

The Crusader

Serving the Crusaders of Father Judge High School

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Godspell, the renowned musical, debuted in the Father Judge auditorium the weekend of March 7-10 with four well received performances. The cast ensemble gave stellar renditions of the New Testament parables. As structured, *Godspell* allows each actor to showcase his or her talent with comedic timing while performing in the production numbers. The well known "Day by Day" and "Save the People" were particularly two of the many highlights.

Godspell is a musical originally composed by Stephen Schwartz and written by John-Michael Tebelak that was first performed in 1970 with many adaptations thereafter, including a movie adaption in 1973 and most recently on Broadway in 2011. *Godspell* is once again being adapted in 2019 for the Father Judge Spring Show. Father Judge's Theatre Department is teaming up with students from Nazareth Academy, St. Hubert's High School, Franklin Town Charter, Central High School, and The Arts Academy at Benjamin Rush to put on the show. *Godspell* is an eclectic, interesting mix of genres and styles to make an entertaining and tender depiction of the final days of Jesus Christ's life.

Although a somber storyline, the days leading up to Christ's crucifixion is delineated quite comedically with a good dose of song and dance. The show is made up of two halves with the more



The cast and crew of *Godspell* took center stage the weekend of March 7-10 for a stellar production.

comedic, fun-loving side occurring in the first half exploring different religious philosophies and biblical parables, while the second half takes a slightly more dramatic turn.

Godspell is a fun, different, and challenging way for students to explore their acting talents. Father Judge Theatre President Kevin Regan, who portrays Judas in the play, said, "I am

very excited for songs and dances, which are very fun, especially with the involvement of the cast members, or ensemble. It was a very difficult show but it all came together. The cast is working and rehearsing very hard, but everything is expected to come together by showtime." Father Judge Theatre Vice President Dillon Parish, the portrayal of John the Baptist, noted, "I'm really excited about all the music, especially the songs I get to sing." Dillon expanded saying everyone is more than dedicated to making this play one of the best they have ever performed in, especially with such a diverse ensemble. In regards to the atmosphere on set, Dillon continued, "It is a great opportunity to practice our talent and grow as a community and I am super happy I get to work with such talented people." Both Kevin and Dillon are ready for the show and are not worried as two seasoned performers who are not foreign to lead roles.

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THE NEED FOR HEALTHY NUTRITION

By William Liu '21

The proper food consumption is essential for an athlete; therefore, knowing what types of food products that one puts in their mouth is pivotal. In addition to a quality sleep schedule and practice, well-balanced meals allow for an athlete to perform at a maximum level. The human body can often be compared to a vehicle with different components that allow for it to function properly. A car requires parts and repairs, etc., but most importantly, gasoline, which, for the purpose of our analogy, would be likened to food intake as the body's "fuel". Steve Mazor, manager of the Auto Club of Southern California's Automotive Research Center, expresses that, "But it's not a good idea to use regular gas in vehicles when the manufacturer says premium fuel is required." However, food choices are not just important for athletes, but for all human beings in general.

Considered the most important meal of the day, breakfast should have a healthy portion of carbohydrates found in dairy products, whole grains, fruit, and vegetables. This is meant to defer an athlete from cravings later in the day. Furthermore, breakfast can provide one with the necessary boost to get through the hurdles of daily energy loss. However, it should be noted that breakfast does not necessarily have to be bland, for there are hundreds of recipes online that are both nutritional, but also delicious. Gavin Pritchard, a dietitian-chef from Stamford Hospital, highlights that "Anyway that you can get something in your system in the morning...really is going to do a great job for your body as an athlete." From eggs to a slice of toast, the consumption of anything is better than nothing in the morning.

Before a practice session or a big game, there should also be consideration of eating a small meal or snack to postpone one from getting lethargic when it really matters.

When presented with the question, "What do you eat before a game?," Evan Lord, a sophomore who runs middle distance in track, said, "Grilled chicken, some crackers, a fruit choice, and a bottle of water." Joseph Lombardo, who is also a sophomore and plays forward for the Father Judge hockey team, answered with "A small portion of mac & cheese and Gatorade or water." Both athletes suggested allocating about 2-3 hours for digestion before the game. Then, there are sugary foods and ones that are high in protein and fats, which should be avoided as often as possible. Food products like soda and donuts bring fatigue and dehydration. Sustenance such as bacon and hamburgers, that is known for possessing a large number of fats and proteins, require much more time to digest are not the ideal pregame food. Obviously, one's choices in food can dictate whether one's practice session is productive or a complete waste of time.

Even if one is not a student-athlete, the food choice is still important when tackling tests and exams. Our own cafeteria, in my opinion, provides a satisfactory selection of food for students. The cafeteria does not offer soda, candy, or junk food, but replaces it with some healthier choices such as salads and juice options. However, the vending machines provide a wide selection of "other" foods. Generally, the selection of food from the cafeteria is decent and righteous in their consideration of our student's health.

Many studies prove that informed choices on food can lead to one living to a ripe old age and fewer encounters with health issues. On the contrary, a constant stream of horrible selections in food could lead to some devastating consequences. Health diets are not necessarily difficult or expensive to follow, but rather, associated with a level of self-discipline, which is something that each student should develop in high school as they proceed to be an adult.

The Pros and Cons of VIDEO GAMES

By Simon Bolivar '20 and Matt Gonzalez '21

Video games are a great source of entertainment for many people, but video games are also addictive for some and have other bad effects. Video games are mostly played by kids and teenagers to keep them entertained. They also can create unnecessary distractions; for example, one day you might want to play a couple games with your friends and lose some of your sleep or time. If you are a student that plays video games, you might forget to do your homework or study because you are distracted. There are also positive effects of playing video games: they help with depression, decision making, overcoming dyslexia, and your ability to learn.

Games like *Call of Duty* and *Grand Theft Auto* can promote violence amongst children. Other games like *Minecraft*, and sports games are good for children. Parents should only let their children play video games that are appropriate for their age. Shooter games can promote gun violence amongst children.

Adults and Teens also play video games for entertainment. Before video games, there was not a lot of entertainment, except for movies and plays. Video games are one of everyone's main source of entertainment today.

Crusader Staff for this Edition

Editor-in-Chief...Colin Hughes '19

Features Editor...Joe Welsh '20

Sports Editor...Keith Collier '21

Writers...Simon Bolivar '20, Keith Collier '21, Alex Ercolino '21, Matt Gonzalez '20, Colin Hughes '19, William Liu '21, Ryan Quinn '21, Joe Welsh '20

Moderator...Mr. John Cramutolo

UPDATE ON ATHLETICS

Varsity Basketball earns PCL Playoffs

By Keith Collier '21

After their loss to Archbishop Ryan on January 25th, the Crusaders held a record of 6 wins and 11 losses, with four games remaining in the season. With the season's outcome appearing dreary, Father Judge stepped up to win three of their last four matchups. The Crusaders completed their season with a record of 9-12, sending Father Judge back to the Philadelphia Catholic League playoffs after falling short last season.

The first of Father Judge's final three wins came in a victory against West Catholic on January 28th, as the Crusaders won by a single point, 56-55. Following their narrow victory over West Catholic, Father Judge split two matchups to bring their record to 8-12. Bishop McDevitt defeated the Crusaders on February 1st, with Father Judge losing 47-35. On a brighter note, Father Judge proceeded to gain a huge win over Conwell-Egan Catholic, bringing their win total to eight. The Crusaders defeated the Eagles by a score of 57-54, in the second-to-last game of the season. Top contributors for Father Judge included Shane Dooley (24 points), Nahseer Johnson (14 points), Aidan Dooley (5 points), Rymir Shaw (5 points), and Alphonso Chie (4 points). Chie, a senior forward, nailed two clutch free throws with under three minutes left to give the Crusaders the lead.

In their season finale, Father Judge secured their spot in the Philadelphia Catholic Playoffs with a victory over Lansdale Catholic. The Crusaders pulled out

another thrilling victory, winning by just a point, 45-44. After a hardfought, back-and-forth battle throughout the game, the Crusaders regained possession with just a second left on the clock. Winning by a single point, Father Judge launched a deep inbound pass to sophomore Rymir Shaw. Shaw grabbed the ball at half court, landing as the clock expired to seal the win, and guarantee the Crusaders a spot in the PCL playoffs.

In the playoffs, however, the Crusaders were defeated in the first round by Archbishop Carroll, 53-42. Father Judge had entered the playoffs as the tenth seed, compared to Carroll as the seventh. Despite the loss, the Crusaders capped off quite a fulfilling season. After missing the PCL playoffs last season, Father Judge battled back from a slow start to the year to secure a postseason spot. The Crusaders ended the season with nine total victories, four occurring in PCL matchups. Individually, senior Shane Dooley was honored with an appearance on the All-Catholic 2nd team.

Looking ahead to next season, the Crusaders' future looks promising. Although the losses of seniors like Shane Dooley and Alphonso Chie (among many others) will be rough, the Crusaders will still be fueled by the returns of other standouts such as sophomore Nahseer Johnson.

Senior Shane Dooley recognized with 2nd team All Catholic honors.

Student Council Takes on the Faculty in Annual Marathon Game

Students defeat the faculty 47-44

By Keith Collier '21

The Basketball Marathon has been an institution at Father Judge 47 years. In the weeks prior, classes raise money in an effort to reach a total contribution of \$50 for each class. If they succeed, their class will be eligible to play in a basketball game against another class, by "challenging" them. The classes who are not picked to play in a game, but still raise the \$50, are allowed to spectate the event within the Fox Gym. All proceeds from the fundraiser are donated to fight Leukemia. Besides the class against class competitions, the fundraiser also involves two other events. After the marathon, a "three on three" tournament is hosted in which student-created teams compete against each other by submitting a \$15 participation fee. Perhaps the most anticipated event, however, is the "faculty versus student" basketball game in which a team of faculty members compete against members of Student Council.

This year's faculty-student matchup was hotly contested from the opening tip off until the closing buzzer. To begin the game, each side traded baskets, eventually tying the score at 11-11 halfway through the first half. The faculty proceeded to connect on back-to-back three-pointers, courtesy of Mr. Tait and Mr. Loughlin, to pull ahead by six points. The student council team had to rely on their outside shots to keep themselves in the game, primarily due to the excellent interior defense of the faculty, especially starting center Mr. Smith. The ensuing possessions began to turn the game around for the student council, as their outside shots finally began to fall at a consistent rate. After the biggest three-pointer of the half for the student council, they had cut the faculty lead to just a single

Rugby Team Gears Up for Season

By Joe Welsh '20

The rugby team begins their season with their first game on March 17. As it is a little-known sport to the general public raised on football and soccer, many may find themselves wondering what rugby actually is. Rugby is a contact sport that involves much running, tackling, and passing and is very similar to American football. Despite the similarities to football, rugby is also vastly different; there are no protective pads, the field is bigger, the ball can only be passed backward, and the same players must stay on the field for both defense and offense. The game is played strictly vertically with players running straight, never to the side, so reliance on your surrounding teammates is key.

According to head coach Kevin Coyle, the team is entering the season with a "winning mindset" and the players are putting in the work needed to ensure that the winning happens. The focus for the team in the beginning months has been to provide the players with a "basis of rugby knowledge," this includes the rules, regulations, and the essence of the accepted playstyle. The focus will soon shift to providing the players with a more in-depth understanding of the game and refining the groundwork that has been set in the months prior. Working with a team consisted of many first-year players, the coaching staff has had a challenging preseason, but with the help of veteran players such as Joe Papaleo and Blaise Arnold, the team is hopeful and fully expects a fruitful outcome.

The season will most likely "start out rough," but the coaching staff believes they will be able to make the needed adjustments once they are able to see the team in action. The rugby team was very successful last year, making it to the state championship game, and they no doubt wish to continue their successes this season. As is true for every team that has ever competed for a title, winning a championship is the main goal. The consensus among the staff and the players is that the main goal could become a reality this season.

Judge Welcomes Football Coach Mr. Frank McArdle

By Alex Ercolino '21

This February, I had the opportunity to sit down with Father Judge's new football coach, Frank McArdle, who recently coached our rival school Archbishop Ryan. Coach McArdle obtained an overall record of 57 wins and 60 losses, and an 8-4 record this past season. While speaking with Coach McArdle, he let me know a little about himself. To begin, he grew up in the neighborhood of Somerton, in Northeast Philadelphia. Frank attended Archbishop Ryan High School as well. After Archbishop Ryan, Coach McArdle played linebacker and defensive end at James Madison University. In his senior year, the team won the D1-AA National Championship. Along with being a great football player, he also went on to coaching. McArdle was a tight end coach at Northeastern University, which is in the same conference as Villanova University, a standout college in the Philadelphia area.

When asked about coming to the rival school, Coach McArdle said, "It feels great to be here. My dad played and coached here at Judge. I am excited to be here." Along with his experience, he has many accomplishments, including: Northeast Times Coach of the Year in 2013 and 2018; named to the Pennsylvania Football Coaches Association; and District 12 Coach of the Year. Two of his former players also made it to the National Football League, while one was invited to the combine. When asked about his general goal as new coach of Father Judge, Coach said, "We want to compete everyday, play hard, and make the Father Judge community proud."

The atmosphere of Father Judge has also made Coach McArdle feel at home, saying, "I love it; it's fun. There is a brotherhood here and school spirit. The guys are excited, and the people are great, from the faculty to the students." Coach's take on the future of Father Judge football: "It's bright. We have everything to win, the best facilities, and hardworking kids. The sky's the limit, and everything is in place." Father Judge has received an exceptional coach, and the upcoming season will be an interesting one for the Crusaders.

Student Council vs Faculty

(continued)

point, 23-22. Mr. Altomari, however, was able to extend the faculty lead, scoring the last four points of the half. After an intercepted pass, Mr. Altomari nailed a jump shot from the corner to increase the lead to 25-22. On the subsequent possession, Mr. Altomari scored a putback layup, as he had grabbed the offensive rebound resulting from a missed jumpshot. With the last score, the faculty had increased their lead to 27-22 headed into halftime.

The second half was just as closely contested, being competitive until the final buzzer sounded. Both sides began the half similarly to the first, trading baskets back and forth. Turnovers appeared to be the main concern for the faculty in the second half, as several passes were intercepted. The student council was able to turn those faculty turnovers into fastbreak points, pulling themselves back into the game yet again. The faculty didn't allow the students to pull far ahead, however, as they focused their offensive game on scoring inside to prevent shooting slumps. With around two minutes left, Mr. Tait nailed a deep three to pull the faculty ahead by two points. Immediately afterwards, student council member Tyler Townsend responded with a three of his own to give his team the one-point lead. After a turnover, the faculty was forced to foul Townsend, sending him to the free throw line with twelve seconds left. He hit both of the foul shots, increasing the student council lead to three, 47-44. After a timeout to advance the ball, the faculty inbounded to Mr. Smith. A deflected pass knocked the ball out of bounds, and it was deemed to have last hit a faculty member, giving the student council possession. The call was controversial, and subsequently overturned to give the faculty possession with just under seven seconds left. After an inbound pass, and an offball screen, Mr. Smith found Mr. Tait in the corner. Seconds before the clock expired, Mr. Tait faded away and shot a contested corner three, to potentially tie the game. As the buzzer sounded, the ball went in and out, bouncing off the rim.

The student council defeated the faculty by a final score of 47-44.