

THIS WEEK

IN BERGEN CATHOLIC SPORTS

BOAKYE & LESSIEU ARE GOLDEN PERSONAL BESTS ALL AROUND

JANUARY 28 - STATEN ISLAND, NY - The Crusader Indoor Track Team placed fifth overall in the New Jersey Catholic Track Conference Wayne Letwink Memorial Winter Championship last Sunday. A number of competitors earned personal records along the way. Here are the results:

ATHLETE	RESULT	PLACE	HEAT
55 METER HURDLES			
Jason Lessieu	PR 8.13	5 th	4
Sean Tandy	PR 8.31	7 th	5
Aiden Pacheco	PR 9.57	20 th	4
55 METER DASH			
Andrew Boakye	6.52	1 st	9
Nick Shortridge	6.7	6 th	6
Ethan Cohall, Jr.	6.82	9 th	2
Brian Porter	PR 6.87	16 th	8
Peter Gallo	6.89	18 th	6
Jonah Flournoy	PR 7.00	23 rd	3
Anthony Morales	PR 7.32	43 rd	4
Steven Copeland, II	7.48	54 th	8
300 METER DASH			
Andrew Boakye	36.49	7 th	12
Ethan Cohall, Jr.	PR 36.86	9 th	10
Peter Gallo	PR 38.08	22 nd	10
Luke Bohlen	PR 39.05	35 th	7
Francis Dooley	PR 39.48	40 th	9
600 METER RUN			
Peter Rogers	PR 1:30.52	10 th	3
Brendan O'Rourke	PR 1:30.93	11 th	3
Zion Suitt	PR 1:32.63	16 th	4
Ed Stoker	PR 1:32.71	17 th	2
Alejandro Castro-D'Albenzio	PR 1:42.26	32 nd	2
Christian Choi	PR 1:44.86	37 th	2
Thomas Santos	1:46.76	43 rd	2
1000 METER RUN			
Brendan O'Rourke	2:47.87	8 th	3
Dylan Brown	PR 2:47.96	9 th	3
Elias Garcia	PR 2:48.46	10 th	3
John Flynn	PR 2:57.55	19 th	2
1600 METER RUN			

Preston Neal	PR 4:43.20	10 th	3
Elias Garcia	PR 4:49.38	11 th	2
Dylan Brown	PR 4:50.65	12 th	2
Daniel Calianese	PR 4:58.66	20 th	2
Jackson Hermann	PR 4:59.73	21 st	1
Ben Cha	PR 5:12.86	30 th	1
Jack Falcone	PR 5:13.00	31 st	1

3200 METER RUN

James Gullo	PR 11:48.69	16 th	3
Andrew Byrnes	12:03.24	17 th	3

4x100 METER RELAY

Relay Team	4:08.50	5 th	1
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LONG JUMP

Jason Lessieu	20-8.25	3 rd	1
Andrew Boakye	20-3	5 th	1
Lawrence Knight	PR18-3.25	14 th	1
Aiden Pacheco	18-1	16 th	1

TRIPLE JUMP

Jason Lessieu	44-6.25	1 st	1
Lawrence Knight	39-5	5 th	1
Aiden Pacheco	38-1.75	8 th	1

SHOT PUT

Travis Nodelman	42-10.5	9 th	1
Teddy Hughes	34-11.5	25 th	1
John O'Rourke	32-5.75	30 th	1

#6 HOOPS REPELS THE REBELS

JANUARY 29 - ORADELL, NJ - BY, HARRIS KINNEAR '24 - The Crusaders scored their fourth-straight victory on Monday night against

Saddle River Day by a score of 77-69. Junior Naiim Parrish led the way for the Crusaders, scoring 26 points in the contest. Declan Wucherpennig also had a strong performance, scoring 18 points and grabbing 12 rebounds.

The Crusaders moved to 15-5 on the season, and they'll look to make it five straight victories against Paramus Catholic on Tuesday night.

TEAMS	1	2	3	4	FIN
Bergen Catholic (15-5)	14	26	19	18	77
Saddle River Day (5-10)	20	15	16	18	69

(over)

SCORING

CRUSADER	2PT	3PT	FTM	FTA	FT%	PTS
Naiim Parrish	8	2	4	4	1.000	26
AJ Williams	1	1	0	0	-	5
Nehemiah Snell	0	0	2	2	1.000	2
Declan Wucherpennig	5	1	5	6	.833	18
Julius Avent	4	1	4	5	.800	15
Jaden Brown	2	0	0	2	.000	4
Antonio Tristani	-	-	-	-	-	-
Jakob Lomicka	-	-	-	-	-	-
Jahlil Owusu	-	-	-	-	-	-
Jeremiah Kinsler	-	-	-	-	-	-
Jaylen Robinson	1	1	3	4	.750	8
TOTALS	19	7	18	21	.857	77
SADDLE RIVER DAY	10	10	1	2	.500	69

game, Lee bowled a 231 and finished off strong bowling a 205. Stephen Paul and Calvin Villanueva came back to Lee. Paul bowled an average of 190.33 and Villanueva bowled a 180.33.

BC is now 11-1 overall, winning 79 and losing only 5 points to date.

PLAYER	G1	G2	G3	SERIES	HG	AVG
Calvin Villanueva	212	166	163	541	212	180.3
Sean McKechnie	171	127	X	298	171	149.0
Stephen Paul	167	204	200	571	204	190.3
Andy Lee	231	246	205	682	246	227.3
John Brignola	X	X	174	174	174	174.0
Totals:	781	743	742	2266	246	188.8
No. Highlands	696	703	690	2,089	223	174.1

JV CONTINUES TO ROLL (10-0)

JANUARY 29 - MONTVALE, NJ - BY, DOYEE KIM '24 - 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
Totals:	667	624	698	1,989	200	165.75
No. Highlands	638	555	469	1,662	209	137.50

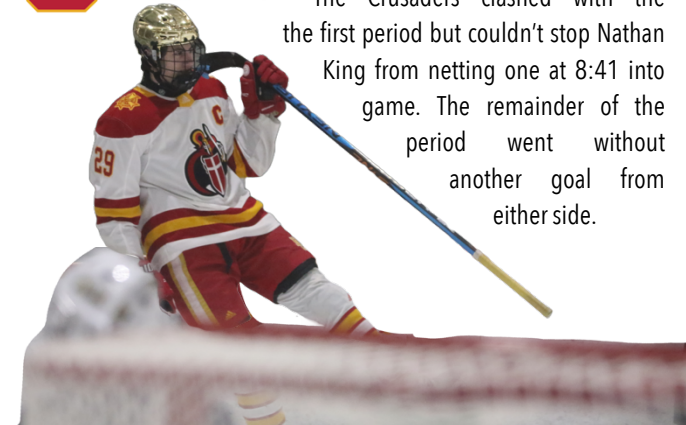
HOCKEY HOLDS STRONG AGAINST ST. AUGUSTINE

JANUARY 30 - SEWELL, NJ - BY, QUINN SCRIBNER '24 Bergen



bounced back after yesterday's loss, with a 3-2 win over the states #2-ranked St. Augustine Prep of Richland.

The Crusaders clashed with the first period but couldn't stop Nathan King from netting one at 8:41 into game. The remainder of the period went without another goal from either side.



HOCKEY FALLS TO GREEN WAVE

JANUARY 29 - RANDOLPH, NJ - BY, QUINN SCRIBNER '24 AND HARRISON UDIS '24-



The Crusaders fell to the state's #3-ranked Delbarton Green Wave, 5-3 on Monday. The Wave scored an open netter as an insurance goal to ice it.

The Crusaders played well, creating a 3-1 lead. Alex and Nick Frassetto and Matt Maglio scored once per period, giving Bergen the advantage well into the third period.

Then, with 6:14 remaining, the Crusaders took a 5-minute non-releasable penalty for illegal head-to-head contact. Delbarton scored three unanswered power-play goals to take the lead and scored an empty net goal with 0:24 left in the game.



Team	1	2	3	FIN
#6 Bergen Catholic (9-6)	1	1	1	3
#3 Delbarton (11-4)	0	1	4	5

GOALS: Matt Maglio (1, 14), Alex Frassetto (1, 8), Nick Frassetto (1, 2)

ASSISTS: Declan Quinn (2, 11), Harrison Udis (1, 6), George Wiener (1, 2), Alex Frassetto (1, 10)

SAVES/GA/SAV%: Alessandro Capano (31/5/.886) - season (186/14/.930)

BOWLERS DOMINATE NORTHERN HIGHLANDS

JANUARY 29 - MONTVALE, NJ - BY, DOYEE KIM '24 - Andy Lee



crushed the competition bowling a 246 and a 227.33 average to lead BC to a 7-0 victory over Northern Highlands on Monday. In his first

In the next two periods Will Schlechtweg rang the buzzer twice and Matt Maglio once. Declan Quinn, Harrison Udis, Max Wright assisted on goals, and Nicholas Frassetto assisted twice.

Alessandro Capano had another outstanding performance last night with 29 saves on 31 shots, coming out to a .935 save percentage. Capano came up big for the Crusaders last night but had a notable moment in the second period when he made a cross crease save with the paddle of his stick to keep a BC deficit at 1.

Team	1	2	3	FIN
#6 Bergen Catholic (10-6)	0	1	2	3
#2 St. Augustine (10-4)	1	1	0	2

GOALS: Matt Maglio (1, 15), Will Schlechtweg (2, 9)

ASSISTS: Will Schlechtweg (1, 11), Nick Frassetto (2, 6), Harrison Udis (1, 7), Max Wright (1, 9), Declan Quinn (1, 12)

SAVES/GA/SAV%: Alessandro Capano (29/2/.935) - season (215/16/.931)

BOWLERS TAKE STEP TOWARD BNC DIVISION TITLE

JANUARY 30 - HACKENSACK, NJ - Like all great superheroes, but this time without the cape, Nick Rossig enjoyed one of his finest days as a Crusader bowler, helping BC to take one step closer to their fourth consecutive Big North Conference, United Division Title.

Nick actually started the game with the JV and Coach Fierro saw he was the man with the hot hand. Rossig's 223 in that game was followed up by a 223 in Game 2 of the varsity match and a 207 in the third game. That gave him a 217 average for the day which took pressure off a team bowling without its top scorer this season, Andy Lee.

Sean McKechnie and Stephen Paul each rolled above 170 averages on the afternoon and Stephen Paul rolled a 163 average as BC swept 7 points from the Paladins.

PLAYER	G1	G2	G3	SERIES	HG	AVG
John Brignola	152	X	X	152	152	152.0
Sean McKechnie	167	178	170	515	178	171.7
Calvin Villanueva	167	187	178	532	187	177.3
Stephen Paul	170	146	172	488	172	162.7
Nick Rossig	X	223	207	430	223	215.0
Totals	656	734	727	2,117	223	176.4
Paramus Catholic	529	530	602	1,661	223	138.4

ONE STEP CLOSER TO PERFECTION (14-0)

JANUARY 30 - 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
Mike Robertelli	100	111	125	336	125	112.0
Shant Cakirdas	124	127	107	358	127	119.3
Matt Pulis	116	154	102	372	154	124.0
Nick Rossig	223	X	X	223	223	223.0
John Brignola	X	155	167	322	167	161.0
Totals	563	547	501	1,611	223	134.3
Paramus Catholic	362	405	382	1,149	223	95.8

FROSH START WEEK OFF ON RIGHT FOOT

JANUARY 30 - ORADELL, NJ - Four frosh hoopsters hit double-digits on Tuesday as BC hosted Paramus Catholic in a BNC Triple header. Audie Mickens scored a game-high 15 and



Alejandro Luna dropped in an even dozen to lead the way. Milo Santos and Rob Hroncich each netted 11 points followed by five frosh scoring a fab four, Aidan Talley, Jamel Hammary, Joe "JD" Adamek, Nate Vasquez and Ayden Mendez. John Griffith pitched in a pair of points as well in the 59-44 victory.

Right, though he didn't win, Aidan Talley's shoes (right) were drip-worthy.



TEAMS	1	2	3	4	FIN
Paramus Catholic	9	9	10	16	44
Bergen Catholic	12	20	16	11	59

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Audie Mickens	4	2	1	3	.333	12
Milo Santos	4	1			.500	11
Aidan Talley	2	0			.429	4
Jamel Hammary	1	0	2	2	.750	4
Joseph Adamek	1	0	2	6	.333	4
Nate Vasquez	2	0			.000	4
Ayden Mendez	2	0			.500	4
Robert Hroncich	5	0	1	2	.500	11
Thomas Hroncich	0	0	1	2	.500	1
Jon Griffith	1	0	-	-	-	2
TOTALS	22	2	6	13	.462	59



HASAN ON FIRE - PC COOLS BC

JANUARY 30 - ORADELL, NJ - Devin Hasan couldn't miss on Tuesday night, knocking down a team-high 11 points. The Crusaders were stumped by their neighbor, Paramus Catholic, 56-40 in the triple-header's middle contest.



TEAMS	1	2	3	4	FIN
Paramus Catholic	-	-	-	-	56
Bergen Catholic	-	-	-	-	40

PARRISH LEADS THE WAY

JANUARY 30 - ORADELL, NJ - Naiim Parrish scored 23 points on Tuesday, leading the Crusaders to a 70-33 victory over Paramus Catholic. Declan Wucherpfennig recorded 10 and Julius Avent (9) and Jaden Brown (8) were instrumental in the victory as well.



Jakob Lomicka knocked down a pair of threes and Jeremiah Kinsler showed off his power inside game with a couple of lay-ups and a monster dunk as the two big men hit for a half dozen.



Naiim Parrish

TEAMS	1	2	3	4	FIN
Paramus Catholic	11	6	6	10	33
Bergen Catholic	18	20	16	16	70

SCORING

CRUSADER	2PT	3PT	FTM	FTA	FT%	PTS
Naiim Parrish	6	3	2	4	.500	23
Nehemiah Snell	1	0	-	-	-	2
Jakob Lomicka	0	2	-	-	-	6
Declan Wucherpfennig	5	0	-	-	-	10
Julius Avent	2	1	2	5	.400	9

Jaden Brown	2	1	1	2	.500	8
Tyler McQuaid	1	0	-	-	-	2
Alex Neunzig	1	0	-	-	-	2
Jahlil Owusu	1	0	-	-	-	2
Jeremiah Kinsler	3	0	-	-	-	6
TOTALS	22	7	5	11	.454	70
PARAMUS CATHOLIC	7	4	7	10	.700	33

VILLANUEVA BOWLS EYE-POPPING 266

JANUARY 31 - HACKENSACK, NJ - Calvin Villanueva bowled a game high 266 on Wednesday, helping the Crusaders to win Game 2 and take two of seven points against undefeated Bergen Tech. All pistons were firing in that game as Andy Lee bowled his best game, 233, and Stephen Paul bowled a 203. Rob Reynoso kicked in with a 160, giving BC one of their highest single-game scores to date: 862.



Lee and Villanueva actually tied their three-game averages of 211.7 as all three of Andy's game were north of 200 pins. While games two and three were lopsided, Game 1 was decided by just 17 pins. Only 37 pins separated BC from gaining the total pins in an extremely tight match.



BOWLER	1	2	3	TOT	HG	AVG
Calvin Villanueva	192	266	177	635	266	211.7
Sean McKechnie	146	0	0	146	146	146.0
Stephen Paul	174	203	165	542	203	180.7
Andy Lee	200	233	202	635	233	211.7
Robert Reynoso	0	160	0	160	160	160.0
John Brignola	0	0	150	150	150	150.0
Totals:	712	862	694	2,268	266	189.0
Bergen Tech	729	767	807	2,305	n/a	192.1

JV TOUGHS OUT WIN OVER TECH

JANUARY 31 - HACKENSACK, NJ - Rob Reynoso's 242 in Game 1, put BC in the driver's seat against the Black Knights on Wednesday. He moved up to the varsity match for Game 2 but returned to help the JV defeat Bergen Tech in Game 3, taking the 5-0 decision and improve to 15-0 on the season.



This really was an outstanding JV match. Both teams scored higher than many varsity teams in this one.

PLAYER	G1	G2	G3	SERIES
Vinny Nobile	132	X	159	291
Rob Reynoso	242	X	124	366
Nick Brignola	X	175	127	372
Nick Rossig	165	161	181	507
John Brignola	190	183	X	373
William Smith	X	115	X	115
Totals	729	634	591	1,954
Bergen Tech	603	578	701	1,882

FROSH WINNING STREAK GROWS TO 5

FEBRUARY 1 - ORADELL, NJ - Audie Mickens led BC with 13 points in its victory over St. Joseph Regional on Thursday afternoon 57-47.



Bergen jumped to a 16-5 lead in the opening quarter behind a pair of Mickens threes and six of Rob Hroncich's eight points. Aidan Talley was solid, scoring 11 and Charlie Saunders recorded 10 in the win. Milo Santos was strong once again, knocking down both of his free throws and finishing with 8 points.



TEAMS	1	2	3	4	FIN
St. Joseph Regional	5	18	11	13	47
Bergen Catholic	16	14	16	11	57

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Audie Mickens	2	2	3	5	.600	13
Charlie Sanders	3	0	4	5	.800	10
Milo Santos	3	0	2	2	1.000	8
Aidan Talley	5	0	1	2	.500	11
Jamel Hammary	1	0	1	2	.500	3
Nate Vasquez	1	0	0	2	.000	2
Ayden Mendez	1	0	-	-	-	2
Robert Hroncich	4	0	-	-	-	8
TOTALS	20	2	11	18	.611	57

STRONG COMEBACK EFFORT SLIPS AWAY FOR JAYVEES

FEBRUARY 1 - ORADELL, NJ - Bergen's JV hoopsters found themselves in a 10-point halftime hole (31-21), but they came out of the locker room on fire. They outscored SJR by 11, taking a one-point lead into the final stanza. But just as quickly as the offense came, the flame blew out as BC was held to just 6 points, falling 57-50 to the Green Knights.



Julian Paradise scored a team-high 12 points and the Crusaders welcomed Marcus Brown (11 points) back. Andrew Castillo scored 7 of his 8 points in that second half explosion and Devin Hasan (pictured above) scored four of his five after the intermission.

TEAMS	1	2	3	4	FIN
St. Joseph Regional	16	15	12	14	57
Bergen Catholic	12	9	23	6	50

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Marcus Brown	1	1	5	6	.833	11
Jerry Armstrong	2	0	-	-	-	4
Kris De La Cruz	0	1	-	-	-	3
Devin Hasan	1	0	3	5	.600	5
Julian Paradise	4	1	1	2	.500	12
Zach Behrens	0	0	1	2	.500	1
Andrew Castillo	2	1	1	2	.500	8
Sean Cahill	2	0	-	-	-	4
Totals	12	4	11	17	.647	50

CRUSADERS TAKE DOWN SJR IN JAMBOREE PREVIEW

FEBRUARY 1 - ORADELL, NJ - The Crusaders and Green Knights met for the 102nd time on Thursday night. The game was a preview of Saturday afternoon's Jamboree game.

Julius Avent scored a game-high 15 points as the Crusaders opened a 55-30 lead at half. Naiim Parrish (14 pts), Declan Wucherpennig (12) and Jaden Brown (10) each recorded double-digits in the victory.



TEAMS	1	2	3	4	FIN
St. Joseph Regional	11	19	8	15	53
Bergen Catholic	27	28	16	14	85



AJ Williams

SCORING

CRUSADER	2PT	3PT	FTM	FTA	FT%	PTS
Naiim Parrish	1	4	-	-	-	14
Jaylen Robinson	3	0	-	-	-	6
AJ Williams	2	1	-	-	-	7
Declan Wucherpennig	3	1	3	4	.750	12
Julius Avent	3	3	0	1	.000	15
Jaden Brown	2	2	0	1	.000	10



Tyler McQuaid	0	3	-	-	-	9
Alex Neunzig	1	0	-	-	-	2
Antonio Tristani	1	0	-	-	-	2
Jahlil Owusu	1	0	-	-	-	2
Jeremiah Kinsler	3	0	-	-	-	6
TOTALS	22	7	5	11	.454	70

SWIMMERS PASS HIGHLANDS

FEBRUARY 2 - RIDGEWOOD, NJ - The Crusaders remained unbeaten in Bergen County with a 92-77 victory over Northern Highlands.

Dimitri Melnikov earned BC's first top spot with a 1:50.9 in the 200 Free. Doyee Kim, Eric Yoo and Ryan Choi each placed first in individual heats and the 4x100 Free Relay took the top spot to secure the overall victory.

TEAM	SCORE
Northern Highlands (7-2)	77
Bergen Catholic (7-2)	92



RACE RESULTS

SWIMMER(S)	TIME	PL
200 MEDLEY RELAY		
Yuriel Lee, Eric Yoo, Ricky Wright, Raymond Stelmark	01:46.3	3
Eric Kwon, Andy Kwon, Ricky Wright, Kevin Son	01:45.8	2
Jonas Haro, Alexander Herrera, Daniel Cassella, N. Gomez	02:11.8	5
200 FREE		
Dimitri Melnikov	01:50.9	1
Yuriel Lee	01:53.8	3
Harris Kinnear	02:11.9	4
200 IM		
Kevin Son	02:17.0	3
Dimitri Melnikov	02:05.3	2
50 FREE		
Doyee Kim	00:23.1	2
Eric Yoo	00:23.2	3
Parker Day	00:27.4	6
100 FLY		
Doyee Kim	00:54.5	1
Dimitri Melnikov	00:56.8	3
Ricky Wright	01:01.1	4
100 FREE		
Eric Yoo	00:50.6	1
Raymond Stelmark	00:51.8	2
Jeremiah Tomioka	00:52.6	4
500 FREE		
Ryan Choi	04:58.4	1
Yuriel Lee	05:07.5	3
Andy Kwon	05:31.2	5
200 FREE RELAY		
Eric Kwon, William Mulder, Dimitri Melnikov, Ryan Choi	01:33.5	2

Ryan Kwon, Parker Day, Joseph Trione, Harris Kinnear	01:44.0	4
Jonas Haro, Alexander Herrera, Alexander Tong, H. Kazimir	02:03.4	5
100 BACK		
Eric Kwon	00:59.3	2
Ryan Kwon	01:15.2	4
Nicolas Gomez	01:15.4	5
100 BREAST		
William Mulder	01:04.4	2
Andrian Stoika	01:10.9	4
Harrison Kazimir	01:16.6	5
400 FREE RELAY		
Dimitri Melnikov, William Mulder, Ryan Choi, Doyee Kim	03:29.8	1
Ryan Kwon, Andy Kwon, Eric Kwon, Ricky Wright	03:50.7	3
Joseph Trione, Andrian Stoika, Nicolas Gomez, Harris Kinnear	04:10.3	5

CRUSADERS WIN 30th LEAGUE BOWLING CHAMPIONSHIP

FEBRUARY 2 - HACKENSACK, NJ - The Crusaders made memories of the opening day loss to SJR disappear, out-bowling the Green Knights 785-623 in Game 2 of Friday's Groundhog Day championship match. The team fell asleep in the third, losing by nearly 100 pins, but they had built a substantial enough lead to clinch the championship with a 5-2 victory. It is the Crusaders fourth consecutive BNC United Division Title (2024, 2023, 2022, 2021).



BOWLER	1	2	3	TOT	HG	AVG
Calvin Villanueva	175	182	136	493	182	164.3
Sean McKechnie	186	198	150	534	198	178.0
Stephen Paul	189	181	170	540	189	180.0
Andy Lee	224	224	168	616	224	205.3
Totals	774	785	624	2,183	224	181.9
St. Joseph Reg.	738	623	722	2,083	209	173.6

BROTHERS BRIGNOLA BOWL BEST

FEBRUARY 2 - HACKENSACK, NJ - The two best games of BC's Junior Varsity Match with the Green Knights were rolled by brothers John Brignola (199) and Nick Brignola (171).



Despite the fine efforts, the JV team dropped its first match of the season,

falling 3-2 to St. Joseph's.

BOWLER	G1	G2	G3	SERIES
John Brignola	199	X	X	199
Viny Nobile	143	128	X	271
Rob Reynoso	128	138	X	266
Nick Rossig	127	120	147	394
Nick Brignola	X	171	160	331
Matt Pulis	X	X	85	85
Steven Kane	X	X	114	114
Totals	597	557	506	1660
St. Joseph Regional	560	699	542	1801

HOCKEY OPENS THE CAN

FEBRUARY 1 - NEWARK, NJ - Bergen finished off a strong week with an exclamation point, defeating St. Peter's Prep 6-1 on Thursday.



Colin Higgins opened the scoring for the Crusaders and Nick Frassetto scored his first of two goals, to put BC up 2-0 at the first intermission.

After the Marauders cut the lead in half, Will Schlechtweg scored to extend BC's lead to 3-1. Schlechtweg finished with a goal and three assists.

Erez Yacobi was excellent between the wrought iron, turning away 16 of the 17 shots on goal he faced. Matt Maglio and Frassetto gave BC a 5-1 lead entering the third period and Declan Quinn put Peter's away with a goal in the third.

Team	1	2	3	FIN
#6 Bergen Catholic (10-6)	0	1	2	3
#2 St. Augustine (10-4)	1	1	0	2

GOALS: Nick Frassetto (2, 4), Matt Maglio (1, 16), Colin Higgins (1, 2), Will Schlechtweg (1, 10), Declan Quinn (1, 6)

ASSISTS: Will Schlechtweg (3, 10), Declan Quinn (1, 13), George Wiener (1, 3), Max Wright (1, 10), Rocco Venezia (1, 1), Joe Legato (1, 1), Jacob Carver (1, 6)

SAVES/GA/SAV%: Erez Yacobi (16/1/.941) - season (195/23/.894)

PARK RECORDS GIANT RESULTS

FEBRUARY 2 - VERNON, NJ - Senior Nathan Park took third overall, after two outstanding runs in the Giant Slalom in Vernon on Friday. While the snow, or lack thereof, has been a challenge to all the skiers this winter, Nate has continued to ski well. He is demonstrating that he is one of the state's top high school skiers as his combined times were 0.48 seconds from taking first overall.

Team : BERGEN Total Time : 6:21.40 Rank : 4th				
SKIER	Run 1	Run 2	Total	Place
Nathan Park	39.44 (4)	39.85 (2)	1:19.29 (3)	3
Harry Williams	49.50 (25)	47.84 (20)	1:37.34 (21)	21
Dylan Stiles	50.00 (26)	50.36 (25)	1:40.36 (25)	25
Blake Young	53.71 (29)	50.70 (27)	1:44.41 (26)	26
Matt Montgomery	52.95 (28)	52.54 (29)	1:45.49 (28)	28

ONTO THE SEMIS! BERGEN HANDLES SJR SECOND TIME IN THREE DAYS

FEBRUARY 3 - HACKENSACK, NJ - Declan



Wucherpennig recorded a game-high 25 points and classmate Naiim Parrish added 15 to

eliminate the Green Knights 69-54 from the Bergen County Coaches Association Oscar F. Thompson Memorial 67th Annual Jamboree. The Crusaders move on to the semifinal round of the county tournament and will face third-seeded Ramapo HS.

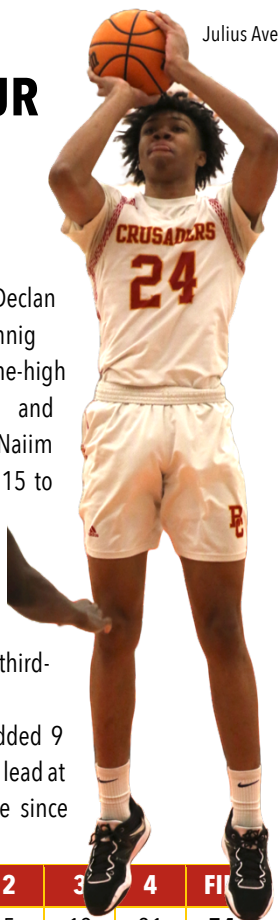
Jayden Brown and Tyler McQuaid each added 9 points to pace the Crusaders who built a 35-20 lead at the half. BC is seeking its 12th County title since winning its first Jamboree in 1977.

TEAMS	1	2	3	4	FIN
#7 St. Joseph Regional (10-7)	15	5	13	21	54
#2 Bergen Catholic (18-5)	21	14	18	15	69

SCORING

CRUSADER	2PT	3PT	FT M	FTA	FT%	PTS
Naiim Parrish	3	3	-	-	-	15
AJ Williams	2	0	-	-	-	4
Jaden Brown	3	0	3	3	1.000	9
Declan Wucherpennig	8	1	6	6	1.000	25
Tyler McQuaid	3	1	0	2	.000	9
Julius Avent	2	0	-	-	-	4
Jahlil Owusu	0	1	-	-	-	3
TOTALS	21	6	9	11	.818	69

Julius Avent



BIRD OF THE WEEK RED-BELLIED WOODPECKER

FEBRUARY 5 - HILLSDALE, NJ - Oftentimes I am asked to identify a bird someone saw, and they generally refer to it as a red-headed woodpecker. They are generally wrong.



Above, on the left is a house sparrow and on the right, the bird many confuse red-headed woodpeckers with...the red-bellied woodpecker. If you keep bird feeders, it's likely you will see these colorful and active birds eating there in the winter. They enjoy black oil sunflower seed and various suet cakes. (I like to get the hot pepper ones. Squirrels won't eat that, but the birds are fine with it.)

If you can notice, just behind the bird's feet is a blush of red on its belly. That's how it got its name.

So, what does a real red-headed woodpecker look like? Below are two photos, one of another woodpecker that is mistaken for "red-headed" and an actual red-headed woodpecker.



Pileated Woodpecker

Red-headed Woodpecker

CHE PATRICK IS COUNTY CHAMPION A PAIR OF ALEXES PLACE SECOND



FEBRUARY 3 - GARFIELD, NJ - Che Patrick won the Freshmen BCCA Wrestling Tournament at 215 pounds, leading a team that had 4 place winners.

Alex Kavallieratos placed second at 175 pounds and Alex Quinones placed second at 190 pounds. Red Spindler placed fourth at 144.

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

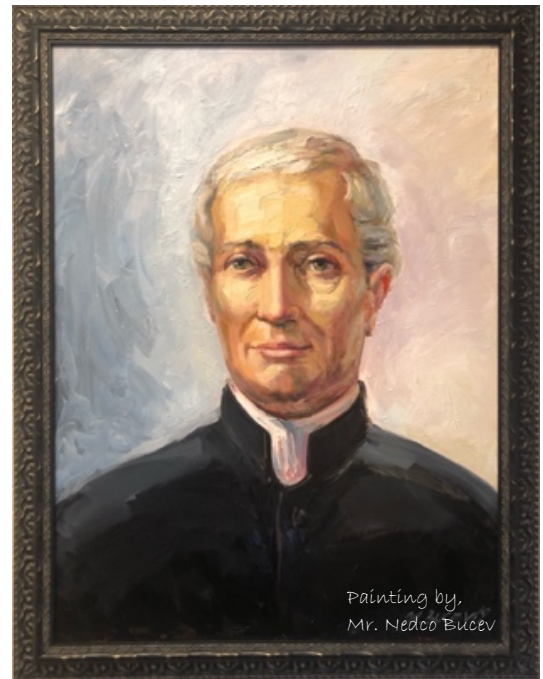
God, grant me the
Serenity to accept the things I cannot change,
Courage to change the things I can and
Wisdom to know the difference.
 Amen.

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.

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

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)

The Golden Rule

Love one another as I have loved you.