

# TWIBC SPORTS

## THIS WEEK IN BERGEN CATHOLIC SPORTS

### Hockey Puts Quick End to CBA Ranking on Senior Day

**February 22 – Hackensack, NJ** – In one of the most exciting games of the season, BC won a see-saw battle with CBA on Monday afternoon at the Ice House. The Colts took BC's #2 state ranking for about 24 hours, before BC (#4 in NJ) knocked it off them 4-3 in a great hockey game.



Coach Keough and his stellar senior class of '21.

After a first period, BC in a 1-0 hole, Aram Minnetian found Antonio Arcaroli, who beat the Colt goaltender at the 9:13 mark to tie things up.

The lead was short-lived as CBA tied the score less than 3 minutes later. Senior Steve Saxton provided that leadership seniors give to their teams, scoring a power play goal off an assist from Minnetian and Arcaroli with just 2:13 left in the second.

As the second ended and third began, it was time for the Mick Thompson show. North Jersey's most-dangerous man gave BC a lead (3-2) just 5:29 into the final period, assisted by Bryceon Lago and Arcaroli.

But, the Colts would not go away. With 4:40 remaining CBA tied the score at three, setting the stage for late-game heroics for Thompson.

Mick scored the game-winner just seconds later with 3:58 remaining as New Jersey's top sophomore, Aram Minnetian found him open for the scoring goal.



Sophomore goaltender Ryan Henry was stellar between the pipes.

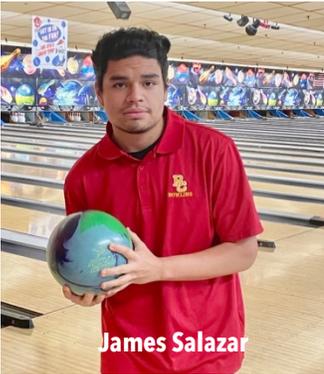
With this type of game, it almost seemed whoever had the puck last, would decide the outcome. The Colts finished with a flurry of very good scoring opportunities, despite a strong defensive game played by Lago, Senior Captain Brenden Kelly, senior William Walsh, and Matt Desiderio. Senior Captain Shane Carr, threw some big body checks and made forwards from CBA feel very uneasy on the BC defensive end.

Ryan Henry was simply awesome, turning away 19 shots on goal, including 2 in the remaining moments that are highlight material. BC's next stop is the Gordon Cup Tournament. The Crusaders are the #2 seed and will play St. Joseph Regional on Sunday night.



## Bowling Blanks Westwood

**February 23 – Hackensack, NJ** – This is one of



James Salazar

the few times I would be happy to see Cardinals starved. Paul Brignola rolled the high series of 636 and also rolled the high game of 247 and a 230. Other notables were rolled by James Salazar 204, Ethan

Gayam 245, Liam Chin 222 and John DelJuidice's 213 and 203

## Six Crusaders Named 2021 Gordon Conference All Stars

**February 23 – Oradell, NJ** – Four members of the



2021 Bergen Catholic Ice Hockey Team were named All-Stars in the state's premier hockey league.

Junior Mick Thompson was named to the first team after a fantastic campaign,

leading the Crusaders in goals, assists and points and leading North Jersey scorers in total points. The forward is committed to Harvard to continue his education and hockey career. Thompson currently has team highs in goals (10), assists (18) and points (28).

Sophomore Aram Minnetian earned second team forward recognition. His exceptional play, especially his four points to defeat Don Bosco Prep (2G, 2A) played a major role in helping BC remain among the state's elite. That week, Minnetian was named the Record's Athlete of the Week and Gordon Conference Player of the Week. To date, Minnetian has 15 points on the season (7G, 8A).

Junior forward Antonio Arcaroli was the third member of that starting line for BC and was

recognized on the third team. Arcaroli had a rough time finding the back of the net early in the season, but has absolutely been tearing it up as of late. His 8 goals are currently second-most on the team as are his 17 overall points on the season.

Sophomore Ryan Henry has had a stellar rookie year between the pipes. The sophomore has an overall record of 5-1-1, recording 157 saves for a .969 Save Percentage. His current Goal Against Average is 1.12, one of the finest for a sophomore in school history.

Senior Steve Saxton earned Honorable Mention recognition as he helped BC to an 9-1-1 record. Steve recorded 5 goals and 3 assists, seeming to always come-up with a very heads-up play through great anticipation and hustle.

Junior Bryceon Lago proved to be a defenseman with great vision and unselfishness. He recorded 10 assists on the season and helped to secure a defense that yielded just 13 goals in 11 games. That translates into a 1.18 GAA as a team, a number unheard of in years past.

## JV Hoops Runs with STA

**February 23 – Edison, NJ** – Ever heard of St.

Thomas Aquinas High School? Neither had I. In a school formerly known as Bishop Ahr, the Crusader JV basketball team found a very talented adversary in the Trojans. BC fell 64-41 to the home team, but in a year of Covid, every opportunity to play is a victory in of itself.

Junior Gianluca Phelan scored a game-high 22 points, including 7 field goals and two three-pointers. Other scorers for BC were Tyler Sanders (6 pts), Jack DeLeon (5 pts), Rocco Gratale (4 pts), Alex Wohlrab (3 pts) and Richie Reid with 1 point.

We will certainly remember the Trojans and wish them the best in their mission to provide a Catholic education in Middlesex County.



# Crusaders Dominate Ridgewood in the Pool

February 25-27 – Ridgewood, NJ – NJ's #10-ranked Swim Team improved to 2-0 following a 117-53 dunking of Ridgewood High School in its second virtual meet victory of this strangest of years.

The following are the results of each event.

There are 11 events in a high school swim meet. For each race, the place finish translates into the following point totals:

- Three relay races score: 1<sup>st</sup> Place (8 points), 2<sup>nd</sup> (4 pts), 3<sup>rd</sup> (2 pts).
- Eight individual events score: 1<sup>st</sup> (6 pts), 2<sup>nd</sup> (4 pts), 3<sup>rd</sup> (3pts), 4<sup>th</sup> (2 pts), 5<sup>th</sup> (1 pt) and 6<sup>th</sup> (0 pts).

## EVENT # AND DESCRIPTION

PLACE	SWIMMER(S)	TIME	POINTS
<b>EVENT 1: 200 Medley Relay</b>			
1	Alex Rose, Andrew Mazzacano, Ben Vester, Sam Hughes	1:48.12	8
2	Matt Semelsberger, Jaden Lee, Ellias Garcia, Xav Gagnon	1:52.67	4
4	Harris Kinnear, James Deegan, Brodie Kinnear, Parker Day	2:12.80	0
<b>EVENT 2: 200 Freestyle</b>			
1	Doyee Kim	1:53.24	6
2	Tom Haemmerle	1:53.94	4
3	Raymond Stelmark	2:01.54	3
<b>EVENT 3: 200 Individual Medley (IM)</b>			
1	Andrew Mazzacano	2:03.88	6
2	Ellias Garcia	2:15.92	4
3	Matt Semelsberger	2:18.63	3
<b>EVENT 4: 50 Freestyle</b>			
2	Alex Rose	24.24	4
5	Xav Gagnon	26.67	1
6	Brodie Kinnear	26.94	0
<b>EVENT 5: 100 Butterfly</b>			
1	Alex Rose	0:57.76	6
2	Ellias Garcia	0:59.45	4
3	Ben Vester	0:59.88	3
<b>EVENT 6: 100 Freestyle</b>			
1	Sam Hughes	0:50.44	6
3	Jaden Lee	0:53.42	3
6	Louis Xav Gagnon	1:03.73	0
<b>EVENT 7: 500 Freestyle</b>			
1	Tom Haemmerle	5:09.31	6
2	Matt Semelsberger	5:16.40	4
3	Raymond Stelmark	5:19.55	3

## EVENT 8: 200 Freestyle Relay

2	Brodie Kinnear, Harris Kinnear, Xav Gagnon, Raymond Stelmark	1:48.37	4
DQ	Doyee Kim, Alex Rose, Ellias Garcia, Tom Haemmerle	-	-
<b>EVENT 9: 100 Backstroke</b>			
1	Sam Hughes	0:57.97	6
2	Andrew Mazzacano	0:58.47	4
5	Brodie Kinnear	1:14.53	1
<b>EVENT 10: 100 Breaststroke</b>			
1	Doyee Kim	1:06.16	6
2	Ben Vester	1:08.42	4
4	Jaden Lee	1:10.48	2
<b>EVENT 11: 400 Freestyle Relay</b>			
1	Tom Haemmerle, Andrew Mazzacano, Sam Hughes, Doyee Kim	3:42.22	8
2	Raymond Stelmark, Ben Vester, Jaden Lee, Matt Semelsberger	3:49.86	4
4	Harris Kinnear, Parker Day, Enzo Yeun, James Deegan	4:28.54	0

## Bowling Tops Paladins 7-0

February 25 – Hackensack, NJ – John DelJudice rolled the high series with a 624. John had a very solid day, as usual, rolling the high game of 245 and posting another notable game of 202.

It was a very good day for the bowlers who all performed well. Ethan Gayam bowled games of 200 and 185. Paul Brignola rolled a 183 and senior Brady Menapace contributed with a 156.



Crusader Bowling 2021 (minus Brady Menapace and Coach Fierro).

## Frosh Struggle Early and Fall Despite Strong Second Half Effort

By: Joe Duffy

**February 25 – Ramsey, NJ –** Bergen Catholic freshman basketball travelled to Ramsey to take on rival Don Bosco Prep.

Don Bosco made it clear out of the gate that the ball was never going to stop moving when they were on offense. Running constant motion, moving the ball, taking Crusader defenders out of position and getting open looks. The Crusader defense would struggle to deal with the offense of Don Bosco early, but they were able to find themselves some opportunities on offense as Tyler Ferris and Xavier Valerio were doing a good job of attacking the basket.

Finishes were not coming easy for the Crusader's however and Don Bosco did an excellent job of closing out Bergen Catholic and cleaning up the glass. Don Bosco would turn up the heat on the defensive end and began to force the Crusaders into turnovers, making it even more difficult to get anything going.

Tristan Oliver would finally get the offense going knocking down a three and Evan Brown would follow up with one of his own, bringing it back to a seven-point game, stealing a bit of the momentum briefly. Don Bosco would then proceed to go on a run before the half as Bergen started turning the ball over on offense again, beating themselves up. Don Bosco led 19-6 after the first, creating a steep mountain for the Crusaders to have to climb.

The second quarter would look much the same as the first on the

**SLOW THE SPREAD OF COVID-19**  
cdc.gov/coronavirus



Wear a mask  
In public places



Stay at least 6'  
from other people



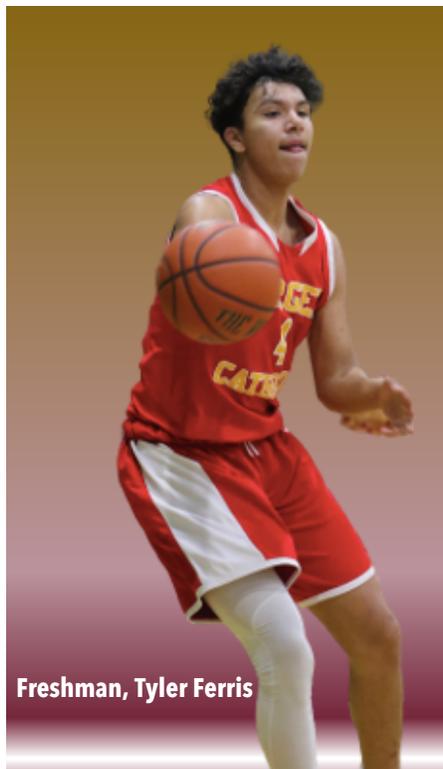
Frequently wash  
your hands

offensive end for the Crusaders. They played much stronger defensively, holding Don Bosco to only ten points in the quarter, but were only able to score five themselves. The Crusader offense was very reliant on the three-point shot, scoring all of their first nine points by way of the three.

BC trailed 29-11 at the half, but the Crusaders came out of the half and looked like a different team. Tristan Oliver would get them going on offense, proving to be their driving force and making things happen. Bergen Catholic looked much more structured on both ends, clogging the lane more defensively, showing better rotations, and running better offensive sets as well.

The Crusaders did a good job of getting themselves back into the game and a lot of that success can be attributed to the better defensive play. Not only were they not allowing Don Bosco to get clean looks, but they were creating offense off Don Bosco's misses. It was a strong second half performance from Bergen Catholic, but it was unfortunately too little too late.

Tristan Oliver played a very strong second half, knocking down shots on the perimeter and really getting the Bergen Catholic offense going. The Crusaders will look to build off their strong second half performance as they will gear up to play the Ironmen again next Monday, March 1<sup>st</sup>, in Oradell.



Freshman, Tyler Ferris

## Early Woes Prove Costly in JV Hoops Contest

By: Joe Duffy

**February 25 – Ramsey, NJ** – The junior varsity Crusaders travelled to Ramsey for their much-anticipated matchup with rival Don Bosco Prep. Rivalry games often bring a different energy and that was felt in this one. Don Bosco came out with a ton of energy from the start of warmups and Bergen Catholic was going to have to match their level of intensity if they were going to win this game.



Gianluca Phelan

junior, Gianluca Phelan, provided an immediate spark for Bergen Catholic to start the second quarter. Phelan was almost always moving without the ball, cutting through the lane and crashing the glass, and when he did have the ball, he was aggressive in attacking the basket, finding success finishing through contact.

From the opening whistle, the Ironmen did an excellent job of controlling the paint and finding open shots out of offensive sets. Strong inside play combined with pressure defense translated into a 23-4 first quarter lead for DBP.

Bergen Catholic



Tyler Sanders

Rocco Gratale played a strong quarter as he was able to slow things down and get the offense set by breaking the press from Don Bosco in the backcourt. The offense was much improved in the quarter and there were plenty of positives for the Crusader's to build off. It was a much stronger quarter for Bergen Catholic, but they still went into the break down 46-18.

The Crusader's played their best ball in the second quarter, as the final score ended 74-32.



Alex Wohlrab

## Frosh Hoops Run Past Manasquan

February 27 – Oradell, NJ – Xavier Valerio and



Michael Del

Evan Brown knocked down three-pointers and Marc Blair pitched in a free throw as BC scored 7 points in the first quarter against Manasquan, on Saturday morning.

That's usually OK for the start of a football game, but no one feels particularly comfortable with that type of offense in basketball. It's especially uneasy when an opponent travels 90 minutes and puts up a 5-point lead after one.

Fortunately, the frosh were not satisfied either and went on to score 47 points over the last three quarters, while holding their opponents to just 17, en route to a 54-28 victory.

Valerio enjoyed a solid morning, with a team-high 14 points. Tyler Ferris pitched in 11 second-half points and Tristan Oliver contributed 13 to round out BC's top three scorers.

Nicolo Romana knocked down a three, finishing with 5 points while Brown finished the morning with six and Blair, three.



## Junior Varsity Hoops Holds Off

### Late Manasquan Charge

February 25 – Oradell, NJ – Gianluca Phelan



scored a game-high 19 points and Evan O'Reilly was right behind him with 18 as the Crusaders showed some hunger on Saturday morning, defeating Manasquan High School 57-40 at

Hoehl Gymnasium.

The game was a huge confidence builder for BC who was smoking hot in the first quarter, scoring 22 points. O'Reilly did the most, early damage with nine points as Phelan pitched in seven. Alex Wohlrab scored two of his nine points in the first period and Rocco Gratale pitched in a bucket and Anthony Brown scored two of his seven.



The Crusaders played a solid 3-2 zone through much of the game, and received some strong defensive play from Jack DeLeon, Logan Casey, Abe Pogue and Tyler Sanders who pitched in a basket.

BC built a 40-18 halftime lead as 'Squan starter to chip away in the third. The visitors closed the gap to 52-35 after three.

The Crusaders did what was necessary in the fourth, as each team was held to 5 points and BC earned a well-earned 57-40 victory.

## JV Hockey Puts Up Some Goals

**Feb 25-28 - Wayne, NJ** - In three successive goals, the Crusaders scored some big-time numbers.



On Thursday, BC defeated Ramsey HS 10-0. Friday gave the Crusaders a chance to get after St. Joseph Regional, whom they defeated 7-1. Sunday afternoon, BC defeated Mahwah's Thunderbirds 10-1. The 27 goals in three games was BC's largest three-game output of the season. BC has two games remaining: Seton Hall Prep on March 4 at the Ice House and on March 5 at the Ice Vault vs. Indian Hills HS.

## WE WANT YOU!!!

The **Bergen Catholic Crew Team** is looking for new members. Rowing provides a great whole body, low impact workout unequalled by any other sport. It's fun too. The team competes in Regattas throughout New Jersey and in Philadelphia. Practices take place on the water at Overpeck Park in Teaneck. Rides can be provided if you don't drive. No experience is necessary, you will be trained. So come out and become a Bergen Catholic oarsman. If you are interested, please see Mr. Saunders or team captains, Christian Viggiano, Mike Chapman or Andrew Lynch.

## TO ROW CREW!!!

## THE COLLEGE REPORT

**SHANE GRIFFITH '18** - Shane is currently wrestling for the Cardinal. Like in his time at BC, Shane's career at Stanford has been nothing short



of exceptional. Consider these facts:  
 • Pac-12 team champion (2019) - first in Stanford history  
 • Amateur Wrestling News National Rookie of the Year (2020)

- Pac-12 Wrestler of the Year (2020)
- Co-Most Outstanding Wrestler at Pac-12 Championships (2020)
- NWCA First Team All-American (2020)
- The Open Mat DI All-Freshman 1<sup>st</sup> Team (2020)
- NWCA Scholar All-American (2020)
- Pac-12 Academic Honor Roll (2020)

Currently Shane is undefeated (5-0) and ranked #1 in the nation at 165 lbs.

Other nationally ranked Crusaders are **ROBERT HOWARD '20**, Penn State University (125 lbs - #15) and **PETE LIPARI '16** (141 lbs #25) at Arizona State University.

**ZACH FREEMANTLE '19** - Coming off All-Big-East Freshman Season, Zach is currently averaging 16.9 points per game for the



Muskateers. He has most Double-Double Games in Big East (6) tied with two others and has Conference Individual High Games in Field Goals (13), Field Goal Attempts (26) and Field Goal Percentage (.917, 11 for 12).

## New Jersey State Rankings



**Basketball**  
#2

**Ice Hockey**  
#4

**Swimming**  
#10



## In the “Nick” of Time

*A student's perspective on the BC 2-SJR 1 Gordon Cup Quarterfinal Game.*

By: Nick Schwake

**February 28 – Hackensack, NJ** – This game started between two powerhouses of Northern New Jersey sports. St. Joes and Bergen Catholic at the Ice House in Hackensack for the 73rd rendition of this storied rivalry on the ice. Both teams look for a win to play against 3 seeded Don Bosco Prep on Tuesday who took care of Delbarton Saturday afternoon. Bergen Catholic went into the game with a 25-41-6 deficit all time vs. the Green Knights but have flipped the script in the last two, with a win in the Semifinals of the Bergen County tournament last year (eventually beating Don Bosco in the finals) and then again beating them handily 5-1 on January 31st.

The short-handed Crusaders missing Minnetian, Thompson, Lago, among others still got the work done Sunday night. They handed St. Joes the loss to end their season with a record of 5-7-2. First period both teams traded shots, with no clean opportunities in at goal. A few small opportunities led by Junior Captain **Antonio Arcaroli** fell just short throughout the first period.

The second period felt a lot more like a Bergen vs Joes rivalry as it was action packed and both teams fought hard to give their teams any advantage. A minute into the period Bergen had their closest opportunity so far as **Steve Saxton** drove a shot onto the Joes goalkeeper who made a save. The other way, a Green Knight attackman came skating in on defender Matt Desiderio who made an incredible hit to keep the game scoreless. Nine minutes into the second period **Ryan Henry** made another of his outstanding saves to halt any attack by St. Joes. Moments later Bergen Catholic finally got on the board. An **Antonio Arcaroli** shot deflected in front by **Matt Hughes** breaks the scoreless tie as the Crusaders went up 1-0. This was Hughes' third goal on the season as the Junior

tapped it in from his classmate. Later in the period an away-from-the-puck scuffle occurred leaving St. Joes with a man advantage for the remaining 3 minutes of the second period. The Crusaders defenders stepped up to the task for the first two minutes plus of the penalty kill before a Joes attacker slotted in a goal tying the score at one as the buzzer sounded ending the period.

The third period was one of the most exciting stints of hockey a fan could endure. Back and forth at both ends of the ice leaving the game for the taking for whoever wanted to claim. **Antonio Arcaroli** showed his MVP self in the beginning of the third period taking the puck on a breakaway. He was tripped up and awarded a penalty shot which he could not convert. However, Bergen now had the momentum taking it deep into the Joes zone countless times constantly putting pressure on the Green Knights. As the over 300 streamers were on their couches worrying if their Crusaders would bring the game to overtime, **Connor Kelly** was in the perfect place at the perfect time. The Varsity Freshman picked the best time to score his first career goal. He found the puck in the slot and hit it home to put the Crusaders ahead with a 2-1 advantage in the closing two minutes. This marks the second time in as many games the Crusaders score the go-ahead goal in the final 4 minutes of the contest. The last two minutes, Bergen was holding off constant pressure with Joes pulling their keeper to have an extra skater on the ice.

To Coach Keough's relief the buzzer sounded and Bergen will advance to the Gordon Cup Semifinals and a date with Don Bosco Prep Tuesday Night. There aren't many other things you can wish for as a member of the Bergen Catholic community than another game with those guys from Ramsey. The Ironmen will be coming hard, with the Crusaders taking the last two games from the Ironmen (3-2 last winter in the County Championship, and 3-2 earlier this winter). **(READ MORE ON THE GAME)**

# Kelly's First Career Goal Lifts Crusaders Over Joe's

**February 28 – Hackensack, NJ** – BC played the Green



Knights in the last Gordon Cup Quarterfinal Game of the weekend. The Crusaders wore the home white sweaters as they are the #2 seed and SJR, the #7 seed.

It was a very competitive game as BC skated without a number of its top scorers. Hard-checking, strong defense and goal-tending defined the first period of play which ended 0-0.

BC picked up the first penalty of the day with a hooking call. The Green Knights, eager to take advantage of the opportunity, used their first line for the entire two minutes of the penalty. Strong penalty killing by the Crusaders translated into an opportunity as Matt Hughes (3<sup>rd</sup> of the season) took advantage of SJR's second line and scored BC's first goal on a deflected shot with 4:08 remaining in the period.



Matt Hughes

With 2:49 remaining in the second, period BC sustained a tough penalty as Shane Carr was ejected from the game with a five-minute major penalty for kicking. It was an unfortunate interpretation as it seemed Carr was attempting to free his leg from a SJR player who was holding him on the ice. That simultaneous minor penalty against St. Joseph's had the teams skating even, four-on-four. After a scoreless

two minutes, the Green Knights were on the powerplay and took advantage, scoring with just fifteen seconds remaining.

The teams entered the break, tied at one with SJR on a major powerplay for 2:11 to start the third period. Once again, BC's penalty-killing unit was up to the challenge and stifled the SJR powerplay unit.

Antonio Arcaroli was interfered with on a breakaway and earned a penalty shot as a result. The left-handed forward made a sweeping move from left-to-right

Making the most of his time with the JV team, freshman Connor Kelly made an impression with solid play vs. CBA on Monday. As a result, he was rewarded with a phone call, bringing him up to the varsity squad.

Connor took full advantage of a saved shot and uncovered rebound in front of the Green Knight goal. He cut hard to the net and blasted a shot into the goal to give BC the lead with just 2:05 remaining (1<sup>st</sup> Varsity Career Goal). Matt Maglio, whose name was called as a result of his strong play all night, earned the assist.



Connor Kelly (14) celebrates his game-winning goal over SJR.

With about 90 seconds remaining, SJR pulled their goalie and took advantage of 6 on 5 skaters. Ryan Henry made a huge save which prompted the Green Knights to call a time-out and organize.

Henry came up huge again immediately off the next face-off, gloving a SJR shot. BC packed in their zone defense, they were ultimately able to clear the zone and run out the remaining seconds for a 2-1 win.

BC will face #3 seed, Don Bosco Prep on Tuesday, March 2<sup>nd</sup> at the Ice House. BC defeated Bosco 4-2 earlier this year in their only meeting of the 2021 Season. BC is now 10-1-1 and boasting an eleven-game unbeaten streak since opening night.

### 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

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### The Jesus Prayer

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

### Blessed Edmund Rice Prayer

O God we thank you for the life of Blessed Edmund Rice. He opened his heart to Christ present in those oppressed by poverty and injustice. May we follow his example of faith and generosity. Grant us the courage and compassion of Blessed Edmund as we seek to live lives of love and service. Amen.

### 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

### The Golden Rule

Love one another as I have loved you.

**DO YOU WANT TO FAST THIS LENT?**  
 In the words of Pope Francis

- Fast from hurting words and say kind words.
- Fast from sadness and be filled with gratitude.
- Fast from anger and be filled with patience.
- Fast from pessimism and be filled with hope.
- Fast from worries and have trust in God.
- Fast from complaints; contemplate simplicity.
- Fast from pressures and be prayerful.
- Fast from bitterness; fill your hearts with joy.
- Fast from selfishness and be compassionate.
- Fast from grudges and be reconciled.
- Fast from words; be silent and listen.

*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

# Bird of the Week: Eastern Bluebird



**February 25 - Mahwah, NJ** - Hiking around one of Bergen County's most productive (and least known) birding hotspots, Halifax Road, we saw a group of Eastern Bluebirds that were just happy as pie to be flying and bathing and enjoying 54° and sunshine on a February afternoon.

Halifax Road is a very short road off Route 202 by Ramapo College. It actually leads you to some of the college's parking for athletic facilities. When you get to the end of the street (1/4 mile), park in the dirt lot to the right (4-wheel drive recommended). In the spring, that area can produce dozens of warblers and other songbirds.

**Have a bird you'd like help identifying?** Send in a picture and we will talk about it this week at the Birding Crusader Club during Act Period. Send it to [jhaemmerle@bergencatholic.org](mailto:jhaemmerle@bergencatholic.org)

**Interested in weekend birding?** Car caravan trips to Jersey hotspots occur just about every weekend. No experience necessary.

## Bonus Bird: Short-eared Owl



RECENT HALIFAX ROAD  
CHECKLIST



SCAN ME

LEARN MORE ABOUT  
EASTERN BLUEBIRDS



SCAN ME