaped, but with Eric's exceptional quickness, he was able to earn a second takedown with just 2 seconds left in the period.



He started the second period on top, with a 4-1 lead and quickly employed a Turk to add two back points. Recognizing his clear advantage on feet, Eric allowed his opponent to escape and quickly took him down. The bout was 8-2 and with just 16 seconds remaining in the second, he pinned his opponent, earning his second career gold medal. It was Eric's third district medal at BC as he took third place as a freshman.



**175 pounds: Justin Onello:** In pursuit of his third district championship, Justin scored first in his bout from an eye-jab by his opponent. Justin earned a takedown late in the period to gain a 3-0 advantage. Justin chose down to start the second period and quickly earned two points for a reversal. He exposed his opponent's shoulders to the mat for two seconds and earned two near-fall points, making the score 7-0. After earning two more back points, the Passaic grappler seemed to make an attempt at reversing him, but Justin covered him up and maintained control.

The third period started with both wrestlers on their feet and Justin having a 9-0 advantage. A takedown with 1:01 remaining increased his advantage to 11-0 and he methodically improved his position to turn his opponent. After squirming out of bounds, the two restarted with 19 seconds and Justin rode him out for the remaining seconds. Like the other exceptional Class of 2023 members who are 3 time champions, Covid-19's lockdown and elimination of the district tournaments in 2021 prevented them from winning four straight.

**190 pounds: Leo Varga:** Leo earned his first two points in the first fifty seconds of the match. He turned his opponent and earned three back points at 1:20 in and then added another three point near fall before the period ended.

Starting on bottom with an 8-0 lead, Leo reversed his opponent within 10 seconds of the second period. No other scoring occurred and the two proceeded to the third period, Leo holding a 10-0 lead.

After not much action, Leo allowed an escape with 30 seconds remaining and quickly took his opponent down to increase his lead to 12-1. After a second quick escape, Leo hit a bear hug, **GRIZZLY STYLE**, to absolutely take the wind

out of his opponent and pin him with 2 seconds remaining. That was Leo's first district title.

**215 pounds: AJ Fricchione:** Last year, BC won thirteen of fourteen and the deciding match was with Joe Abill from Clifton defeating BC's Dominick Brogna at 285. This year, Abill would be facing AJ at 215 pounds. There was no score in the first period and Fricchione took down in the second period.

Fricchione attempted to roll twice and exposed his shoulders to the mat, putting himself into a 4-0 hole entering the third period. AJ gave up a penalty point 30 seconds into the third period and allowed his opponent to start on his feet with 1:00 remaining in the match. He was down 6-0 due to giving up a takedown before earning an escape.

AJ finished with second place in a battle between two state medal winners.

## JV HOOPSTERS REPEAT AS COUNTY CHAMPIONS

**February 18 - Montvale, NJ -** The JV Basketball team won its second-straight county title, defeating St. Joseph Regional 78-51. Freshman Julius Avent led all scorers with 18 points in the victory.





## PARK CONTINUES TO RACE LIKE A CHAMPION IN GIANT SLALOM



**February 13 - Vernon, NJ** - It's always tough when you defeat both the #1 and #3 racers in an event and finish second. In a field of 42 skiers, Nathan Park that's just what happened to Nate Park who was just 11 hundredths of a second from first place in the Giant Slalom on Monday.

Nate actually placed ahead of Nico Fonseca from Morristown Beard School, who won the event, in the first heat by 7 hundredths of a second. But in the second heat, Park's time of 41.83 (39 hundredths of a second faster than his first run) was second to Fonseca just enough to make the difference in the final outcome.

There were no team scores in Monday's Giant Slalom event.

Skier	Run 1	Run 2	Total
Nathan Park	42.22 (2)	41.83 (2)	1:24.05 (2)
Will Dodds	50.16 (24)	52.16 (30)	1:42.32 (26)
Aiden Hickey	53.13 (33)	50.61 (26)	1:43.74 (28)
Carter Pontone	54.82 (37)	58.93 (37)	1:53.75 (36)
Nick Napolitano	45.67 (8)	DNF	
Nick Wheaton	50.17 (25)	DNF	

## BIRD OF THE WEEK ANHINGA - THE SNAKE BIRD



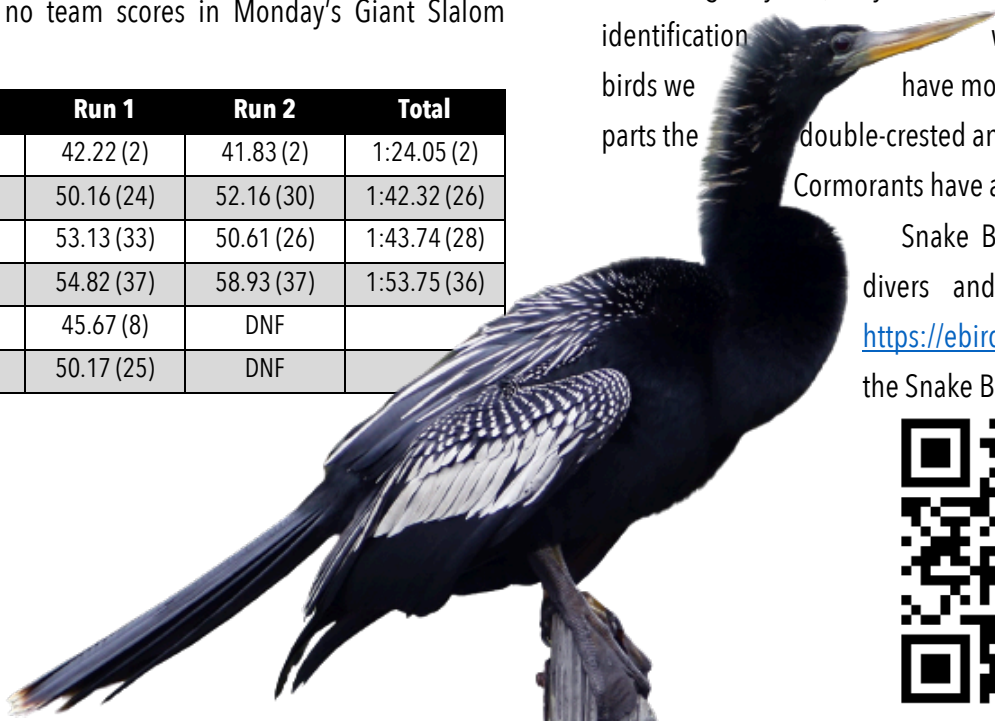
**February 18 - Oradell, NJ** - As you may or may not know, Coach Bell loves snakes. I, on the other hand, love birds. May I present the Aninga, otherwise known as the Snake Bird. It goes by other names as well, like water turkey and darter, but for this week, we will just call it the Snake Bird.

As you can see, when it swims, only its head and neck break the surface of the water allowing it to resemble a snake. These birds occur in the deep south adult males (like the one below) are the ones with white on their sides. Females are typically dark.

Their dagger-like bill (used for spearing fish) and swimming style (body submerged) makes for easy identification when comparing it with birds we have more commonly up in these parts the double-crested and great cormorants.

Cormorants have a hooked bill and like

Snake Birds are outstanding divers and fishers. Check out <https://ebird.org> to learn more about the Snake Bird.



# Bergen Catholic High School

Presents

## The 25<sup>th</sup> Annual Putnam County SPELLING BEE



Tickets available at [hacpac.com](http://hacpac.com)  
\$20.00 General Admission  
\$15.00 Student Admission

Dates:  
March 10th at 7:30  
March 11th at 7:30  
March 12th at 3:00

At the  
**Hackensack Performing Arts Center**  
102 State Street  
Hackensack, NJ 07601

Bergen Catholic High School – 1040 Oradell Avenue – Oradell, NJ – 07649 – [www.bergencatholic.org](http://www.bergencatholic.org)  
Founded and Staffed by the Edmund Rice Christian Brothers





## 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.

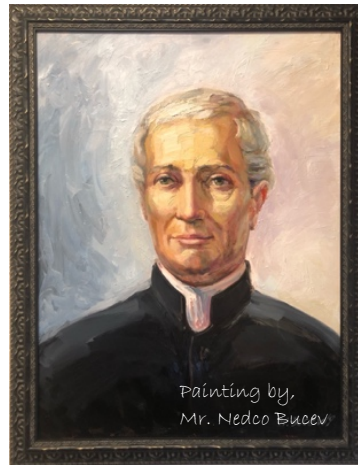
## Serenity Prayer

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 Ten Commandments

1. I am the Lord your God: you shall not have strange gods before me.
2. You shall not take the name of the Lord your God in vain.
3. Keep holy the Lord's Day.
4. Honor your father and mother.
5. You shall not kill.
6. You shall not commit adultery.
7. You shall not steal.
8. You shall not bear false witness against your neighbor.
9. You shall not covet your neighbor's wife.
10. You shall not covet your neighbor's goods.

## Apostles' Creed

I believe in God, the Father almighty,  
 Creator of heaven and earth,  
 and in Jesus Christ, his only Son, our  
 Lord, who was conceived by the  
 Holy Spirit, born of the Virgin Mary,  
 suffered under Pontius Pilate, was  
 crucified, died and was buried; he  
 descended into hell; on the third day  
 he rose again from the dead;  
 he ascended into heaven,  
 and is seated at the right hand of  
 God the Father almighty;  
 from there he will come to judge  
 the living and the dead.  
 I believe in the Holy Spirit,  
 the holy catholic Church,  
 the communion of saints,  
 the forgiveness of sins,  
 the resurrection of the body,  
 and life everlasting.  
 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

(ESPECIALLY FOR RUSSIA AND UKRAINE)

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.

## How to Pray the Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a *Glory Be*.

(After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.*)

8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:  
V. Pray for us, O holy Mother of God.  
R. That we may be made worthy of the promises of Christ.

*Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.*

<https://www.usccb.org/how-to-pray-the-rosary>

The Joyful, Sorrowful and Glorious Mysteries can be found on this page.



## Footprints in the Sand

One night I dreamed a dream.

As I was walking along the beach with my Lord.  
Across the dark sky flashed scenes from my life.

For each scene,

I noticed two sets of footprints in the sand,  
One belonging to me and one to my Lord.

After the last scene of my life flashed before me,  
I looked back at the footprints in the sand.

I noticed that at many times along the path of my life,  
especially at the very lowest and saddest times,  
there was only one set of footprints.

This really troubled me, so I asked the Lord about it.

"Lord, you said once I decided to follow you,  
You'd walk with me all the way.

But I noticed that during the saddest and most  
troublesome times of my life,  
there was only one set of footprints.

I don't understand why, when I needed You the most,  
You would leave me."

He whispered, "My precious child, I love you and will  
never leave you

Never, ever, during your trials and testings.  
When you saw only one set of footprints,  
It was then that I carried you."

## LITURGICAL CALENDAR 2023

- **ORDINARY TIME** (Jan 6-Feb 21)
- **ASH WEDNESDAY** (Feb 22)
- **EASTER** (Apr 9)
- **PENTECOST** (May 28)
- **ORDINARY TIME** (Jun 4- Dec 2)
- **ADVENT** (Dec 3 – Dec 24)
- **CHRISTMAS** (Dec 25 – Jan 7, 2024)

*"Rivers do not drink their own water, trees do not eat their own fruit, the sun does not shine on itself and flowers do not spread their fragrance for themselves. Living for others is a rule of nature. We are all born to help each other. No matter how difficult it is, life is a good when you are happy, but much better when others are happy because of you."*

Pope Francis

# THIS UPCOMING WEEK IN BC SPORTS

## Monday, February 20, 2023

VHOCK	9:00 PM	Xavier (NY) Senior Night	N	Prudential Center
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## Tuesday, February 21, 2023

SKI	10:00 AM	States - Meet of Champions	N	Vernon
FRBKB	4:00 PM	Clifton	A	Clifton
SWIMMING	7:00 PM	NJSIAA - Seton Hall Prep	N	PCTI

## Wednesday, February 22, 2023

VBKB	7:00 PM	NJSIAA - Dwight Englewood	H	Hoehl Gymnasium
TRACK	5:00 PM	Bergen Meet of Champions	N	168 <sup>th</sup> Street Armory (NYC)

## Thursday, February 23, 2023

SKI	10:00 AM	States - Giant Slalom	N	Vernon
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## Friday, February 24, 2023

SKI	EARLY PM	States - Slalom	N	Vernon
VBKB	7:00 PM	NJSIAA - Possible	TBA	TBA
WRESTLING	TBA	NJSIAA Region 1 Championships	N	Mount Olive

## Saturday, February 25, 2023

WRESTLING	TBA	NJSIAA Region 1 Championships	N	Mount Olive
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## Sunday, February 26, 2023

TRACK	TBD	Ocean Breeze Invitational	N	Ocean Breeze
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Be sure to check [www.bergencatholic.org](http://www.bergencatholic.org) for any possible changes in scheduling throughout the week.