TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

CONGRATULATIONS TO COACH PETE BERKANISH

October 22 – Ramsey, NJ – Head Soccer Coach reached a milestone following his last visit to Granatell Stadium. Not only did the Crusaders clinch the BNC United Championship, the sixth in Coach Pete's eight-year tenure, they helped him to reach the 100-career victory milestone. His team also won a county title, the school's third, in 2019.

Coach Berkanish's overall record as the Head Varsity Coach is 104-26-12. His .775 winning percentage is the highest of all nine head coaches in Crusader history. Coach Berkanish's win total is second among BC soccer coaches behind long-time coach, Hugh Beattie with approximately 177 victories.

CRAZIES IN THE HOUSE! The Big Man and friends cheering on BC in its opening round of the State Tournament Soccer Game.

CRUSADERS SHUTOUT HUDSON CATHOLIC 4-0

November 3 – Oradell, NJ – by, Kevin Sweeney '26 – The Crusaders Varsity Soccer Team beat Hudson Catholic with a big 4-0 win on Wednesday, November 2nd. Javier Torres and Sebastian Ortega each scored a pair of goals.

Above, Sebastian Ortega weaving his way through the Hawk defense. Below, Javier Torres blows away his teammates with his second goal of the game.

Ryan Chong, Luca Nazor, Spencer Neal and Guglielmo Picariello all had assists to Torres and Ortega and played an amazing game.

Crusaders goalkeeper, Kyle Tencza, had 3 saves in his shutout effort. This was BC's 6th shutout win, and it was their 14th total win. Next game, BC will take on Delbarton in the Semi-Final Round on Saturday at 1 PM.

TEAM	1	2	FINAL
#7 HUDSON CATHOLIC (9-8-1)	0	0	0
#2 BERGEN CATHOLIC HS (14-4-1)	0	4	4

BOAKYE, HANLON, JENNINGS & SHORTRIDGE STANDOUT IN CRUSADERS' BIG HALLOWEEN WIN

October 31 – Paramus, NJ – by, Will Dodds '25 - BC's JV Football Team defeated Paramus Catholic on Monday, 31-8. The Crusaders were led by Andrew Boakye and Ben Carey defensively. Shane Hanlon, Nigel Jennings, and Nick Shortridge led the way offensively. The JV squad improved to 5-2 to finish off the JV season.

Quarterback Nigel Jennings took the design run into the endzone to put the Crusaders on the board first. Shane Hanlon with the extra point right down the middle put the Crusaders up 7-0 at the end of the first.

Jennings found wideout Shane Hanlon for a 75 yard screen pass that put the Crusaders on the 5 yard line. Running back Mujahid Russell finished the drive with a 5 yard touchdown run. The unsuccessful trick play on the PAT put the Crusaders up 13-0 through 2 quarters of play.

To start the second half quarterback Nigel Jennings connected with wideout Shane Hanlon once again for a huge 60 yard touchdown. The Crusaders continued to dominate offensively. Mujahid Russell's 48 yard run to the two yard line set up a Nick Shortridge 2 yard touchdown run. That wasn't the only time Nick Shortridge would reach the endzone. Later in the 4th quarter Nick Shortridge ran for a 76 yard touchdown, making it two touchdowns on the day. The Crusaders did not convert the extra point and finished the day with a strong 31-8 victory.

The Crusaders defense was strong all game. Cornerback Andrew Boakye finished the game with 3 interceptions. Teammate Michael Rinaldi added an interception himself at the safety position. These huge interceptions created great field position for the Crusaders offense who did not let it go to waste. Linebacker Will Dodds led the team in tackles, finishing with 6 total tackles. Defensive Lineman Ben Carey added 5 tackles himself and a sack. The defense was complete all game, only allowing one touchdown.

TEAM	1	2	3	4	FINAL
Bergen Catholic (5-2)	7	6	6	12	31
Paramus Catholic	0	0	8	0	8

CRUSADER DEFENSE PUTS DEATH NEAL ON WAVE AS LODONO SCORES!!!

November 5 – Oradell, NJ – The Crusaders and Green Wave battled in front of a crowd of over 500 at The Jack on a picture perfect Saturday morning. In the middle of the field, Spencer Neal defended the scarlet and gold BC emblem as if everything depended upon it. And in soccer terms, it did.

Neal and his Crusaders went on to shut out Delbarton 1-0 using a suffocating defense that bent but never broke and

some opportunistic offense to advance to the Non-Public "A" North Title Game at Seton Hall Prep vs. the Pirates on Wednesday, November 9th at 2:00 pm.

The first half saw the ball in the Crusaders' end for a majority of the time, but the BC defense led by Conor Morrin and Luca Duardo, kept the Green Wave at bay. In the most dangerous attack on the BC goal, Kyle Tencza got his hand on a Delbarton blast ricocheted crossbar in the 39th minute.

Delbarton made another run with a header off the crossbar in the 45th minute and the scored remained knotted at 0.

Tyler Ferris was working the ball up the right wing aa good portion of the early second half. centering pass to wide open Sebastian Ortega in the 50th minute. Before he could get a foot on it, the ball was scooped away by the Blue Man Goalie.

Tencza came up large again for BC, turning away a direct kick from 24 yards out in the 57th minute of play. Not only were goals hard to come by, to this point in the contest, only one turkey vulture had flown over the game. With the warm air, one would think the thermals…(put this thought on hold. WE JUST SCORED!)

In the 61st minute, Graham Ewers made a pass to the left wing. Teammate, Sebastian Londono used a change of speed to drive by his man and create a 1v1 with the goalie. He stepped in from his left wing and drove the ball on the ground past the Delby keeper to the far corner to give BC a 1-0 lead.

As the game entered its 70th minute, emotion started racing at a frenzied pace. The Green Wave desperately and aggressively attacked the goal. Tencza came up big, time and time again. First on a save of a centered one-timer in the 73rd minute and then taking away angle to force an extreme angle shot off the crossbar in the 74th minute. He made another one in the 75th minute and then, a heart-stopping moment.

In the beginning of the 73rd minute a ball on the right wing was driven into the goal, but wait. There was a whistle. Offsides! Offsides! No Goal! No Goal! A waver received the game's first yellow card for expression of displeasure with an official.

As the game entered the final minutes, the Wave needed to push the ball up field. Within seconds of one another, a flying Londono fully laid out and blocked kicks with his body. Both were exemplary of the way he and all of his Crusader teammates gave all they had to earn this victory.

The team celebrated as the game ended. They charged their Crazies and celebrated the brotherhood and as I looked south, a lone Red-tailed hawk circled high above…a perfect-ending to a perfect morning.

The Crusaders have a seven game-winning streak entering their game with Seton Hall Prep and as any coach would say, it appears they are playing their best soccer at the right time of the season.

TEAM	1	2	FINAL
#3 DELBARTON (16-6)	0	1	**0**
#2 BERGEN CATHOLIC HS (15-4-1)	0	0	**0**

FROSH RUN AT COUNTY TITLE FALLS SHORT IN SEMIS

November 5 – Franklin Lakes, NJ – The young soccer team at BC completed an outstanding season, but were unable to come away with the prize they were pursuing. Fortunately for them, they were able to compete.

How lucky are we to run, kick, play? To watch, cheer, celebrate? Results of games are trivial as we consider the much greater context of all you are learning this year at BC. You have been building friendships, developing study skills and stretching yourself to become a person you may not have realized you could have become!

Always remember, you were called to Bergen for a reason. What that it, we do not yet know. But know your families, teachers and brothers at BC are proud of you and look forward to learning from today and continuing onto greater tomorrows!

TEAM	1	2	FINAL
#3 BERGEN CATHOLIC HS	-	-	**0**
#2 RAMAPO	-	-	**2**

WHITE IMPRESSES AT STATE CHAMPIONSHIP MEET

November 5 – Holmdell, NJ – Freshman Markus White ran a 19:07 at one of the most challenging courses in the state. It is a course that chews up most any good runner, but White, recorded a fine run, placing third among his Crusader teammates.

Jacob Rodman beat his earlier time at Holmdell by 49 seconds. Daniel Calianes was on Rodman's heels, finishing just a second behind Jacob. He beat his October 1 time by 58 seconds.

Congratulations to Mr. Powers and his entire team on a season of growth and progress!

PLACE TEAM POINTS

Individual Results were:

PLACE	RUNNER	TIME
37	Thomas Rogers	17:57
45	James Hughes	18:13
71	Markus White	19:07
82	Brendan O'Rourke	19:21
94	Jacob Rodman	19:45
95	Daniel Calianese	19:46
105	Aiden Pacheco	20:12

THIS WEEK'S SCHEDULE

Please be sure to check the team page at bergencatholic.org on the day of each scheduled event as weather and other factors may impact scheduling.

VARSITY CROSS COUNTRY

SAT, OCT. 12	TBD	N	NJSIAA STATE MOC

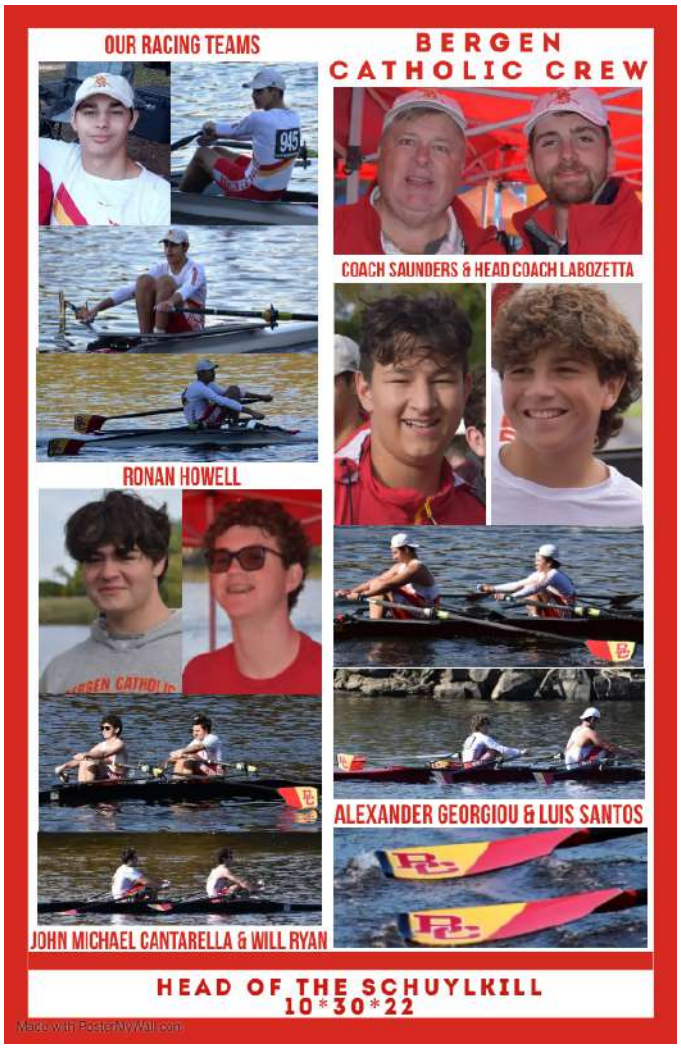
VARSITY FOOTBALL

SAT, NOV 12	1:00 PM	H	NJSIAA NON-PUBLIC "A" QUARTERFINALS vs. DONOVAN CATHOLIC

VARSITY SOCCER

WED, OCT 9	2:00 PM	A	NJSIAA NON-PUBLIC "A" NORTH FINAL SETON HALL PREP
SAT/SUN, OCT 12, 13	TBA	N	NJSIAA NON-PUBLIC "A" STATE CHAMPIONSHIP

CREW COMPETES AT HEAD OF THE SCHUYKILL



TWIBCS LEADERS

CROSS COUNTRY

5000M	TOM ROGERS '23	16:40.0	9/24/2022
3200M	MARKUS WHITE '26	11:29	9/17/2022
2900M	MARKUS WHITE '26	8:49	9/29/2022

SOCCER (20 GAMES)

GOALS	JAVIER TORRES '23	16
ASSISTS	SEBASTIAN ORTEGA '24	12
POINTS	SEBASTIAN ORTEGA '24	30
SAVES	KYLE TENCZA '23	90
SAVE % (MIN 30 SOG)	KYLE TENCZA '23	.865

SPORTS ALUMNUS OF THE WEEK PROFILE
MR. JACK CHIMENTO '72

October 12 – Oradell, NJ – by, Carter Pontone '23 - This week's recipient of the Alumnus of the Week Award is Jack Chimento '72. Chimento was the BC basketball team captain in 1972.

He was an outstanding basketball player during his years at BC and went on to play college basketball. Chimento attended the University of Hartford for one year, then transferred to Iona College for his last three years.

He played two years of college basketball at Iona College and once he graduated from Iona, he decided to also get his MBA from there as well. He would go on later to have a very successful career on Wall Street.

Chimento worked at Bear Stearns, an Investment Banking Company on Wall street for over 20 years. He is in the Bergen Catholic Hall of Fame for his impressive career at BC and for his past position as Board Chairman of Bergen Catholic. I got the chance to talk to Chimento about his years at BC, his career, and some advice he has for students.

What was your biggest achievement at BC?

BC helped me obtain a good education in college and helped me meet a network of classmates and alumni and built connections that have lasted over 50 years. Sports wise, my biggest achievement was beating Hackensack in the semi-finals of the Bergen County jamboree in 1972. That was the highpoint of my high school career. I scored 31 points and I made the game winning basket with no time left on the clock. Hackensack was number one in the county at that time, so it was a big win against a tough opponent.

Who are some people at BC who influenced you in a positive way?

Some people who influenced me at BC were Dennis Rossi, the JV basketball coach and Coach Donfield's assistant. I had a great deal of respect for him and he was a great coach and motivator. Coach Chris Donfield was another guy who influenced me for his dedication to the basketball program and his ability to help kids get into great schools after BC. Another man who helped me was J.B Walsh for being a great and caring teacher, and also being a person you could go to if you had a problem. Lastly, Tom Irwin was an excellent history teacher who made going into classes a challenge and a great learning experience.

How has participating in sports affected your career and life?

Sports have opened up a lot of doors for me. Over the years playing college basketball and participating in summer and winter basketball leagues, I have met many alumni and guys from rival schools and colleges who have helped develop my professional career. I also feel it is important, when the time is right, to give back to the school that helped you grow as a person. Giving back could either be financially or through your time.

What is some advice you have for any students regarding their futures?

Some advice I have is to learn and take advantage of all the courses and electives that school has to offer. It'll pay dividends later in life. My Father always told me "knowledge is power." The more information you can acquire, the more successful you will be. If you study hard, stay in good shape, and stay active, you'll be on the right track to a happy and successful life.

Is there anything else you'd like to share about your time at BC or what you think about BC today?

BC has come a long way since I graduated in 1972. Today I would be lucky to make the basketball team. I enjoyed my four years at BC and it gave me a good start to the future. The school continues to be at the forefront of education and values. There have been many improvements to the facilities in keeping with the times and needs of what students require in this day and age. Lastly, the sports programs are the standard that all other schools aspire to be. Billy has continued taking on challenging opponents like The Patrick School and Roselle Catholic. He has done a tremendous job and you gotta respect him for the work he is doing there.

I would like to thank Jack Chimento for the great interview and for everything he has done at BC. Jack's successful career in sports and business is what makes him such a well-respected alumnus. He was a board chairman for quite some time and is a Hall of Famer at BC for all the work he has done. He is the definition of what it means to be Crusader. We wish him and his family the best.

Mandarin Duck

BIRD OF THE WEEK

THREE OF THE PRETTIEST DUCKS

November 6 – Hillsdale, NJ – Don't start, Mr. T.

YOU DON'T EAT THESE!

Well maybe you do but I struggled with it. You know, I remember a time I was enjoying a beautiful romantic dinner in an 18th century inn with four massive fireplaces. It was January in Vermont and snow was gently falling outside.

For the first time in my life, I ordered the duck. But, I digress.

I think of Steve Martin's dialogue with the banker in the movie ***LA Story****…"You cannot have zee duck." He did not have the status to eat duck at LA's infamous L'Idiot restaurant.*

Back to the story. As I began to eat this magnificent Duck à l'Orange, I began thinking of the Mandarin Duck pictured above. Each bite I took of that moist, tender, gamey bird, became more and more of a labor. At that moment I knew, I could no longer have zee duck.

So what's a guy to do with a partially-eaten duck on his plate? Wait 'til your date is finished and order the flourless chocolate cake! It was the most memorable dessert I've ever eaten. The combination of chocolate, raspberry and freshly whipped cream helped me forget entirely about eating that duck.

So what's the story with the bird pictured above? Can you believe I took this photo at the Celery Farm in Allendale? Occasionally, you may hear of these beauties showing up in Central Park or other places, before the snapping turtles or racoons (I'm now more civilized than both as I no longer eat duck) pick them off.

They are escapes from people who keep them as pets as they are certainly not indigenous to North America, nor do any escapees breed here. You may find them at the Hyatt Regency in Maui if you visit. That's the first place I encountered them.

Wood Duck

They are beautiful ducks and tend not to be nearly as skittish as Wood Ducks, which are very attractive ducks that live in our area. Parson's Pond in Franklin Lakes is a good place for Wood Duck.

I am going to share one more duck with you. It may have been the specie that really hooked me into birding: the Harlequin Duck. There was an opportunity to visit Long Beach Island on my birthday. The Audubon Society running the trip "guaranteed" we would see Harlequins. We did. I was hooked. I will be going again as I do each December. Announcing a trip in the near future.

Harlequin Duck

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 Ten Commandments

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

The Jesus Prayer

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

Blessed Edmund Rice prayer

Creator God, we thank you for the life and
work of this gifted man, Blessed Edmund Rice.
He opened his heart generously to Christ present and

appealing to him in the poor who were oppressed by poverty and injustice. May we follow his example of faith and generosity. O God, give us the courage and compassion of Blessed Edmund as we seek to support one another, protect the vulnerable and care for the earth, our common home. We make this prayer through Jesus Christ Our Lord. Amen.

Apostles' Creed

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

The Golden Rule

Love one another as I have loved you.

Traditional Grace Before Meals

Bless us, O Lord, and these, thy gifts
Which we are about to receive from
thy bounty, through Christ, Our Lord. Amen

DEUS VULT – JOHN 6:39

And this is ***the will of Him who sent me***, that I shall lose none of all those He has given me, but raise them up at the last day.

Prayer of St Francis

Lord, make me an instrument of Your peace

Where there is hatred let me sow love.
Where there is injury, pardon.
Where there is doubt, faith.
Where there is despair, hope.
Where there is darkness, light.
Where there is sadness joy.
O Divine master grant that I may
Not so much seek to be consoled as to console
To be understood, as to understand.
To be loved. as to love
For it's in giving that we receive
And it's in pardoning that we are pardoned
And it's in dying that we are born...
To eternal life.

PRAYER FOR PEACE

(ESPECIALLY IN UKRAINE AND RUSSIA)

Lord Jesus Christ, who are called the Prince of Peace, who are yourself our peace and reconciliation, who so often said, "Peace to you," grant us peace. Make all men and women witnesses of truth, justice, and brotherly love. Banish from their hearts whatever might endanger peace. Enlighten our rulers that they may guarantee and defend the great gift of peace. May all peoples on the earth become as brothers and sisters. May longed for peace blossom forth and reign always over us all.

Amen

- Pope Saint John Paul II

an Irish Blessing

May the road rise up to meet you.
May the wind be always at your back.
May the sun shine warm upon your face,
The rains fall soft upon your fields,
And, until we meet again,
May God hold you in the palm of His hand.

Come Holy Spirit

Come Holy Spirit, fill the hearts of your faithful and kindle in them the fire of your love. Send forth your Spirit and they shall be created and You shall renew the face of the earth.

O, God, who by the light of the Holy Spirit, did instruct the hearts of the faithful, grant that by the same Holy Spirit we may be truly wise and ever enjoy His consolations,
through Christ Our Lord, Amen.

Superman Grace Before Meals

We thank you Lord, for giving us food.
We thank you Lord, for giving us food.

And for our daily bread
When we need to be fed
We thank you Lord, for giving us food
Bum, bum, bum, bum, bum.

Addams Family Grace Before Meals

We thank you for this food, Lord.
For Mom and Dad and you, Lord.
We thank you for this food, Lord.
And for our family.
Duh, duh, duh duh. SNAP SNAP.
Duh, duh, duh duh. SNAP SNAP.
Duh, duh, duh duh.
Duh, duh, duh duh.
Duh, duh, duh duh. SNAP SNAP.

How to Pray the Rosary

1. Make the Sign of the Cross.
2. Holding the Crucifix, say the *Apostles' Creed*.
3. On the first bead, say an *Our Father*.
4. Say one *Hail Mary* on each of the next three beads.
5. Say the *Glory Be*
6. For each of the five decades, announce the Mystery (perhaps followed by a brief reading from Scripture) then say the *Our Father*.
7. While fingering each of the ten beads of the decade, next say ten Hail Marys while meditating on the Mystery. Then say a *Glory Be*. (After finishing each decade, some say the following prayer requested by the Blessed Virgin Mary at Fatima: *O my Jesus, forgive us our sins, save us from the fires of hell; lead all souls to Heaven, especially those who have most need of your mercy.)*
8. After saying the five decades, say the Hail, Holy Queen, followed by this dialogue and prayer:
   V. Pray for us, O holy Mother of God.
   R. That we may be made worthy of the promises of Christ.
   Let us pray: O God, whose Only Begotten Son, by his life, Death, and Resurrection, has purchased for us the rewards of eternal life, grant, we beseech thee, that while meditating on these mysteries of the most holy Rosary of the Blessed Virgin Mary, we may imitate what they contain and obtain what they promise, through the same Christ our Lord. Amen.

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

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

THE PRAYERS OF THE ROSARY

LITURGICAL CALENDAR 2022

ORDINARY TIME
ADVENT (11/27 – 12/24)
CHRISTMAS (12/25-1/5/23)

LITURGICAL CALENDAR 2023

ORDINARY TIME (1/6-2/21)
ASH WEDNESDAY (2/22/23)
EASTER (4/9/23)
PENTECOST (5/28/23)
ORDINARY TIME (6/4-12/2)