



## SAUNDERS & SANTOS TALLEY A DOZEN OR MORE...

**JANUARY 10 - RAMSEY, NJ --** Aidan Talley knocked down a half-dozen field goals and Charlie Saunders and Milo Santos each hit a pair of treys as all three recorded twelve points or more in the Crusaders 57-71 defeat at Don Bosco.

The Crusaders played a strong first half, taking a 31-29 lead into the locker room. The Ironmen took full advantage of a friendly rim in the second half, outscoring the scarlet and gold 42-26.

TEAM	1	2	3	4	FIN
Bergen Catholic	15	16	11	15	<b>57</b>
Don Bosco Prep	15	14	23	19	<b>71</b>

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Charlie Saunders	5	2	-	-	-	16
Milo Santos	2	2	3	4	.750	13
Aidan Talley	6	-	-	-	-	12
Jamel Hammary	2	-	1	2	.500	5
Joseph Adamek	2	-	-	-	-	4
Nate Vasquez	0	0	0	4	.000	0
Alejandro Quinonez	1	1	-	-	-	5
Robert Hroncich	1	0	-	-	-	2
<b>TOTALS</b>	<b>19</b>	<b>5</b>	<b>4</b>	<b>10</b>	<b>.400</b>	<b>57</b>

## TWELVE FROSH SCORE IN VICTORY OVER THE VILLE

**JANUARY 13 - SOMERVILLE, NJ -** The Crusaders defeated Essex County rival, Seton Hall Prep 59-45 at the Dennis Gregory Memorial High School Boys Basketball Shootout. Declan Wucherpennig's nine field goals helped him to a team-high twenty points. Naiim Parrish (13 points) and Julius Avent (11 points) each hit double-digits for the Crusaders who built a 27-14 halftime lead.



TEAM	1	2	3	4	FIN
Bergen Catholic	18	17	16	20	<b>71</b>
Somerville	11	13	12	6	<b>42</b>

### SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Audie Mickens	1	3	-	-	-	11
Charlie Saunders	4	2	-	-	-	14
Milo Santos	2	0	-	-	-	4
Aidan Talley	0	0	2	4	.500	2
Jamel Hammary	3	0	2	7	.286	8
Joseph Adamek	1	0	2	4	.500	4
Nate Vasquez	3	0	0	2	.000	6
Ayden Mendez	2	0	-	-	-	4
Robert Hroncich	1	0	1	2	.500	3
Jon Griffith	0	1	-	-	-	3
Steven Cahill	1	1	1	2	.500	6
Alejandro Luna	1	1	1	1	1.000	6
<b>TOTALS</b>	<b>19</b>	<b>8</b>	<b>9</b>	<b>22</b>	<b>.409</b>	<b>71</b>

## CRUSADERS ERASE EARLY DEFICIT TO ICE SJV

**JANUARY 16 - HACKENSACK, NJ -** Max Wright tied the score in the first period with his 8<sup>th</sup> goal of the season and Matt Maglio scored a pair of goals to lead the Crusaders over St. John Vianney 4-1 on Tuesday. Maglio leads the Crusaders with 12 goals and 12 assists on the season.

Will Schlechtweg continued his strong play, scoring a goal and adding a pair of assists. The sophomore is the hottest offensive player on the team with 12 points in the last four games. Declan Quinn and Jacob Carver added assists. Erez Yacobi turned away 94% of the shots he faced to earn the win for the #6-ranked skaters.

TEAM	1	2	3	FIN
#6 Bergen Catholic (8-4)	0	2	2	<b>4</b>
St. John Vianney (6-3-1)	1	0	0	<b>1</b>

**GOALS:** Max Wright (1, 4), Matt Maglio (2, 12), Will Schlechtweg (1, 7).

**ASSISTS:** Matt Maglio (1, 12), Max Wright (1, 8), Schlechtweg (2, 10), Declan Quinn (1, 8), Jacob Carver (1, 4).

**SAVES/GA/SAV%:** Erez Yacobi (W) (17/1/.944) - season (131/14/.903)



## CRUSADERS DOMINATE DEPAUL

**JANUARY 17 - WAYNE, NJ - BY JAMES MELIA** - The Crusaders traveled to Wayne to take on a tough DePaul team having a season with many ups and downs. Bergen Catholic asserted their dominance straight from the beginning, outscoring DePaul by over 20 points in the first half. The Crusaders ended up cruising to victory over DePaul Catholic, having over 13 scorers.



Declan Wucherpennig continues to impress the state of New Jersey. The junior was the lead scorer for the Crusaders yet again with 28 points. Sophomore, Julius Avent was also a major contributor for the Crusaders with 13 points.



TEAMS	1	2	3	4	FIN
Bergen Catholic (9-4)	23	27	20	8	<b>78</b>
DePaul (7-6)	9	17	12	10	<b>48</b>

### SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naim Parrish	4	0	-	-	-	8
AJ Williams	2	0	-	-	-	4
Nehemiah Snell	2	0	-	-	-	4
Declan Wucherpennig	9	3	1	2	.500	28
Julius Avent	5	1	-	-	-	13
Jaden Brown	2	0	0	2	.000	4
Antonio Tristani	1	0	-	-	-	2
Jakob Lumicka	0	1	-	-	-	3
Jahlil Owusu	2	0	-	-	-	4
Jeremiah Kinserl	3	0	-	-	-	6
<b>TOTALS</b>	<b>30</b>	<b>5</b>	<b>1</b>	<b>4</b>	<b>.250</b>	<b>78</b>
<b>DEPAUL CATHOLIC</b>	<b>14</b>	<b>6</b>	<b>2</b>	<b>5</b>	<b>.400</b>	<b>48</b>

## GETTING UP OFF THE MAT

**JANUARY 17 - RAMSEY, NJ** - The scoreboard did not reflect the desired result, and some might agree that the wrestlers did not all perform at their best, but to a man, every one of them got back up off the mat and came to school Thursday morning after suffering a 32-30 defeat at the hands of the Ironmen.

Sometimes we take those things for granted, but we should not. Those are the behaviors of champions, behaviors of tough-minded people and the community was able to stand with them in support, looking forward to positive results going forward.

Brian Melamud and Noah Kochman pinned their opponents and an inspired Ben Shue all but scared his opponent off the mat, but it was not enough to lift BC in a BNC United Division match on Wednesday.

Jayden Iznaga earned a terrific victory in overtime (3-1) at 150 pounds and Ryan Ford defeated a strong opponent after moving up a weight class to 165.

TEAM	DEC	MAJ	TF	PIN	FORFEIT/DEFAULT	FIN
Bergen Catholic	2	0	0	2	2	<b>30</b>
Don Bosco Prep	4	2	0	2	0	<b>32</b>

## JV vs PASSAIC CHARTER



(over)





**JANUARY 17 - WALLINGTON, NJ** - First-year program Passaic Charter bowled a strong match against the Crusaders JV Team. Despite BC yielding its first two points of the season, Bergen won 5-2.

Keegan Galligher and Shant Cardikas did most of the heavy lifting, bowling three games apiece. Steven Kane rolled a 130 in the opener to get things off on the right foot for the scarlet and gold.

PLAYER	G1	G2	G3	SERIES	HG	AVG
Nick Brignola	114	X	X	-	114	114.0
Steven Kane	130	X	X	-	130	130.0
Vinny Nobile	102	X	X	-	102	102.0
Rob Reynoso	118	X	X	-	118	118.0
Nick Rossig	89	X	X	-	89	89.0
Keegan Galligher	117	141	146	403	141	134.3
Shant Cardikas	111	112	95	318	112	106.0
BAKER #1	X	117	X			
BAKER #2	X	X	110			
<b>Totals:</b>	<b>553</b>	<b>117</b>	<b>110</b>	<b>780</b>	<b>141</b>	<b>115.9</b>
<b>Passaic Charter</b>	<b>486</b>	<b>122</b>	<b>98</b>	<b>606</b>	<b>140</b>	<b>n/a</b>

## BOWLERS HUSH HUSKIES - IMPRESS DR. PRESIDENT!

**JANUARY 18 - HACKENSACK, NJ** - Andy Lee bowled 269 and a 245.7



average to lead BC to a 7-0 victory over Dumont High School on Wednesday. After a solid game one of 227, Lee rolled a 269 in his second game. He didn't exactly drop off in the third game, posting a 241! Calvin Villanueva and Grimmace II broke the 200 pin barrier in game two, rolling a 210.

BC is now 8-1 overall, winning 57 and losing only 6 points to date.



Above: Dr. Mahoney catching up with some parents as the Crusader Bowlers are taking care of business.

PLAYER	G1	G2	GG3	SERIES	HG	AVG
Calvin Villanueva	162	210	178	550	210	183.33
Sean McKechnie	178	199	166	543	199	181
Stephen Paul	162	192	191	545	192	181.67
Andy Lee	227	269	241	737	269	245.67
<b>Totals:</b>	<b>729</b>	<b>870</b>	<b>776</b>	<b>2,375</b>	<b>269</b>	<b>197.92</b>
<b>Dumont</b>	<b>714</b>	<b>782</b>	<b>687</b>	<b>2,183</b>	<b>222</b>	<b>181.92</b>

## JV CONTINUES TO ROLL (10-0)

**JANUARY 18 - HACKENSACK, NJ** - Nick Rossig was no ordinary JV



bowler on Thursday. The junior rolled a 556 series and team high of 200 to lead BC to its tenth win against no losses at Bowler City on Thursday. His 185.3 average was certainly impressive. He and classmate Rob Reynoso (170 average) provided all the leadership needed between two teams that had quite full rosters.

PLAYER	G1	G2	G3	SERIES	HG	AVG
John Brignola	129	X	X	129	129	129.0
Vinny Nobile	155	X	191	346	191	173.0
Rob Reynoso	183	137	190	510	170	170.0
Nick Rossig	200	169	187	556	200	185.3
Steven Kaye	X	167	130	297	167	148.5
Nick Brignola	X	151	X	151	151	151.0
<b>Totals:</b>	<b>667</b>	<b>624</b>	<b>698</b>	<b>1,989</b>	<b>200</b>	<b>165.75</b>
<b>Dumont</b>	<b>638</b>	<b>555</b>	<b>469</b>	<b>1,662</b>	<b>209</b>	<b>137.50</b>

## COMPETITION BRINGS THE BEST OUT OF CRUSADER SWIMMERS

**JANUARY 18 - WESTFIELD, NJ** - The #9 ranked Crusaders won 6 of 11



aces, but ultimately #4 Westfield had a little more depth, helping them to a 93-77 victory in Union County. The hosting Blue Devils remained perfect at 9-0 on the season and BC fell to 5-2.

The 200 Relay of Ryan Choi, Dimitri Melnikov, Jeremiah Tomioka, Doyee Kim opened the meet with a blistering time of 1:38.01. Two races later, Dimitri Melnikov won the 200 Individual Medley. Doyee Kim and Ryan Choi issued a one-two punch to the Blue Devils in the 100 FLY and Raymond Stelmark and Tomioka placed 1-2 in the 500 FREE. Doyee Kim took his third first of the day, winning the 100 BACK and Melnikov took his third first of the day, winning with 100 BREAST.

SWIMMER(S)	TIME	PL
<b>200 MEDLEY RELAY</b>		
Ryan Choi, Dimitri Melnikov, Jeremiah Tomioka, Doyee Kim	1:38.01	<b>1</b>
Yuriel Lee, Duncan Skogerson, Eric Kwon, Kevin Son	1:45.96	<b>4</b>
Ryan Kwon Harrison Kazimir, Daniel Cassella, Nicolas Gomez	2:00.82	<b>6</b>
<b>200 FREE</b>		
Raymond Stelmark	1:42.89 (SR)	<b>2</b>
Eric Yoo	1:47.09	<b>4</b>
Jeremiah Tomioka	1:50.23	<b>6</b>
<b>200 IM</b>		
Dimitri Melnikov	1:55.70	<b>1</b>
William Mulder	2:02.08	<b>5</b>
Kevin Son	2:06.99	<b>6</b>
<b>50 FREE</b>		
Eric Kwon	24.14	<b>4</b>
Ryan Kwon	24.15	<b>5</b>
Ricky Wright	25.35	<b>6</b>
<b>100 FLY</b>		
Doyee Kim	0:51.26	<b>1</b>



Ryan Choi	0:53.38	<b>2</b>
Duncan Skogerson	0:57.55	<b>6</b>
<b>100 FREE</b>		
Eric Yoo	0:49.28	<b>3</b>
Yuriel Lee	0:50.67	<b>5</b>
Eric Kwon	0:53.13	<b>6</b>
<b>500 FREE</b>		
Raymond Stelmark	4:40.34	<b>1</b>
Jeremiah Tomioka	4:50.48	<b>2</b>
Kevin Son	5:01.13	<b>5</b>
<b>200 FREE RELAY</b>		
Dimitri Melnikov, William Mulder, Raymond Stelmark, Eric Yoo	1:30.55	<b>2</b>
Andy Kwon, Ricky Wright, Andrian Stroika, Eric Yoo	1:38.11	<b>4</b>
Alexander Herrera, Charles Borkowski, n/a, Jonas Haro	2:06.26	<b>6</b>
<b>100 BACK</b>		
Doyee Kim	0:51.97	<b>1</b>
Ryan Choi	0:53.39	<b>3</b>
Yuriel Lee	0:54.78	<b>4</b>
<b>100 BREAST</b>		
Dimitri Melnikov	0:58.60	<b>1</b>
William Mulder	1:01.18	<b>3</b>
Duncan Skogerson	1:05.46	<b>6</b>
<b>400 FREE RELAY</b>		
Raymond Stelmark, Ryan Choi, Eric Yoo, Doyee Kim	3:17.46	<b>2</b>
Jeremiah Tomioka, Kevin Son, Yuriel Lee, William Mulder	3:27.18	<b>4</b>
Parker Day, Joseph Trione, Harris Kinnear, Jack Cummings	4:09.96	<b>6</b>

## HRONCICH'S DOZEN LEADS BC

**JANUARY 18 - PATERSON, NJ** - Robert Hroncich knocked down a half-dozen buckets and Audie Mickens and Aidan Tally Santos each scored 10 to lead the BC frosh to a 63-44 victory over John F. Kennedy Memorial High School in Paterson on Thursday night.



TEAM	1	2	3	4	FIN
Bergen Catholic	26	12	31	12	<b>63</b>
Paterson Kennedy	8	11	12	13	<b>44</b>

### SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Audie Mickens	0	3	1	1	1.000	10
Charlie Saunders	1	0	-	-	-	2
Milo Santos	1	0	1	2	.500	3
Aidan Talley	3	0	1	1	1.000	10
Brandon Knab	3	0	-	-	-	6
Leandro Quinones	2	0	-	-	-	4
Nate Vasquez	1	0	0	2	.000	2
Ayden Mendez	2	0	-	-	-	4
Robert Hroncich	6	0	-	-	-	12
Thomas Hroncich	1	0	-	-	-	2
Jon Griffin	2	0	2	4	.500	6
Alejandro Luna	1	1	1	1	1.000	6
<b>TOTALS</b>	<b>23</b>	<b>4</b>	<b>6</b>	<b>11</b>	<b>.545</b>	<b>63</b>

## PARADISE BY THE KENNEDY LIGHTS

**JANUARY 18 - PATERSON, NJ** - The BC defense shut off and spark of a Knight offense, but Julian Paradise lit up the Tyrone Collins Basketball Court with a game-high 19 points. His effort and those of others provided for a solid 61-44 victory over John F. Kennedy Memorial High School of Paterson.



Devin Hasan was effective running the offense all night;



Joe Cabanita got some quality minutes on Thursday night, playing tough all night and dropping in a couple of points.





Grayson Pitcock sees an opening.



Julian Paradise drives the baseline. He was a dominating force on the court, stretching the Knight defense with three-pointers and executing a strong drive game.



Freshman Marcus Brown brings some size, strength and skills



Jerry Armstrong has no fear. The guard penetrated the Kennedy zone relentlessly throughout the evening.

TEAM	1	2	3	4	FIN
Bergen Catholic	26	12	31	12	<b>63</b>
Paterson Kennedy	8	11	12	13	<b>44</b>

## VARSITY WINS TENTH COMPLETES KENNEDY SWEEP

**JANUARY 18 - PATERSON, NJ** - Jayden Brown led the Crusaders with 14 points and Declan Wucherpfennig and Julius Avent each reached double digits as a swarming Crusader D overwhelmed the Knights at Tyrone Collins Court 69-38.

TEAM	1	2	3	4	FIN
Bergen Catholic (10-4)	27	17	15	10	<b>69</b>
Paterson Kennedy (8-6)	9	9	5	15	<b>38</b>

### SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	2	0	-	-	-	4
Nehemiah Snell	1	1	2	2	1.000	7
AJ Williams	0	0	0	2	.000	0
Jakob Lomicka	0	0	1	2	.500	1
Jaden Brown	4	2	0	2	.000	14
Tyler McQuaid	2	0	2	3	.667	6



Declan Wucherpennig	4	1	2	2	1.000	13
Alex Neunzig	0	0	2	2	1.000	2
Antonio Tristani	1	0	-	-	-	2
Julius Avent	1	3	-	-	-	11
Jahlil Owusu	3	0	-	-	-	6
Jeremiah Kinsler	1	0	1	6	.167	3
<b>TOTALS</b>	<b>19</b>	<b>7</b>	<b>10</b>	<b>21</b>	<b>.476</b>	<b>69</b>
<b>KENNEDY</b>	<b>11</b>	<b>2</b>	<b>10</b>	<b>15</b>	<b>.667</b>	<b>38</b>



AJ Williams elevates to drop in a basket vs. DePaul. Below, Jahlil Owusu is smooth going to the hoop.



Jermaine Kinsler (above) making a power move down low.

# HOOPS COMEBACK BEATS IMMACULATE CONCEPTION

**JANUARY 18 - PATERSON, NJ --** Naiim Parrish's game-high 22 helped the Crusaders to a terrific comeback against one of New Jersey's top teams, Immaculate Conception of Montclair. The Crusaders scored 47 second half points to erase and 8-point halftime deficit for a 77-73 victory.

Declan Wucherpennig scored 19 and Jayden Brown had his second straight game with 14 points for BC.

TEAM	1	2	3	4	FIN
Immaculate Conception	12	26	16	19	<b>73</b>
Bergen Catholic (11-4)	13	17	22	25	<b>77</b>

## SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	7	2	2	3	.667	22
Nehemiah Snell	1	0	0	0	-	2
AJ Williams	1	0	2	2	1.000	4
Jaylen Robinson	2	0	1	3	.333	5
Jaden Brown	4	0	6	7	.857	14
Tyler McQuaid	0	1	0	0	-	3
Declan Wucherpennig	9	0	1	3	.333	19
Julius Avent	2	1	1	2	.500	8
<b>TOTALS</b>	<b>26</b>	<b>4</b>	<b>13</b>	<b>20</b>	<b>.650</b>	<b>77</b>
<b>IMMACULATE CONEPTION</b>	<b>14</b>	<b>11</b>	<b>12</b>	<b>19</b>	<b>.632</b>	<b>73</b>





# BC DOMINATES COUNTIES AS STELMARK AND DOYEE KIM SET NEW SCHOOL RECORDS

**JANUARY 20 - NANUET, NY** - The Crusaders won their second-



consecutive Bergen County Swim Championship and eighth overall on Saturday night, dominating the field, winning by 121 points.

Three individual team records fall at the meet: Raymond Stelmark lowered his 200 freestyle records in a time of 1:41.72 (he set the team

record at the Westfield meet on Thursday).

Doyee Kim broke Andy O'Grady's 200 IM record from 1987 in a time of 1:53.13. Andy was one of seven Crusader Alumni killed in the Twin Towers on September 11, 2001. Doyee also tied Bergen Catholic's 100 breaststroke record set by Ralph Cannarozzi (2015) with a time of 56.75.

SWIMMER(S)	TIME	PL
<b>200 MEDLEY RELAY</b>		
Ryan Choi, Dimitri Melnikov, Jeremiah Tomioka, Doyee Kim	1:37.65	<b>1</b>
<b>200 FREE</b>		
Raymond Stelmark	1:41.72 (SR)	<b>1</b>
Eric Yoo	1:46.16	<b>3</b>
Duncan Skogerson	1:52.35	<b>8</b>
<b>200 IM</b>		
Doyee Kim	1:53.13 (SR)	<b>1</b>
Dimitri Melnikov	1:54.97	<b>3</b>
William Mulder	1:58.82 (SR)	<b>6</b>
<b>50 FREE</b>		
Kevin Son	23.77	<b>18</b>
Andy Kwon	23.93	<b>19</b>
Ryan Kwon	24.01	<b>21</b>
<b>100 FLY</b>		
Ryan Choi	0:52.57	<b>5</b>
Jeremiah Tomioka	0:54.45	<b>11</b>
Ricky Wright	0:59.09	<b>20</b>
<b>100 FREE</b>		
Yuriel Lee	0:49.11	<b>5</b>
Eric Yoo	0:49.54	<b>6</b>
Kevin Son	0:51.92	<b>15</b>
<b>500 FREE</b>		
Raymond Stelmark	4:33.86	<b>1</b>
Jeremiah Tomioka	4:51.35	<b>6</b>
Duncan Skogerson	5:01.13	<b>10</b>
<b>200 FREE RELAY</b>		
Eric Yoo, Dimitri Melnikov, William Mulder, Ryan Choi	1:28.81	<b>1</b>
<b>100 BACK</b>		
Yuriel Lee	0:53.46	<b>3</b>
Ryan Choi	0:53.78	<b>4</b>
Eric Kwon	0:56.79	<b>9</b>
<b>100 BREAST</b>		
Doyee Kim	0:56.75	<b>1</b>
Dimitri Melnikov	0:58.03	<b>2</b>
William Mulder	1:01.24	<b>6</b>
<b>400 FREE RELAY</b>		
Raymond Stelmark, Jeremiah Tomioka, Eric Yoo, Doyee Kim	3:13.35	<b>1</b>

**FINAL BOYS RANKINGS (top 10):** 1. Bergen Catholic (291), 2. Ridgewood (169), 3. Tenafly (137), 4. Leonia/Palisades Park (122), 5. Northern Highlands (118), 6. Rutherford (82), 7. Don Bosco Prep (76), 8. NVRHS Demarest (75), 9. Ramapo (59), 10. Mahwah (32)

## FROSH TRAVEL TO JERSEY CITY TO FACE DICKINSON

**JANUARY 20 - JERSEY CITY, NJ** -- Milo Santos was perfect from the line and scored 14 from the floor to lead the Crusaders with 18 points. Aidan Talley had another strong game with 14 points, giving BC a strong effort on the road against Dickinson.

TEAM	1	2	3	4	FIN
Bergen Catholic	13	10	19	13	<b>55</b>
Dickinson	18	12	22	18	<b>70</b>

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Audie Mickens	2	-	-	-	-	4
Milo Santos	4	2	4	4	1.000	18
Aidan Talley	4	1	3	4	.750	14
Jamel Hammary	2	-	3	4	.750	7
Joseph Adamek	0	-	1	2	.500	1
Nate Vasquez	3	0	2	3	.600	8
Ayden Mendez	1	-	-	-	-	2
Robert Hroncich	1	0	1	2	.500	3
<b>TOTALS</b>	<b>17</b>	<b>3</b>	<b>14</b>	<b>19</b>	<b>.737</b>	<b>57</b>

## WRESTLERS PERFORM WELL IN COUNTIES

**JANUARY 20-21 - GARFIELD, NJ** - Thanks to Coach Seitz for providing



the results from this weekend's 2024 George Jockish Bergen County Wrestling Championships. The Crusaders performed extremely well considering the team sent a only seven wrestlers. Bout limitations prevented some of BC's wrestlers to compete and still, the team

placed 7<sup>th</sup> overall out of 41 schools, scoring 89 team points.

Individual medal winners:

138 lbs Noah Kochman, 2<sup>nd</sup>      165 lbs Genti Idrizi, 7<sup>th</sup>  
 150 lbs Jayden Iznaga, 3<sup>rd</sup>      132 lbs Chad Sadaka, 8<sup>th</sup>  
 215 lbs Mason Marck, 5<sup>th</sup>

## BC PLAYS FEATURED GAME IN NEWARK VS. EVERYONE CLASSIC

**JANUARY 21 - NEWARK, NJ** -- Declan Wucherpennig deposited a team high 17 and Naiim Parrish followed up with fourteen points, but it seemed the stress of two highly competitive teams in 24-hours was a mountain just a little too tall to climb. BC fell to Newark Arts 58-52 after relinquishing an 11 point halftime lead, being outscored 21-9 in the final stanza.



TEAM	1	2	3	4	FIN
Bergen Catholic (11-5)	22	11	10	9	<b>52</b>
Newark Arts	11	11	14	21	<b>58</b>

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naim Parrish	6	0	2	3	.667	14
Jaden Brown	1	0	2	5	.400	4
Tyler McQuaid	2	0	0	1	.000	4
Declan Wucherpennig	5	1	4	7	1.000	17
Julius Avent	1	2	3	4	.750	11
<b>TOTALS</b>	<b>15</b>	<b>3</b>	<b>11</b>	<b>20</b>	<b>.550</b>	<b>69</b>
<b>NEWARK ARTS</b>	<b>11</b>	<b>2</b>	<b>10</b>	<b>15</b>	<b>.667</b>	<b>38</b>



Photos around the horn: Top left: Naim Parrish, Top right: Julius Avent, Below: Tyler McQuaid, Bottom left: Declan Wucherpennig. Bottom right: The Harlequin Duck (male).



BIRD OF THE WEEK  
HARLEQUIN DUCK

**JANUARY 19 – BARNEGAT LIGHT, NJ** – This is the first bird I “chased” back on my birthday in 2005. Just over 18 years later, I’m still happy to be able to trek down, suffer the windburn and to be able to share a view of these beautiful ducks with you.







## 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

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.



## 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 and the communion  
 of saints, the forgiveness of sins, the resurrection of  
 the body and life everlasting. Amen

## Philippians 4:13

*I can do all things through Christ  
 who strengthens me.*



## 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.

## make me a channel of your peace (prayer of st. francis)

¶1 Make me a channel of your peace  
Where there is hatred let me so your love  
Where there is injury, your pardon Lord  
And where there's doubt true faith in You.

¶2 Make me a channel of your peace  
Where there's despair in life let me bring hope  
Where there is darkness only light  
And where there's sadness ever joy.

¶3 Oh, Master grant that I may never seek  
So much to be consoled as to console.  
To be understood as to understand.  
To be loved as to love with all my soul.

¶4 Make me a channel of your peace.  
It is in pardoning that we are pardoned  
In giving to all men that we receive  
And in dying that we're born to eternal life.

¶3

¶2

## 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 sunshine 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 in Her  
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.  
Duh, Duh, Duh, Duh, Dum.

## 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.





## The Ten Commandments

I am the Lord your God: you shall not have  
strange gods before me.

You shall not take the name of the Lord your  
God in vain.

Keep holy the Lord's Day.

Honor your father and mother.

You shall not kill.

You shall not commit adultery.

You shall not steal.

You shall not bear false witness against your  
neighbor.

You shall not covet your neighbor's wife.

You shall not covet your neighbor's goods.

## LITURGICAL CALENDAR 2023-24

- ☐ ADVENT (Dec 3 – Dec 24)
- ☐ CHRISTMAS (Dec 25 – Jan 8, 2024)
- ☒ ORDINARY TIME (Jan 9-Feb 13)
- ☐ ASH WEDNESDAY (Feb 14) LENT
- ☐ HOLY WEEK (Mar 25-29)
- ☐ HOLY THURSDAY (Mar 28)
- ☐ GOOD FRIDAY (Mar 29)
- ☐ EASTER (Mar 31)
- ☐ ASCENSION (May 9)
- ☐ PENTECOST (May 19)
- ☐ ORDINARY TIME (May 20 – Nov 30)

## 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."

*"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

## The Golden Rule

Love one another as I have loved you.