TWIBC SPORTS

THIS WEEK IN BERGEN CATHOLIC SPORTS

CRUSADER WRESTLERS GO 4-0 IN 2022 DUALS 4 DANNY

December 28-30 – Fair Lawn, NJ – The Crusader Wrestling Team competed in a number of dual matches in the Third-Annual Duals 4 Danny. The competition honors late Bergenfield wrestler, Danny Glover who passed away ten years ago. The event raises awareness for organ donation in honor of the late Bergenfield wrestler.

VARGA: QUICKEST PIN OF DAY VERSUS METUCHEN

December 28 – Fair Lawn, NJ – The Crusader Wrestling Team jumped to 1-0 on the new season, defeating Metuchen HS 68-0 in their opener. Daniel Washburn, Christopher Bacchioni and Leo Varga earned 6 points each for pinning their opponents.

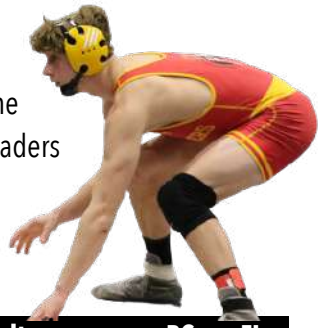
Eric Brodie scored 5 for his 16-0 technical fall and Aidan Wallace earned 3 team points for his 3-0 decision.

All other wresters won by forfeit. Metuchen is 4-2 on the season.

WT	Wrestler	Result	BC	M
126	Brian Melamud	W-Forfeit	6	0
132	Ethan Washburn	W-Pin 3:30	12	0
144	Joey Canova	W-Forfeit	18	0
150	Christopher Bacchioni	W-Pin 1:45	24	0
157	Aidan Wallace	W-Dec. 3-0	27	0
165	Eric Broadie	W-TF (16-0) 3:29	32	0
175	Justin Onello	W-Forfeit	38	0
190	Pantaleo Varga	W-Pin 0:26	44	0
215	AJ Fricchione	W-Forfeit	50	0
285	Benjamin Shue	W-Forfeit	56	0
106	Nathan Braun	W-Forfeit	62	0
120	Chad Sadaka	W-Forfeit	68	0

BERNIK QUICK PIN OF THE DAY AGAINST CUTTERS

December 29 – Fair Lawn, NJ – Nick Bernik pinned his opponent in 1:16 on Thursday, giving him the fastest BC pin of the day as the Crusaders defeated Fair Lawn at the Duals 4 Danny in Fair Lawn.



WT	Wrestler	Result	BC	FL
106	FORFEIT	L-Forfeit	0	6
113	Nathan Braun	W-TF (15-0) 6:00	5	6
120	Daniel Washburn	W-MD 12-3	9	6
126	Brian Melamud	W-TF (23-7) 5:00	14	6
132	Ethan Washburn	W-Dec. 7-1	17	6
138	FORFEIT	L-Forfeit	17	12
144	Joey Canova	W-Pin 2:15	23	12
150	Christopher Bacchioni	W-Forfeit	29	12
157	Aidan Wallace	W-Forfeit	35	12
165	Nick Bernik	W-Pin 1:16	41	12
175	Justin Onello	W-Forfeit	47	12
190	Pantaleo Varga	W-Forfeit	53	12
215	AJ Fricchione	W-Forfeit	59	12
285	Benjamin Shue	W-Forfeit	65	12

CANOVA BEATS OUT W&W FOR QUICKEST PIN VS. LAWRENCE

December 30 – Fair Lawn, NJ – Joey Canova pinned his opponent in just 36 seconds, the second quickest dual-meet pin of the year for the Crusaders as BC defeated Lawrence Senior HS 66-12. Daniel Washburn (39 seconds) and Aiden Wallace (41 seconds) were right on his heels.

WT	Wrestler	Result	BC	L
120	Daniel Washburn	W-Pin 0:39	6	0
126	Brian Melamud	W-Forfeit	12	0
132	Ethan Washburn	W-MD 15-6	16	0
138	FORFEIT	L-Forfeit	16	6
144	Joey Canova	W-Pin 0:36	22	6
150	Christopher Bacchioni	W-Pin 1:30	28	6
157	Aidan Wallace	W-Pin 0:41	34	6
165	Eric Broadie	W-MD 12-0	38	6
175	Justin Onello	W-TF (15-0) 6:00	43	6
190	Pantaleo Varga	W-TF (15-0) 6:00	48	6
215	AJ Fricchione	W-Pin 1:00	54	6
285	Benjamin Shue	W-Pin 1:07	60	6
106	Nathan Braun	W-Pin 2:45	66	6
113	FORFEIT	L-Forfeit	66	12

BACCHIONI IS QUICKEST - PINS OPPONENT IN 0:31

December 30 – Fair Lawn, NJ – It's not always just about the speed, but BC wrestlers have made some quick work of opponents early this season Friday, Chris Bacchioni earned a quick pin award vs. his opponent from Garfield HS as the Crusaders defeated the Boilermakers 68-6. Jayden Iznaga and Aiden Wallace each recorded sub-one minute pins as well. The Crusaders improved to an overall record of 4-0.

WT	Wrestler	Result	BC	L
106	Nathan Braun	W-Forfeit	6	0
113	FORFEIT	DOUBLE FORFEIT	6	0
120	Chad Sadaka	W-MD 11-3	10	0
126	Brian Melamud	W-TF (17-2) 4:05	15	0
132	Ethan Washburn	W-Pin 2:05	21	0
138	FORFEIT	L-Forfeit	21	6
144	Joey Canova	W-Pin 1:50	27	6
150	Christopher Bacchioni	W-Pin 0:31	33	6
157	Aidan Wallace	W-Pin 0:55	39	6
165	Jayden Iznaga	W-Pin 0:41	45	6
175	Justin Onello	W-TF (19-3) 5:00	50	6
190	Pantaleo Varga	W-Pin 1:02	56	6
215	AJ Fricchione	W-Forfeit	62	6
285	Benjamin Shue	W-Forfeit	68	6

OH HENRY! RYAN TURNS AWAY 38!

December 27 – Wayne, NJ – While the final score (3-1) was not what BC hoped for, they had another strong effort in the goal from Ryan Henry who saved 38 of the 41 shots he faced against Don Bosco on Tuesday Night at the Ice Vault.

After falling behind 2-0 in the first period, Niko Smilovic scored a power play goal in the second period to cut the score in half. Alex Frassetto and Luke Isaacs assisted on his shot.

The Ironmen scored a power play goal to provide insurance in the third period as BC fell to 1-4.

SCORING	1	2	3	FIN
Bergen Catholic (1-4)	0	1	0	1
Don Bosco Prep (6-0-1)	2	0	1	3

JV HOCKEYS RICHE TOO MUCH FOR MARAUDERS

December 27 – Newark, NJ – Tim Riche recorded two goals and four assists, leading the Crusaders to an 8-1 victory over St. Peter's Prep on Tuesday. Lucas Spinelli got things

going in the opening period with a power play goal, assisted by Rich.

Collin Higgins and Collin Bender each scored a pair of goals and Cameron Jaffee scored the final goal of the game for BC. Rohan Ogden had an assist and Spinelli assisted on two goals.

Alessandro Capano turned away 95% of his shots faced (19), earning the victory.

SCORING	1	2	3	FIN
Bergen Catholic	3	0	5	**8**
St. Peter's Prep	0	1	0	**1**

BENJAMIN'S BUCKETS DRIVE BC

December 28 – Cape Henlopen, DE – Brandon Benjamin was all over the court. Full-court pressing, rebounding, scoring. The junior forward showed great heart and hustle for a very young BC team who played a very experienced, and older, Blair Academy on Wednesday night.

The Crusaders fell behind early, but played with poise and actually forced Blair to call the first time out of the game. Following a 9 point deficit in the first quarter, BC went on to

win the middle quarters and actually took a lead in the fourth quarter. They were not able to hold it, though, falling 60-54.

Team	1	2	3	4	TOT
Bergen Catholic (3-1)	9	16	13	16	**54**
Blair Academy (6-2)	18	14	11	17	**60**

Scoring:

Name	2pt	3pt	FT	Points
Austin Spencer	1	2	1	**9**
Shawn Spencer	0	1	0	**3**
Mikai Klintman	1	0	0	**2**
Terry Copeland	2	0	0	**4**
Chidi Nwigwe	0	2	1	**7**
Jaylen Robinson	3	1	0	**9**
Brandon Benjamin	10	0	0	**20**
TOTALS	**17**	**6**	**2**	**54**

SCHORNSTEIN: ANOTHER SAVING GRACE FOR BC

December 28 – Hackensack, NJ – Gavin Schornstein made 24 saves as BC fell to DBP for the second straight night. Of the 26 shots on goal, Schornstein turned away 92.3 %. Don Bosco won 2-0 and is ranked #3 in NJ.

Both goalies and the defenses played well, holding the Ironmen to just 2.5 goals per game. Entering the series, DBP was averaging 3.8 gpg.

The Crusaders currently are ranked 8th in the state of New Jersey and are 1-5 on the season.

SCORING	1	2	3	FIN
Don Bosco Prep (7-0-1)	1	1	0	**2**
Bergen Catholic (1-5)	0	0	0	**0**

JV HOCKEY'S BRAYDEN KANE SCORES A PAIR VERSUS DBP

December 28 – Wayne, NJ – Brayden Kane scored two even goals in the second period to keep BC in the fight vs. Don Bosco Prep.

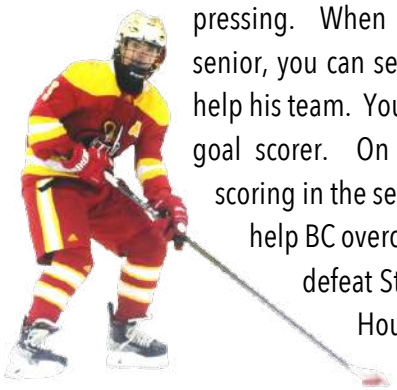
The Crusaders fell 6-2 in the end, but received good efforts from Lucas Spinelli and Tim Riche (who each pitched in assists) and George Wagner who provided some tough defense for the Crusaders.

Alessandro Capano saved 12 on the game..

SCORING	1	2	3	FIN
Bergen Catholic	0	2	0	**2**
Don Bosco Prep	3	2	1	**6**

ROBINISON'S TWO GOALS LIFT CRUSADERS PAST LANCERS

December 30 – Hackensack, NJ – Cory Robinson has been pressing. When you watch the Crusader senior, you can see how badly he wants to help his team. You can also see the guy is a goal scorer. On Friday he proved both, scoring in the second and third periods to help BC overcome a pair of deficits and defeat St. John Vianney at the Ice House.



Eddie Brown had a goal while Thomas Keough and Matt Maglio each had an assist for Bergen Catholic (2-5). Gavin Schornstein finished with 27 saves.

SCORING	1	2	3	FIN
St. John Vianney (1-3-1)	1	1	0	**2**
Bergen Catholic (2-5)	1	1	1	**3**

JV HOCKEY DEFEATS POPE JOHN XXIII

December 30 – Wayne, NJ – The Crusaders defied the law of mascots as they slew the Lions 2-1 on Friday. Alessandro Capano was in net making 27 saves for BC. Colin Higgins and Rohan Ogden scored and Cameron Jaffe assisted on both.

CRUSADERS FACE DEMATHA FOR 1ST TIME IN 60 YEARS

December 30 – Salisbury, MD – The Crusaders suffered their second loss of the season to national power, DeMatha. It is the first time the two schools have met in basketball since 1962, a game which saw BC defeated by an eerily similar score 57-71.

These games (vs. Blair and DeMatha) serve the Crusaders well as every player scoring in the contest for BC is an underclassman. Competing at this level is invaluable and Coach Armstrong and his staff surely hopes it will pay dividends as the season goes along.

Team	1	2	3	4	TOT
Bergen Catholic (3-2)	-	-	-	-	**53**
DeMatha HS (3-0)	-	-	-	-	**70**

Scoring:

Name	2pt	3pt	FT	Points
Shawn Spencer	1	1	0	**5**
Chidi Nwigwe	2	0	0	**4**
Jaylen Robinson	1	0	0	**2**
Mikai Klintman	2	1	1	**8**
Terry Copeland	6	0	1	**13**
Brandon Benjamin	4	0	5	**13**
TOTALS	**16**	**2**	**7**	**53**

A NOTE FROM THE PRINCIPAL

December 30 – Brooklyn, NY – While watching his son at the Msgr. King Tournament, Mr. McElhinney noticed that BC actually won the legendary tournament in 1963, the inaugural varsity tourney! It was a freshman tournament in 1962. John Fairclough was tourney MVP. Thanks for checking out the program and sharing part of BC's history!

BIRD OF THE WEEK
PAINTED BUNTING

December 30 – Lower Township, NJ – Two and a half hours. Not fun. Actually, it was. We were standing there talking, staring at a bird feeder with nothing on it.

I arrived at 11:30 am on December 29 and remained until 2:10 pm.

Now for the choice. Do I quit or stay? I really hated the possibility of investing that much time into finding a bird and not finding it, but it wouldn't be the first time and I'm sure it won't be the last.

Stay.

Expedia was a big help, but the discount motel I attempted to stay at was not. How do you not have access to e-mail? What year is this?

Fortunately, Expedia picked up the difference as they found me a new motel and I was in business. Early the next day, I arose and was first at the feeder, including birds. As I watched, a neighbor drove by and said, "Oh, that bird's long gone by now."

Ha ha. I was not discouraged. A couple from Sayreville arrived. We spoke about our attempts (actually their success and my attempts) at finding the Stellar's Sea Eagle earlier in the year in Maine.

Success! At 8:30, we finally saw the bird, but it was in a distant yard on someone's property who did not care for birders trespassing. We respected that begrudgingly.

The bird was far away and through a wrought-iron fence which played havoc with my automatic focus. But alas, now to the top of a tree and finally flying directly over our heads and to the backyard of the house we were waiting at.

More waiting. Finally at about 10:40, a second sighting provided these photos. More people from around the state. I reacquainted with an elderly from Woodbridge with whom I saw my 1st Garganey in Monmouth County. Also, the couple who returned after striking out with me the day before.

The thing about it is, Painted Buntings are rare in the northeast. You are far more likely to find them south of the border or in Texas, Florida to South Carolina in the winters. Females are almost entirely the greenish color of the male, so I prefer to see the male (like this one).

The last time I encountered one was December 5, 2015 in Prospect Park, Brooklyn, NY. Will Ferrell was there in his Elf suit with some kind of an Elf 5K run, but we found this bird surrounded by about 50 admirers. HAPPY NEW YEAR!

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)