



FIDELITAS

WINTER 2015

Arlington Catholic High School



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Principal's Letter

Dear Friends and Family of Arlington Catholic,

Happy New Year! I hope 2015 is off to a joyous start for you and yours.

January always brings new opportunity. Our seniors are applying to, and hearing from colleges and universities, and our freshmen, sophomores and juniors have found a rhythm to the school year that will carry them into June. We also have a new crop of 8th grade students who are now receiving acceptances to AC. These students come from throughout Massachusetts and abroad, but we are especially proud to welcome the children of alumni to our hallowed halls. Thank you for choosing AC to educate your family. And for those of you with middle school students, start thinking about your application to Arlington Catholic for next year, or the year after.

Speaking of opportunity, we rolled out an iPad program this year, and WOW, do we have a lot of students registered. We were expecting about 200 kids to participate in this trial year, but, to date, we have over 450! We also offer two carts of iPads for those student to use within class if they do not have an iPad. This is a terrific learning tool for our community.

I am so proud of the years I have spent at AC overseeing our students and faculty. This school feels like family to me, and I know I am fortunate to be a part this wonderful community. We are so blessed with generations of families who call AC their alma mater, and who have stayed active with our school.

Thank you for being a part of the legacy of Arlington Catholic, and we look forward to building on this legacy for many years to come.



Sincerely,

A handwritten signature in black ink that reads "Stephen Biagioni". The signature is written in a cursive, flowing style.

Stephen Biagioni
Principal



The tradition of Grandparent's Day continues here at AC.

National Honor Society

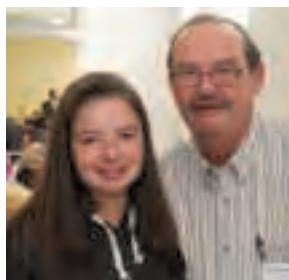
The National Honor Society (NHS) strives to demonstrate excellence in scholarship, leadership, service, and character. To achieve such high standards, the Arlington Catholic Chapter of NHS has been conducting service projects, and will continue to do so. Two years ago, the Cougar Paw Program, a recognition given to students for good deeds and acting in good character, was implemented, and the National Honor Society has continued this program. In an effort to promote positivity, good character, and an overall healthy environment we have

sold Cougar Paw t-shirts that can be worn the last Friday of every month. (They will be going on sale again soon, so keep an eye out!) Throughout November, NHS also conducted a Food Drive to benefit those in need of a Thanksgiving Dinner. The turn-out of food from each homeroom was phenomenal! This coming spring we are planning to have our annual Book Drive to benefit local youth who lack reading sources. We are excited to continue to better our community throughout the year!

Grandparent's Day



Arlington Catholic celebrated its 9th annual Grandparent's Day! Each year, we celebrate the students' grandparents with a special prayer service and luncheon here at the school.



Wednesday Workshops



This year, AC Arts created a new feature – Wednesday Workshops – for 8 Wednesdays, programs were offered in the arts for all students to take one – or all 8.

Week 1 featured “ACTOR’S TOOLS: IMAGINATION, MOVEMENT, VOICE” led by Mrs. Billings, Drama Program Director. The workshop included engaging, fun, warm-ups, exercises, and scenes (inspired by *Godspell*), all designed to encourage students to take risks, work as an ensemble, and access creative energy!

Week 2 was led by Alum Rachel Bertone '03 who is an active and recognized choreographer, director, performer and teacher in the Boston area. Critics have said that her choreography is “delicious” and “takes your breath away.” “THE DANCE AUDITION” was aimed at giving students the right tools so they could master auditions right now! They learned how to prepare physically and mentally for an audition, how to perform their best and impress the people behind the table, and how to pick up combinations quickly. They discussed what to wear, how to walk in and out of every audition with a sense of confidence and much more!



During **Week 3**, Jim Beauregard, Associate Professor, Dean College ran “STAGE COMBAT” to learn how to safely slap, hit, punch and fall.

Maggie Kearnan '10 came in for **Week 4** – “LIVING THEATRE” where she led a talk on life in theatre beyond AC, and a workshop in warming up the body, voice, and mind for performance through exercises and games. Maggie is a recent graduate of Boston College

with a degree in Theatre and English. She is an actor, director, playwright, designer, builder, and painter. She is just starting her professional theatre career in Boston, working with CoffeeSpoons Theatre Project, Titanic Theatre Company, Company One and the Boston Theatre Marathon. She recently received a 2014 Arts Council Student Award and the J. Paul Marcoux Award for her contributions to theatre at Boston College.

Week 5 featured Kenny Raskin of the Massachusetts Educational Theatre Guild and “CLOWNING.” Using the basic principles of the Cirque de Soleil and other famed troupes, this master took the students through all the steps of how to “make ‘em laugh,” characterization, assorted brief exercises and scenes (inspired by *Godspell*) which required them to play multiple characters over the course of the workshop.

A Resident Artist from Puppet Showplace Theatre offered a PUPPETRY workshop during **Week 6**. Participants were introduced to the exciting world of glove puppetry through demonstration and hands-on exploration of the materials and performance methods used by professional puppeteers.

During **Week 7** – a field trip was offered to see MAMMA MIA! At the Citi Emerson Colonial Theatre followed by another field trip to the Regis College Fine Arts Center for GODSPELL!

Week 8 Ricky Scalise '92 led the musicians in the student body in some JAM SESSIONS. Ricky Scalise is a full time musician who has been performing in public since age 10. He is a graduate of Boston University where he received his Bachelor of Music in Piano Performance and Composition and a Masters in Composition. Rick has written a plethora of Pop, Experimental, and Rock music.

And the sessions wrapped up with Auditions for **Godspell** – the ACDC spring musical performance!

College Book Awards

COLLEGE OF THE HOLY CROSS

Elizabeth McCall

Awarded to a high school junior excelling in academic achievement and who has evidenced sincere concern for others as well as a responsible attitude to all his/her endeavors. The student should be in the top 5-10 percent of the class in keeping with the profile of the typical student offered admission to Holy Cross.

DARTMOUTH COLLEGE

Sarah Reis

Awarded to a high school junior for academic achievement and extra-curricular participation. The award is presented to a student in the top 10 percent of the junior class who has an outstanding combined academic average in three college preparatory subjects, English, Mathematics and foreign language.

HARVARD UNIVERSITY

Brian Hart

Awarded to a high school junior who exemplifies excellence in scholarship and high character combined with achievement in other fields.

REGIS COLLEGE

Olivia Scioletti

Awarded to a high school junior displaying outstanding academic promise, a strong ability in English with excellent written and oral communication skills, and one who exhibits leadership within his/her high school community.

ST. MICHAEL'S COLLEGE AWARD FOR SCHOLARSHIP AND SERVICE

Nolan McIsaac and Kerry Keefe

Awarded to a male and female junior who is a member of the National Honor Society and has demonstrated a sustained and sincere commitment to community service activities through their high school or organizations within the local community.

ST. ANSELM'S BOOK AWARD

Rachel Cole

Awarded to an outstanding student in the junior class who exercises a capacity for academic achievement and continued education, has an awareness of social responsibility, displays leadership qualities and possesses strong character.

BOSTON UNIVERSITY SCHOOL OF EDUCATION

Dorie Campbell

This award honors a junior who has expressed an interest in pursuing a career in education or an education-related field which has been demonstrated with community service and who is in academic good standing.

STONEHILL COLLEGE BOOK AWARD

Kathleen McLaughlin

This award honors a junior who is academically talented and service-oriented. This award recognizes a junior who has not only excelled in the classroom, but who has also made positive contributions to their school and community.

UNIVERSITY OF ROCHESTER – FREDERICK DOUGLAS AND SUSAN B. ANTHONY AWARD

Jacob Fulton

This award recognizes outstanding achievement by high school juniors in the humanities and/or social sciences. Co-curricular activities, grades and courses in the humanities and/or social sciences as well as leadership and community service are important criteria for this award.

UNIVERSITY OF ROCHESTER – GEORGE EASTMAN YOUNG LEADERS AWARD

Matthew Mancini

This award recognizes outstanding achievement by high school juniors in leadership and academics.

UNIVERSITY OF ROCHESTER -- BAUSCH & LOMB HONORARY SCIENCE AWARD

Kenneth Fong

Presented to the outstanding science student in the junior class.

AP Scholars

UNIVERSITY OF ROCHESTER – XEROX AWARD FOR INNOVATION AND INFORMATION TECHNOLOGY AWARD

Mingyu Shin

Presented to the outstanding student in the junior class who demonstrates a strong interest in innovation and/or information technology and a high level of achievement in this area in course work.

ROCHESTER INSTITUTE OF TECHNOLOGY – COMPUTING MEDAL & SCHOLARSHIP PROGRAM

Greg Huh

This award recognizes high school juniors who have distinguished themselves academically, are active and involved members of their school and demonstrate interest and ability in computing.

ROCHESTER INSTITUTE OF TECHNOLOGY – INNOVATION & CREATIVITY AWARD PROGRAM

Dalton Chaffee and Allison O’Neill

This award recognizes high school juniors who have distinguished themselves academically, are active and involved members of their school, and demonstrate outstanding achievement in innovation, creativity or entrepreneurship.

RENSSELAER MEDAL

Yoo Jung Hah

Presented to one student in the top 5 percent of the junior class who has displayed the most outstanding achievement in mathematics and science.

LE MOYNE COLLEGE

Alissa Whitten

Recognizes students “reaching for the heights” in the classroom and in service to their school and community.

WHEELING JESUIT UNIVERSITY

Andrea Royo

Awarded to a student to reward a student’s academic progress as well as his/her dedication to the service of others.

This past spring 48 Arlington Catholic students earned the designation of AP Scholar by the College Board. The awards are given in recognition of exceptional achievement on the college-level Advanced Placement Program Exams. The program offers students the opportunity to take challenging college level courses and to receive college credit, advanced placement or both. Several levels of achievement are recognized based on the students’ performance on AP Exams.

The following students qualified for the AP Scholar Award:

Luke Amato	Kara Kelley
Dorie Campbell	Dong Won Kim
Astride Chery	Michael Kumar
Aaron Cook	Elizabeth McCall
Jennifer Corso	Sean McElhinney
Donald Coughlin	Kathleen McLaughlin
Alyssa Cunha	Serena McNary
Brittany Fulgione	Hyun Chan No
Monica Galluccio	Giuliana O’Connell
Samantha Greenwood	Benjamin O’Brien
Dong Kyun Han	Sarah Reis
Imranjit Singh	Michael Santoro
Nicholas Iudiciani	Monica Schweizer

The following students qualified for the AP Scholar with Honor Award:

Kerianne Conroy	Nieve Morin
Allison Coukos	Hagar Moudakkire
Jacob Fulton	Kenneth Pham
Brian Hart	Mingyu Shin
Olivia Liberti	Yubai Yang
Julia Martin	

The following students qualified for the AP Scholar with Distinction Award:

Brianna Ayube	Sarah Lynch
Hanbit Chang	Connor O’Brien
In Ho Cho	Alex Plowden
Yoo Jung Hah	DaHyun Sim
Greg Huh	Zilong Xiao
Allen Judd	

The following student qualified for the National AP Scholar Award:

Allen Judd



Ring Blessing

The annual Junior Ring Blessing was held on Tuesday, December 2 in the Arlington Catholic Library. The theme chosen for the Blessing was Journey Through Time. The junior class officers worked with Sister Barbara to plan this special event. Students participated in the service and read beautiful reflective readings. The members of the Choir along with their Director, Ms. Oksana Berezkina, provided meaningful music. The Library was decorated beautifully, and all in attendance enjoyed delicious refreshments following the service.



Campus Ministry

The Campus Ministry Program at Arlington Catholic has been quite active during the fall and early winter seasons. We feel very fortunate to have welcomed a fine group of young men and women as freshmen to the Class of 2018. We try to instill Christian values to all of our students and it is very clear that our students understand that it is important to help others less fortunate.

MASSES

The Arlington Catholic community participated in a number of school Masses this season including:

Freshman Mass

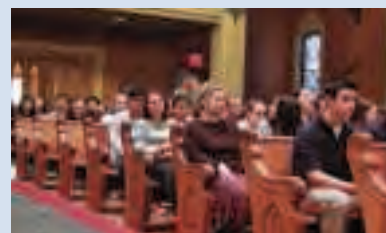
Welcome Class of 2018! On Wednesday, September 3, the Arlington Catholic community hosted a Mass for incoming freshmen, their parents and guardians, and the faculty and staff of Arlington Catholic. We feel that it is very important to set the tone that we are a Catholic school and that faith and spirituality are an integral part of the Arlington Catholic Community. Father Brian Flatley, Pastor of St. Agnes' Parish, presided at the Mass and preached a wonderful homily. Members of the Arlington Catholic Cougar Choir under the direction of Ms. Oksana Berezkina helped to enhance the liturgy with excellent music. Following the Mass the freshmen returned to school and began their orientation. The Parents and

guests were treated to a light breakfast in the school Library. This social event gave parents an opportunity to meet and greet one another.

School Masses

During the fall and early winter seasons the students, faculty and staff participated in a number of school Masses. An Opening of School Mass was celebrated on Thursday, September 18. We invoked the presence of the Holy Spirit on the new school year. Students and Staff participated in the liturgy and tried to incorporate some of the music from Godspell (the Spring Musical) during the Mass.

On November 6, we participated in a special Mass of Remembrance. During the month of November we honor the



memory of those family members and friends who have entered into eternal life during the past year. All names of the deceased who entered eternal life during the past year were read at the Mass of Remembrance.

A Mass was celebrated on December 8, the feast of the Immaculate Conception. Members of the AC Cougar choir sang beautiful Marian songs in honor of the Blessed Mother at the Mass.

On December 18, the Arlington Catholic community celebrated its annual Mass for the Christmas season. Father Brian Flatley, our Pastor, presided at the Mass and gave a very thoughtful message in his homily and wished us all a blessed Christmas and a happy, healthy New Year.

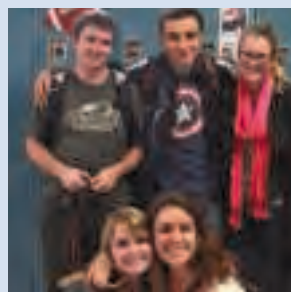


DENIM DAY

The students, faculty and staff participated in the annual Denim Day for Breast Cancer on October 3. The color pink and jeans permeated the halls of Arlington Catholic. Festive pink balloons enveloped the school bringing awareness to the need to find a cure for breast cancer. The students and staff raised more than \$1300.00 and donated the money to the American Cancer Society.

ADVENT PRAYER

Advent Prayer Services were held weekly at Arlington Catholic during the advent season. Each Wednesday morning before school special Prayer Services were led by the members of the Theology Department. These quiet services helped all to prepare for the birth of Jesus.



CHRISTMAS GIFTS

The students, faculty and staff of Arlington Catholic made Christmas special for the children of Cradles to Crayons in Brighton. Cradles to Crayons provide clothing and other gift items to children in need in the Greater Boston area. We are most grateful for the efforts of the teachers and students in homerooms, and we continue to appreciate the mantra that it is better to give than to receive.

AC participated in the annual Denim Day for Breast Cancer

The World Is *your Classroom* with VHS

Five years ago, Arlington Catholic High school joined the Archdiocesan Virtual High School Collaborative which links member schools with an online learning program called Virtual High School. From an initial student enrollment of nine students, the program has expanded to enroll the maximum of twenty-five students in this current school year.



The Virtual High School program describes itself as providing “student-centered classes which offer collaboration among students” from across the United States and even the world. As such, the classes run on an asynchronous basis. This enables students to access their course online 24/7 but they are expected to adhere to assignment and project due dates. Students are also expected to actively participate in threaded discussions with their global classmates. At Arlington Catholic, VHS courses are scheduled into the academic program of students so that they are engaged in VHS coursework during the school day. Additionally, students are required to work outside of school time. Students selected to participate in this VHS program must have demonstrated their ability

to be independent motivated learners who can navigate the VHS platform, submit their work online and meet deadlines. Students are allowed to enroll in courses not offered onsite or for those who wish to take a seventh course. Some examples of the range of courses currently or recently taken include: AP Human Geography, AP Economics, AP Statistics, AP US Government and Politics, AP Music Theory, Criminology, Psychology of Crime, Journalism in the Digital Age, Creative Writing, Music Listening and Critique, Fundamentals of Music Composition, Film and Literature, Business and Personal Law and Investing in the Stock Market.

The opportunity to become part of this global classroom is a unique way for those students interested in pursuing specialized coursework to broaden their educational experience beyond the brick and mortar of Arlington Catholic High School.

Reflection by Nate Naughton

When it was first suggested to me that I attend the AP Psychology reading I thought, “Why would I want to go away from home for 8 days and spend 9 hours a day in a windowless convention center grading hundreds and hundreds of essays?” Doing so, however, has been one of the best professional development opportunities I have had as a teacher. I went to “Psychology Camp” in Kansas City, Missouri for the first time in 2008 and am pleased to have been invited back each year.

After learning the rubric for our assigned question, which by itself takes at least half a day, our first folder of 25 essays is brought to us. Resisting the urge to make corrections on the student’s work we become one with the rubric and grade with ‘spacuracy’- speed and accuracy. When finished with that folder of 25, another 25 is magically brought to us all day long. Looking into the file room is an overwhelming experience when you see the number of booklets (about 250,000) that have to be read by about 400 people, yet we always manage to finish on time. I have been lucky enough to be trained on multiple questions and to have the opportunity to help develop the rubric for the questions for alternate versions of the exam. This total experience has sped up my grading, improved my understanding of the exam process and allowed me to help my students get better scores on the exam.

After a long nine hours of work we head off to enjoy the city. There are many great restaurants in the land of barbeque, major and minor league baseball games, theatres, museums and much more that it is hard to find the right mix of things to do and yet be awake enough the next day to start the process over again. The AP Psychology reading is moving to Louisville this year and I am excited to see what a new city has to offer.

Through the years I have made many friends with high school and college teachers from around the country. The informal sharing that takes place among us makes all of us better teachers and gives us a greater understanding of the material that makes up the course. Several of these people are authors of textbooks, which has provided me the opportunity to co-author a study guide for an AP text as well as develop other supplementary materials. It is great to have people that I can turn to when I have questions and to have them turn to me as well. Each year we look forward to our face-to-face meetings to catch up and grow and bond even more.

I have truly been fortunate that the school has allowed me to travel to the exam each year and highly recommend the experience to all AP teachers I meet.

Reflection by Andrea Morrissey

I started as an AP Biology Reader in 2003. I flew out to Lincoln, Nebraska and was housed in a dormitory on the University of Nebraska campus. Each day 500 biology readers – both high school AP Biology teachers as well as college professors – walked across campus navigating the train tracks in order to reach Ag Hall, a huge building where countless tables were set up. We were assigned to a specific question and we were trained how to follow the grading rubric for our question. Every day for over a week, we read essays from 8 AM to 5 PM, Saturday and Sunday included. Over the years the venues have changed. I have attended a reading in Louisville, KY and I now fly to Kansas City, MO. One might think this is the most tedious job but there are so many benefits I would be very disappointed if I did not attend the reading. I have met so many people that I now call friends- teachers from Maryland, Delaware, North Carolina, Kentucky, Pennsylvania, California, and Connecticut, to name a few. My friends are both college professors and high school teachers. If I have an AP Biology question I have sources across the country I can tap into. All of us look forward to seeing each other each June- it is like a reunion as we catch up on family and school. I see some of my closer friends during the year and have even had the opportunity to visit their schools or work with them at AP Biology Summer Institutes. We do fun things in the evenings- we have visited the Louisville Slugger Museum and seen horse races at Churchill Downs, in addition to discovering new restaurants and going to movies. We also attend AP workshops and seminars.

Being able to talk to college professors gives me tips on how to adjust my teaching so that I can better prepare my biology students for further study in college. They also keep me up to date on various current topics in biology. I have the chance to talk to professionals from the College Board and ETS, the company that actually develops the exam. I learn strategies that I can teach my students to help them write better essays and I have the opportunity to see more clearly what it is that the College Board expects students know and understand in terms of biology content.

As the years have gone by I have had the opportunity to do more than just grade exams. I am now involved in writing AP Biology exam questions and I have been trained how to clearly and succinctly pose questions that address the learning objectives and skills posted in the AP Biology Frameworks. In addition, I have recently taken on an editing role. One of my friends is writing an AP Biology exam study guide and he asked me to help edit the book. This has given me more experience in connecting the overarching themes of AP Biology with how one goes about reviewing for the exam.

In sum, participation in the AP reading program has helped me grow tremendously as an educator. The AP reading is the best professional experience that is available and I feel fortunate to be able to participate. I only wish that all teachers had the opportunity to attend a reading.

Students of the Quarter

At the end of every quarter, teachers nominate students and then the full faculty takes a final vote on who should receive the honor of Student of the Quarter. A student from each class is chosen based on their commitment to living the AC motto: "Act justly, love tenderly, walk humbly with God."

SENIOR



Kathleen McLaughlin has been selected as the Senior Student of the Quarter. Kathleen has consistently proven to be a remarkable student who has many interests and talents. Kathleen has two younger brothers John (15) and Matthew (13). Kathleen's favorite subject is Biology which has affirmed her desire to pursue a career in the medical field. Kathleen is the captain of the Cross Country team, plays hockey and lacrosse and is a member of the National Honor Society, Humanitarian Club and is also the President of the Student Senate. She is a senior class officer and involved in the Model UN. Kathleen is a 4 year CCL All Star for Cross Country and has won the Stonehill College Book Award, and the 2014 Gold Summa Cum Laude medal on the National Latin Exam plus other Latin Awards. When asked what she likes best about AC and the school community her response was how close AC is as a school. Ever since her freshman year, she has noticed how welcoming and friendly everyone is. Her best memory at AC was winning the Div. 1 MA State Hockey Championship her freshman year.



Kathleen McLaughlin, Senior

Alison O'Connell, Junior

MaryKate Simmons, Sophomore

Cate Gallagher, Freshman

Outside of school, Kathleen enjoys rocking babies at the Brigham & Women's Hospital NICU where she works. She also would like to add that she is the 2012 winner of the Emerging Leaders of Waltham program and a Lector at St. Jude's Parish in Waltham. When asked about her future plans after AC her response was "I'd like to further my education by going to college and potentially going to medical school. I've always wanted to be a doctor!" We congratulate Kathleen and wish her continued success!

JUNIOR

Alison O'Connell has been selected as the Junior Student of the Quarter. Alison has consistently proven to be a remarkable student who has many interests and talents. Alison has an older sister Katie (18) who graduated

from Arlington Catholic in 2014. Her favorite subject is History because she is interested in how we got to where we are today and likes learning how people lived, dressed and went about their daily lives in the past. Alison is a member of the Humanitarian Club and the Tutoring/Homework Club, a program that helps younger children after school in the AC Library. When asked what she likes best about AC and the school community her response was that she thought the teachers were excellent role models because along with teaching, many also coach and moderate clubs. Her best memory at AC was her freshman orientation.

Outside of school, Alison enjoys babysitting and dog sitting. She enjoys spending time with her family at the Cape and in Maine. When asked about her future plans after AC her response was "to attend college somewhere in New England." We congratulate Alison and wish her continued success!

SOPHOMORE

MaryKate Simmons has been selected as the Sophomore Student of the Quarter. MaryKate has consistently proven to be a remarkable student who has many interests and talents. MaryKate has five siblings. She has an older brother Joey (22) that graduated from Arlington Catholic in 2010 and an older sister Shannon (19) that graduated from Arlington Catholic in 2013. MaryKate also has a younger brother Sean (13) and younger sisters Meaghan (10) and Bridget (9). MaryKate's favorite subject is chemistry. MaryKate plays Basketball, Softball and Varsity Soccer for Arlington Catholic. MaryKate is also a member of SADD. When asked what she likes best about AC and the school community her response was that the teachers are very interactive and make learning enjoyable. Her best memory at AC was making Varsity Soccer.

Outside of school, MaryKate enjoys babysitting and spending time with her brothers, sisters and cousins at home and down the Cape. MaryKate teaches 4th grade religious education for St. Agnes Parish. When asked about her future plans after AC her response was “After AC, I am hoping to go to college and study Psychology.” We congratulate MaryKate and wish her continued success!

FRESHMAN

Cate Gallagher has been selected as the Freshman Student of the Quarter. Cate has consistently proven to be a remarkable student who has many interests and talents. Cate has two siblings, Michaela (13) and Nicholas (9). Cate’s favorite subject is history because she finds it interesting to learn about the traditions, cultures, and customs of other places around the world, not just those of which she is from. Cate is part of the Drama Club, Choir, Humanitarian Club, and Campus Ministry. She hopes to play Lacrosse in the spring and is considering Winter Track. When asked what she likes best about AC and the school community her response was she likes that the AC school community reaches out to help others, such as raising money for the American Cancer Society in October and sending students to the Boston Sock Exchange each month. She likes all of the great service opportunity AC offers. She is still in the process of making her best memories here at AC.

Outside of school, Cate spends a lot of her free time playing and practicing piano. She has been taking lessons since the third grade. Cate also sings in the choir at St. Agnes and going to church on Sunday mornings is the highlight of her week! When asked about her future plans after AC her response was “After AC, I hope to major in music with emphasis on piano. I also want to learn how to play the organ one day.” We congratulate Cate and wish her continued success!

800 Club

Kenneth Fong - Math
 Jacob Fulton – Latin
 Yoo Jung Hah – Math, Math Level 2, World History, Chemistry
 Greg Huh – Math, Math Level 2, Chemistry
 Jahyun Lee – Math, Writing, Math Level 2
 Elizabeth McCall – Writing
 Hyun Chan No – Math Level 2
 Jaehyeok Shin – Math Level 2
 Mingyu Shin – US History, Physics, Math, Math Level 2, Chemistry
 Jun Jung Yeung – Math Level 2

National Merit Commended Students

Of the 1.5 million entrants, those with the highest scores on the PSAT/NMSQT receive letters of Commendation in recognition of their outstanding academic promise. Commended students are named on the basis of a nationally applied Selection Index score. This year’s AC students who were named Commended students are:

Kenneth Fong	Greg Huh
Brian Hart	Elizabeth McCall

Additionally, the National Merit Scholarship Program recognizes the top 3% of more than 160,000 Black Americans who participate in the PSAT/NMSQT through the National Achievement Scholarship Program. AC Student Meghan Volcy was named among the 3,100 Outstanding Participants in this program.

We congratulate these students and commend them for their hard work.

Science Club

The Science Team picked up where it left off after last year’s outstanding third-place performance in the North Shore Science League. AC has finished in the top six (out of twenty-six schools) in each of the first three competitions, most recently finishing in third place in the December meet. AC is the only private school in the top ten, beating out the likes of St. John’s Prep, St. Mary’s, and Pingree.



Student Service

The opportunity to run the program and be able to make it fun, has not only been rewarding but enjoyable.

– Emma Tanahashi

Being able to use my knowledge to help others in a fun way is the most rewarding part.

– Alison O’Connell

At Arlington Catholic, our goal is to prepare our students to be life-long learners and contributors who are committed to a just society. As educators in our school, we are called to live as Christian witnesses, who bring this living faith into our classrooms. As a school, we are so proud to know that many of our students practice Christian values beyond the halls of AC, and participate in programs to help others that in turn, help themselves.

Two outstanding examples of our students working to serve others include innovative tutoring programs.

Two years ago, two students, Katie O’Connell ’14 and Erika Tanahashi ’14, approached school guidance counselor and social worker Christy Kiernan about starting an after school “Homework Club” to help students from Saint Agnes School. The Saint Agnes staff identified students who were in need of additional help with their homework, while Katie and Erika recruited help from AC friends (including their little sisters Alison ’16 and Emma ’16) and so it began. On Thursdays, 15-20 Saint Agnes School Students regularly meet with an AC student for one-on-one homework help. Now in its second year, Alison and Emma have taken over the program and recruited another 20 students – including some freshmen who came over from Saint Agnes!

Another tutoring program that is making an impact is the National Honor Society peer tutoring program for current AC students. If any student at AC is struggling in a particular class or needs a little extra guidance, they are identified by a teacher or guidance counselor, and they are paired with a current NHS student. During a study period each week, they spend time together one-on-one preparing assignments and working on projects.

While there is a direct benefit of academic support for the students, the biggest reward to this program is something else: the personal happiness these tutors feel in helping another student.

These tutoring programs allow our students to give of their time and talents and learn that charity can be through service, not just financial contributions. The small gift of time has a big payback: self-esteem, role model development, commitment, independence and self-assuredness are tremendous rewards. The tutors have gotten so much out of this program that they don’t even track the time anymore, instead the tutoring goes on for as long as it is needed.



"I give you a new commandment: love one another. As I have loved you, so you also should love one another. This is how all will know that you are my disciples, if you have love for one another. If I, therefore, the Master and Teacher, have washed your feet, you ought to wash one another's feet. I have given you a model to follow, so that as I have done for you, you should also do."

Student Service cont.

By Amanda McInnis and Lily Raso

As one component of our community service this year, we have taken on the responsibility of teaching religious education to third graders at St. Francis of Assisi Parish in Medford. Through this service opportunity, parents and the religious education coordinators have entrusted us to share our knowledge of the Catholic faith and the importance of what it means to be a Catholic with our students. This opportunity allowed us to grow in our knowledge and understanding of our Catholic faith along with our students. We have personally developed a bond with each child and enjoy watching them grow in faith and understanding. Our role as teachers has opened our eyes to the joy that comes with impacting a student's life and knowledge. Our Catholic faith is a very important aspect in our lives, as shown through our attendance at Arlington Catholic and Sunday Mass, and being able to pass our knowledge down to young learners in a way that is interactive, entertaining and amusing is a true blessing. Giving our students even the simplest advice or tidbit of information is always meaningful. For example, just before the Christmas break, one of our third graders asked us the following question: "Is it ok for me to write Xmas instead of Christmas?" Our immediate reaction was to tell the child "no" and we explained that by eliminating "Christ" from the word he would be ridding the word of its true meaning, which is Jesus Christ's birth. The child smiled and said that is what I thought. At that moment, we knew that he would remember our explanation for the rest of his life. Our choice of community service is one that is mutually beneficial to both our students and us. So far it has been a true privilege to be able to work with, nurture, and inspire the young minds of our community and instill them with the wonders of our religion. We cannot wait to continue sharing our knowledge in the second half of the year.

By Meghan Kreider and MaryKate Simmons

At Arlington Catholic High School each student is required to do a certain amount of community service hours. For our community service we chose to teach a religious education class to 4th graders in Saint Agnes parish. We teach class on Sunday's, after the nine o'clock mass, in St. Agnes school. This is our second year teaching a fourth grade class. We chose to do this because we wanted to share our knowledge and love of God with the children. Between the two of us we have nine years of Catholic school education and nine years of CCD . Now at Arlington Catholic we are continuing our education of the Catholic faith. We enjoy teaching because the kids enjoy learning new things which inspires us to learn more about our faith. Teaching gives us the opportunity to give back to the Catholic community and our parish.

By Allyson Cunningham

Every Saturday morning, the Boys and Girls Hockey teams run a program teaching kids with special needs how to skate. The first skate my freshman year, I met a little girl with a maroon helmet on named Maggie. I skated over to her and took her hand. We began skating and talking. Ever since that day, we have had a special bond. Beginning my sophomore year, our relationship grew tremendously. We began seeing each other outside of

the skate, whether it was going over her house to help her with homework or going out to pizza and ice cream. Maggie also started coming to my games, with her Arlington Catholic Hockey jersey with my last name on the back. The friendship Maggie and I share is one of a kind. Although, she is 6 years younger than I am, I still believe that she is one of the funniest, sweetest girls in the world. I can always count on her to put a smile on

my face. A lot of people would complain about waking up on a Saturday morning to go to a rink, but Maggie has made me look forward to those Saturday mornings. I started off doing this skate because I had to, but I can honestly say it has changed my life. Not only have I had a positive impact on Maggie, but she has also had one on me.

By Katherine Amato

The walls were made of compact mud and stone, the roofs were made of rusty tin. Dust coated every surface and the desks were made of wood so rotten that it creaked and moaned every time someone sat down. Not to mention, there were multiple fungi and insects living inside.

Children skipped in, giggling and singing their “*Hujambo*” welcome song (“*Welcome to our Tanzania. We are glad you are here*”). One little boy, much smaller than the others, stumbled up to me with a piece of paper that said “*Marahaba*,” a Swahili phrase said to elders meaning, “*I give you my respect*.” He had a small crooked smile that was already melting my heart. When I asked his name, he merely shook his head and ran to his seat.

“Teacher, teacher!” Hawa, one of the girls, yelled. “Dizmus do not speak.” She wrapped her hands around her throat. The little boy, Dizmus, was mute. He looked away, ashamed as if I were going to punish him.

I didn’t quite know what to say. However, another child said something for me, better than I could have said it. Her Tanzanian accent was especially strong. “It ok. We all bad at something. But Dizmus is good at things too. He is smart.” That crooked smile crossed Dizmus’s face. He

was still hiding his head, but now it was as if he was blushing.

During play time, all the kids grabbed me and pulled me to the field with them. These kids barely knew me; I was a stranger in their country, yet they took me in as if I was family. In fact, many of them called me *dada*, sister. These children gave me their love and acceptance, asking only for me to love them back. Everything they did made the world of poverty around them seem a little brighter.

These children knew more about the world, and compassion, and the value of other people than anyone I have ever met. I remember a child spending a week making a soccer ball out of trash bags and thrown away rubber bands so that his friends could play soccer, which everyone in Tanzania adores. I saw little Muslim children in their hijabs playing and laughing with Christians and Hindus. It seemed to me that this was as all people should be. I only wish the world was as kind to them as they were to those around them.

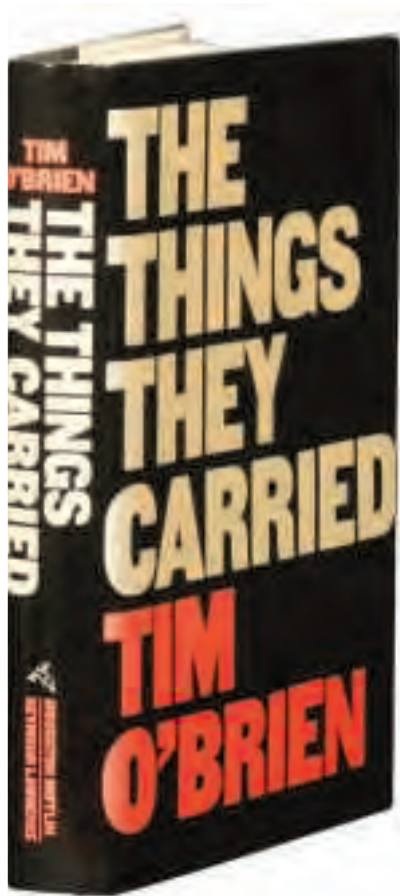
After their school day, these children, only seven or eight years old, walked miles home in their tattered, donated clothing to cut sugar cane until it was dark, hoping that there may be food on the table, when

often, there was none.

On my last day at the school, I was overwhelmed by hugs and kisses and notes proclaiming, “You are beautiful, teacher. I love you,” and “Do not leave.” The little boy Dizmus gave me a bracelet and a note which read, “My brother gave me this but I give to you because I love you and I miss you.” We smiled and embraced and all my children ran together to hug me. As I said my last goodbye, one of the children yelled, “Don’t forget me.”

Images of those children have stayed with me since I came home to America. Whenever I see someone embarrassed by circumstances they cannot control, I see Dizmus. Whenever I see someone alone, I know all the children at Patandi Primary School would be the first ones to offer a hand. Since I have returned, I have aspired to be more like these beautiful children. These children, sitting in their rotten, dusty desks, and playing with their trash bag soccer balls, made me see an ideal world I did not know existed; a world where everyone is supportive and accepting, where love and compassion is given to everyone. That is the world I strive to create.

Student Essays



◀ Tim O'Brien's "The Things They Carried"

How do AP Language and Composition students practice honing their craft? One writing strategy they use is imitation – they often try on the hats (and styles) of various writers. In this case, students were inspired by the content and style of Tim O'Brien's essay "The Things They Carried." It turns out that our seniors carry a lot.

THE LIVES I'VE CARRIED

BY KATHLEEN McLAUGHLIN

I carried diapers and wipes and pacifiers and medical gloves. I carried diaper cream, Balmex, Criticaid, A&D, Vaseline, and Ilex. I carried formula to and from the "kitchen" as the nurses call it, better known as the stock room, the milk room, the "in between." And if I can't find what I'm looking for, I check the 1-3-5 room, a bed stocker's mall, filled to the ceiling with racks of supplies, the diapers, the wipes, the creams, the never ending bottles of formula. I carried the milk, the Neosure-22, the Enfamil plus care, the mother's milk, the endless combination of milk and formula and calories determined by the baby's growth and weight. I carried the vitamins, the iron and the vitamin D. I carried the medicine, trapped in tiny syringes, the Tylenol and the morphine, and the caffeine that kept the baby's heart rate from dropping, that kept the baby breathing, living. I carried the babies. I rocked them in their rocking chairs when their parents were out, providing warmth, human contact, and temporary love. I carried their lives in my arms. Keep their heads supported. Keep them swaddled tightly. Keep their hands close to their chest. Keep the binkies in their mouths, but don't force it. Keep them upright if they have reflux. Keep them still. Keep them breathing. Keep them living. Always move with caution— not just around the babies, but also around the parents. Watch what you say. Do not speak unless spoken to. Smile. Offer assistance but do not get in the way. I carried the parents, their tears, their joys, their first names, and their stress. I carried their anger, their coffee, their gratitude, and their bags when their little human, their child, was discharged and sent home. Then I carried the empty cribs, the donated clothes which appeared too small for even a doll, and the empty tubs where they took their first baths out to be sanitized, to be cleansed of their memories, of their temporary stay here in the Neonatal Intensive Care Unit. But I still carry their memories, their last names, their bed spaces, their diaper sizes. I still carry how their mothers would cry, at the smallest setback, and at the most insignificant triumph. I still carry their success, their fight, their will to survive, and I still carry the looks their parents gave them as they were wheeled out of the safe hospital walls, free of the wires and monitors, looks full of hope and love and fear.

THE SHELVES UPON MY SPINE

ISABELLE TUMBLIN

I carried my backpack. I carried my books, notebooks, binders, lined paper, graph paper, and blank paper. I carried pens, pencils, sharpies, and highlighters, extra lead, erasers, and notes from my friends scribbled on gum wrappers. I carried forms to be signed and forms to hand in. I carried my education. I carried Spanish 1, 2, 3, and 4, Bio 1 and 2, and both my Voice and my Vision. I carried Poe, Fitzgerald, Lee, Shakespeare, Salinger, Hawthorne, Twain, and Orwell. I carried the history of the world. I carried Hammurabi's Code – all the rules of life spelled out in one slab of stone, supposedly making it all easier for us all, the Bhagavad Gita, the Magna Carta, the Declaration of Independence, the Bible, the Slavery Abolition Act, and the 19th amendment. I carry my history: twinkle, bump, baby, toddler, middle-schooler, oblivious freshman, silly sophomore, jesting junior, and stressed senior. I carried my knowledge. I carried how I got to school every day by 7:00 sharp: the shortcuts, and the long cuts- for when you wanted to listen to one last song. I carried people: the good, the bad, the friend, the bully. I carried every tear shed and laugh cackled on my chest like a badge of honor. I carried my memories of my life on my head like a hat, my family the brim and my friends, enemies, wants, needs, experiences, dreams, nightmares, and eureka's the embellishments. I carried all my first times on my wrists – skating, dancing, friend making, loving, hating, kissing, punching, and being-sent-to-the-office-ing – like bracelets. I carried candy that was always somewhat melted, sandwiches that always broke out of their containers, cola, always at least three bottles of water and maybe a fourth just in case, and only strawberry pop tarts. I carried lacrosse. I carried my stick, goggles, mouth guard, balls, gloves, running shoes, and turf sneakers. I carried whistles, cards, flags, and black and white stripes. I carried the field. I carried every last piece of fake grass and tiny bit of Astroturf in my cleats. I carried the rain, sleet, snow, cold, clouds, and finally the sun, warmth, and dryness. I carried my team. I carried nineteen teenage girls and one adult, three Julie's, two Caroline's, and one Arin. I carried the net, the out of bounds line, code green, code red, and code peanut butter –only if we were winning. I carried it all on my back and by the end of the day my shoulders were aching so desperately that no dose of Advil could cure. I just had to take a hot shower and lie on my back thinking about what I was going to carry that next morning before falling into a deep, relieved, sleep.

THE THINGS I CARRIED

KENNETH FONG

I carried my school uniform in my hands just before replacing my pajamas with them. I carried my backpack on my back, which on average bore the weight of three or four classes' worth of work from the night before. I carried myself on my feet as I trod to my vehicle to school, a used Honda Pilot. I carried a smile when I thought, "What will I learn in school today?" but a frown when I learned in school that day about the pounds of homework I would have to carry home. I carried my countenance; my neutral, neutral countenance. I carried a moustache. When people looked at my face, I carried thoughts concerned with their thoughts. I carried a mind; a brain thirsty for knowledge, not paperwork. Both complacently and angrily, I carried myself through the hallways. I carried images in my head of people I saw every day but made little effort to speak to. I carried a disorder that is a potential reason for such effort. I carried few friends. I carried solitude. Whenever I'm at school, or really anywhere other than home, I carried my iPhone, my Calvin Klein wallet, and house and car keys in my pockets. I carried the knowledge to lead my math team and science team to success at monthly meets. I carried mostly A's throughout my career in school. I carried a career in lifeguarding over the past two summers. Before lifeguarding, I carried advanced swimming skills from swim lessons as a kid, then later, swim teams as a teen. More recently, I carried the burden of applying to colleges with all these things and others fresh in my mind.

Student Essays cont.

THE THINGS I CARRIED

GIULIANA O'CONNELL

I carried the umbrella, the chairs, and the cooler. I carried towels, blankets, sunblock, lunch, beach toys, boogie boards, flip flops, my summer reading book already stained with salt, and much more. There were always stragglers, people coming from the beach house later in the day bringing new food, dry towels, clean clothes, fresh magazines, and unheard news and gossip. Lydia carried her beach bag with her towel, book, and big diva sunglasses. Eamon carried the wiffle ball bat, always the wiffle ball bat. Mary Rita carried the keys, the keys to the car, the keys to the house, she had all of the keys. Martin carried his pitcher's sleeve, always on his arm keeping it warm and pale. When we went to the beaches that took a longer walk from the parking lot we carried things together. Passing it along as we got tired, we carried the big cooler, with all of the food that we might need for the day inside. We all felt the burn of the sand as we carried. We stopped and slowed as needed to ensure that everyone would make it. Sometimes, when the smallest cousins couldn't bear the burning sand, we pulled them along on boogie boards despite the loads we were already carrying. We carried sunburns. We carried cookies, shovels, water shoes, t-shirts, sun hats, and family. We carried expectations, among them swimming and relaxing as much as we could, because this would be the only time for it until next year. We carried the beach, the salt from the Atlantic and the sand still buried in our clothes, skin, and hair. We carried the day. More than the day, we carried the week, all of the time that we had together; a lot of time in theory, and a little in practice, we carried the nights. We

lounged like princes. By daylight we bathed in the sun and the ocean, and at night we barbecued and did puzzles, but it was not vacation, it was normalcy and family, something that we had been doing for years that could feel so ordinary and comfortable in the moment, a new puzzle each year, a new house each year, always the same beaches, town, and family, cooking pancakes in the early morning, and trying to leave for the beach before noon, carrying our loads which lessened by the year. We carried them proudly. There was always an air of belonging about us, we were not just visitors, even our license plate said so. We carried from that car that said we belong, every day. Going back and forth from house to car, to beach from car, to car from beach, to house from car. It was as practiced as a drill. No mind to it, get all of the people, get the food, get out. We sunblocked with any spf available, anything to protect us and get us out the door. Sometimes we left people behind. They could always get in another car later, so long as we got out. It wasn't as much about getting out, as it was about getting there. To be in the first car you would do anything. Some people left without a sandwich, others without sunblock, and even more without shoes, but the first car was worth it. The second car may not leave for hours after, and to even get a seat in it you might have to commit to going to the supermarket, and the fish store, and the liquor store, and then the liquor store with good wine. It was never about space. People would squish, and pile, and fit if they needed to, so long as the car was full, it was leaving. No waiting for anyone once all the seats were at least filled.

THE THINGS WE CARRIED

OLIVIA SCIOLETTI

We carried white, Mizuno kneepads and socks and sneakers. We carried whistles, headphones, water bottles, headbands, towels, chewing gum, crackers, extra laces, textbooks and homework, sweatpants, t-shirts, our uniforms, ace bandages, iPods, ankle braces, and much more. Once a week, when our coach resupplied the snack box, we carried "Lucky Charms" cereal in plastic cups and "Welch's Fruit Snacks" in our back pockets. We carried refillable Gatorade bottles, each with a liter capacity. Alex Ball always carried a toothbrush and toothpaste in case her teeth ever needed brushing. Danielle Sullivan carried men's deodorant because women's could never get the job done. Juliana Dolan carried her "beats" headphones to block out the incessant racket on bus rides. Samantha Kenney carried her epi-pen. Some things we carried in common. Taking turns, we carried the cumbersome poles to and from the nearby closet to set up the net. We shared the weight of our past. We took up what our teammates could no longer bear. Often, we carried each other's bags and equipment. We carried pens and pencils, notebooks, playing cards, volleyballs, iPads, our lists of goals for the season, individual awards, and our statistics. We carried ailments, among them colds, flus, and staph infections. We carried sprained wrists and ankles, "Bengay" cream for sore muscles, scrapes, and permanent hip bruises. We carried the room itself- the gymnasium, the wooden floor, the filthy bleachers- a film of dust that covered our things while we played. We carried the crowd. The whole atmosphere, we carried it, the roar of our fans when we scored, the solemn hush when we failed to succeed, the candy wrappers left on the stage and in the stands, all of it, we carried gravity. We moved like cheetahs. By daylight we were diligent students, at night we were slaves to the sport, but it was for a purpose, for a win or a loss.

THE THINGS THEY CARRIED

JAKE FULTON

They carried foot lockers, sleeping bags, mosquito netting, and tent poles. They carried five changes of clothes, ratty socks, brand new t-shirts, blank college-ruled notebooks, black ballpoint pens dug from backpacks, pocket knives, and first-aid kits. They carried wallets lined with money from parents, swim trunks, soft towels, toiletries, zip ties, and reusable Nalgene bottles. They carried Class-A and Class-B uniforms, official Scout socks, and old pairs of sneakers. They carried bug spray and sunscreen, without any aerosol so as not to affect the pristine conditions of Northwood. They carried postcards for friends and family, collapsible chairs for around the fire pit, and bulging pockets of sunflower seeds. Kevin Doherty carried a football to throw around during siesta. Brian Leonard carried armful after armful of seasoned firewood, stacked to be consumed little by little, night by night. Kyle Berry carried flip-flops. They all carried their belongings to tents, decided whom to bunk with for the week, set up cots, and bid goodbye to their parents. They walked down unpaved roads, towels and papers in hand, to the waterfront, where they carried swim tags, good for entry into the lake. They carried responsibility, running to the mess hall to set tables before the bell rang for dinner. They carried conversation, stretching from dawn to dusk. They carried the American flag, raised it up each morning, and lowered it each night to the gentle sound of the bugle. Each young man made new friends as frequently as he made trips to the trading post, which he carried back with him, able to be felt just as much as the cold Fanta orange soda being carried in one hand, or

the ice cream sandwich being carried in the other. Bound together in this place, without electricity or running water, they carried out a different style of living, unparalleled by any other experience up to that point. They carried the lake. They carried the loon, the honking bird from which the camp took its symbol, on their shirts, and in their minds. Through the summer haze they beat on from opportunity to opportunity, learning new things about survival, science, swimming, cooking, and community. They carried themselves to the firing ranges, up the steep, rocky hill that can't be avoided, but can be made worth it by the extreme joy of getting a bull's-eye. They carried themselves throughout each day, they carried one another – “friends and brothers,” the English translation of the Native American name of the camp, “Wah-tut-Ca.” They carried shared duties and responsibilities. They carried less of a sense of self and more of a sense of community, through their evolving thoughts and actions. They picked up leadership skills and added them of the load of things to carry. They carried Northwood, New Hampshire, its thick woods and rolling hills, and for each step they carried themselves, along with what things they had brought along, away from the puerile dependence of their pasts to the mountains of responsibility, autonomy, and an unmeasurably heavier load of things to carry; even though they thought they had stuffed those foot lockers to the brim for their weeklong adventure at Wah-tut-Ca, they carried home with them more than they could have ever imagined taking.

We played for the sake of the game. We jumped and dove, quickly across the court within the bright red lines, against the heat of late August, through the bitter cold of early November, up on the strengthening boxes, all bone and muscle, squatting with our upper thighs to dig resilient hits, pulling ourselves up an extra few inches to make a game-saving block, serving just in and occasionally out, it was an automatic series of events performed with stimulated focus, endurance, and passion. Our principles were in our minds and our bodies. Our calculations were routine from daily practice. We had a firm sense of strategy and mission. We appeared at opposing teams' gyms with a straightforward purpose; we broke them, crushed their hopes for success, slammed the ball in their faces, and caused their defeat and sense of utter desperation and prayers for the game to end. We carried our own personal lives as well. The pressures were enormous. In the heat of the grueling week of tryouts, we would nap in the sun after playing for hours at a time, which was dangerous but which helped ease the stress of the upcoming team decisions. We would often make changes along the progression of the season. We supported each other regardless of the situation. Never letting a bad play or missed serve bring the energy of the team down, we shook it off and sold ourselves to the team with a reassuring smile. We were there for each other much like a family- one family of fourteen girls and two parent coaches- and we never allowed intruders to disrupt our chemistry. Amongst all we carried, what we held highest were our accomplishments, our pride in our victorious team, and our goal to be the best in the state of Massachusetts. These, we could never put down.

Student Essays cont.

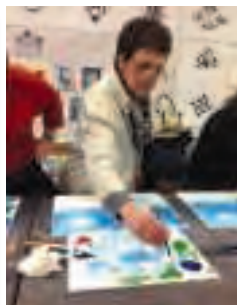
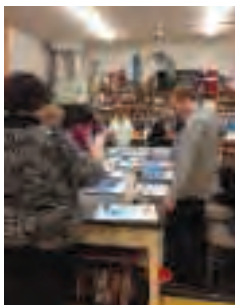
THE THINGS I CARRIED

ASTRIDE CHERY

I carried pencils and paper. I carried a backpack, a sharpener, notebooks, a cell phone, boxes of gum, cartons of juice, a lunchbox and a silver Bible, a flashlight, colored pastels, *The Island of the Blue Dolphins*, nail polish, nail polish remover, a teabag, and much more. Twice a week, when my mother did the groceries, I carried a bag of shrimp and three cans of soup. I carried in a bottle of wine. Lucas Scott carried a book about Ravens for special occasions. Peyton Sawyer carried a sketchbook. Hayley James carried piano notes that could be hummed at night for extra comfort. Brooke Davis carried stilettos. Sometimes they carried the same things. Taking turns, they carried the big television show, which ranked number 1 out of 10 with its wit. They shared the weight of memory. They took up what some could no longer bear. Often, I carried them, the unrated and unwatched. I carried obsessions. I carried phone games, field hockey stick, Greek dictionaries, sign of honor roll status, a card stamped with a Cougar Paw. I carried friendships, among them Kelly and Casey. I carried hugs and laughs and jokes and movies and shopping trips. I carried happiness itself—infectious, overpowering—a large smile that spread over my face and mind and body. I carried the sky. The whole atmosphere, I carried it, the blue hope, the gray hopelessness, all of it, I carried the weight of the world. I moved like a gazelle. By daylight, I took the teacher's remarks, at night I was murdered, but it was not death, it was just the endless homework, assignment to assignment, without purpose, nothing gained or given. I read for the sake of the reading. I plodded along slowly, dumbly, leaning forward against my bed, thinking, all crumbled dreams, simple denials, fighting with my hands, sizing up the journey from homework

to bed and back again, just trudging, one letter in front of the other, but with not strength, no true power, because it was automatic, it was ingrained, and the war was entirely a matter of carving time out of nothing, the journey was everything, a kind of ritual, a kind of void, a longing for learning and sleep and hope and dreams and teacher's sensibility. My principles were in my hand. My calculations were of calculus. I had one strategy and mission. I did the work not knowing what to do, not caring, scratching down a sloppy yes, blowing through time, sometimes giving up and sometimes not, then bracing up and moving on to the next day, then the next, when it would all be the same. I carried stress. The pressure was enormous. In the heat of the moment, I would scream at the top of my lungs and punch the wall, bare hands, which was dangerous but helped ease the strain. I could never leave anything behind in the journey, yet I did every day. Purely for comfort, I would throw away the work, destroy their power, no matter, because by nightfall my mother would arrive with the discipline I'd rejected, then a day or two later, fresh paper and pencils and cartons of gum and notebooks—the resources were unnecessary—cupcakes for Christmas, cookies for New Years—it was the great chest of American privilege—the fruits of education, the juice boxes, the colleges in Boston, the Texan isolation, the federal requirements, the vast fields of parents' hopes and dreams—I carried like five barbells; I carried it on my back and shoulders—and for all the oddness of the American dream, all the obstacles and misinterpretations, there was at least the single certainty that I would never have to carry the pencil and paper again.

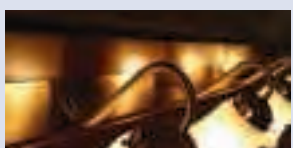
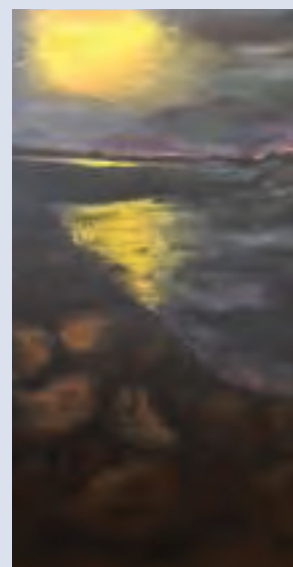
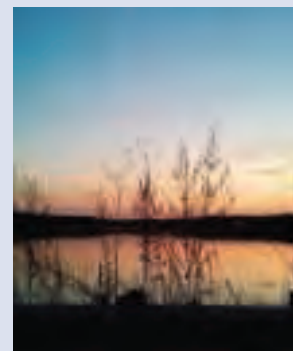
Paint Night



Scholastic Art and Writing Awards



Congratulations to MaryRose Bulger '15, Sara Dunn '15, Lauren Fitzgerald '15, Andra Keane '16, Brendan Kenny '16, Michaela Knight '15, and Kate McNamara '15 whose artwork has been submitted to the Boston Globe Scholastic Art and Writing Awards. Since 1923, the Scholastic Art & Writing Awards have recognized the vision, ingenuity, and talent of our nation's youth, and provided opportunities for creative teens to be celebrated. Winners of awards will be announced in January 2015 and their names will be published in the Boston Globe.



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Unleash the Spirit

An Athletic Renovation Campaign

In December of 2013, Arlington Catholic High School suddenly lost a beloved member of our community with the passing of Doctor Michael Foley '68. Doctor Foley stood out, not only as a student at Arlington Catholic and a member of the AC Community, but also as a member of the larger community of Boston and New England.



Arlington Catholic High School would like to recognize the accomplishments and contributions of this great man. Dr. Foley was a loving husband, father, friend, doctor and Red Sox fan who spent countless hours giving back to his community. Stephen Biagioni, Principal at Arlington Catholic, has announced that the brand new court in AC's gym will be named after Dr. Foley.

The gym at Arlington Catholic High School is the center of so much of the vibrant activity in our community. The condition of the gym is of the utmost importance to our athletic program, physical education program, and the many groups in the community who use the space.

The existing gym floor was installed in 1959 when the school opened its doors for the first time. Over the past 50 plus years, the gym has seen a tremendous amount of use from our championship volleyball and basketball teams, gym classes, athletic tryouts, proms, dances, school assemblies, Masses, fundraisers and community gatherings. While the floor has stood the test of time, it has recently shown a great deal of wear and the time has come for the floor to be completely replaced. Our new fundraising priority for the next two years is to completely modernize the gym. The new modernized space will meet the needs of the Arlington Catholic students and community at large.

The **Unleash the Spirit Campaign** will encompass the replacement of the court, as well as renovating the stage, and adding additional seating for the Cougar Den.

Upon being inducted into the AC Hall of Fame, Dr. Foley said "Whatever success or accomplishments I have had, I attribute to the strong foundation at Arlington Catholic." This is a just one way that Arlington Catholic and our community can thank Dr. Foley, and his family, for their tremendous support of our school.

For more information, please contact Lee-Ann Pepicelli-Murray at lpepicelli@achs.net, or call 781-646-5101. You can also contribute online by visiting achs.net.

Sports *Wrap Up*

BANNER YEARS

CROSS COUNTRY

Girls Cross-Country won the league for the 6th consecutive year with a record of 8-0. Four girls made league all-star: Veronica Seguin, Alexandra Kay, Kathleen McLaughlin, and Olivia Bowman. Alexandra Kay also qualified as an individual for the All-State Meet.



GOLF

The AC Golf team were CCL Champs for the 5th straight season and also had a league MVP - Jake Peer. The League all stars were Jake Peer, Sam Jennings, Tylor McCarthy, Kyle Boudrias, and Danny Lordan. The team also celebrated 50 consecutive wins this season!

VOLLEYBALL

Arlington Catholic Volleyball also had a fantastic season and exceeded expectations. They finished their great season with a 20-4 record, were CCL Champions and Division II North Finalists! The team had four all stars – Olivia Scioletti, Demi Fogarty, Juliana Dolan, and Monica Royo. They also had the CCL MVP – Demi Fogarty – who also boasted the title of the best Middle Hitter in the state of Massachusetts. Juliana Dolan boasted the title of number 2 setter in the state of Massachusetts!





Sports *Snapshot*





We had another great year and another beautiful day for our Annual Golf Tournament. We are so blessed to have so many supporters of this annual endeavor to raise funds in memory of Monsignor Linnehan for Arlington Catholic High School. We could not do it without the unwavering support of the Linnehan family including Susan Maloney and Jay Linnehan,

as well as our golf committee: Mike Byrne '79, Tom Fitzgerald '71, Mike Pallotta '81, Tom Porter P'86, Dan Shine and Charlie Uglietto '79. This year's winners were Bob Hill, John Melly, John Griffin, and Brian Malone. The alumni cup winners (again!) were Frank, Matt '02 and Nick '04 Michienzi.

23rd Annual Monsignor John J. Linnehan Golf Tournament Alumni Participants

(listed alphabetically)

William Billings, Class of 1985
 Mike Byrne, Class of 1979
 Stephen Feeney, Class of 1972
 John Fischer, Class of 1998
 John Fitzgerald, Class of 1971
 John Griffin, Class of 1978
 Thomas Grogan, Class of 1972
 David Jamieson, Class of 1989
 Paul Jamieson, Class of 1991
 Scott Jamieson, Class of 1984
 Charlie Keefe, Class of 1969
 Jeffrey Keefe, Class of 2003
 Timothy Keefe, Class of 2003
 Brian Kennedy, Class of 1994
 William Kennedy, Class of 1972
 Michael Lepore, Class of 2006
 Thomas Lepore, Class of 1978

John Mansfield, Class of 1977
 Michael Marchese, Class of 1987
 Matthew Michienzi, Class of 2002
 Nick Michienzi, Class of 2004
 Paul Napolitano, Class of 1991
 Kevin Pallotta, Class of 1979
 Michael Pallotta, Class of 1981
 Charles Pigott, Class of 1983
 John Pigott, Class of 1985
 Carol Porter, Class of 1986
 James Rabbitt, Class of 2002
 Joseph Simmons, Class of 1988
 Todd Sloper, Class of 1992
 Austin Smith, Class of 1976
 Daniel Staffieri, Class of 1992
 Charles Uglietto, Class of 1979
 Brian White, Class of 1994

Annual “Matty McHugh” Post Gobbler Football Tournament

Cheerleader for a Day

The AC Cheerleaders had their Annual Cheerleader for a Day fundraiser where they invite local kids from Arlington, Saint Agnes, and children of alums to be a Cheerleader for a day at an AC football game! For a second year in a row, it was a huge success for both the cheerleaders and the kids.



Camryn, daughter of Jessie Melisi Dunn '01



Ronan, son of Mary MacDonald Simpson '93 and Audrey, daughter of Nicole Santini Keefe '96



The 17th Matty McHugh Post Gobbler Football Tournament was another huge success. Funds were again raised for scholarships for the AC Football team. Forty alumni participated in the games, with even more there as fans and spectators, including Matt's parents, Rich and Mary McHugh. Thanks so much to Mark O'Brien '99 for organizing this each year!



This year's winning team was: from left to right **Anthony Petrelis '01 (AC)**, **Nick Petrelis '04 (AC)**, **Joe Granato '08 (AC)**, **John Troy (Melrose High)** and **Matt DeOliveira '07(AC)**



18th Annual

QUIZ NIGHT

Saturday, March 21st

Presenting

Music by DJ Mr. Ed *and*
Quizmaster Jack DeLorenzo

Time: 6-11 (Game begins at 7)

- Cash Bar and Raffles
- Bring Your Own Food

8-10 people per table

Questions are answered as a group with the
highest scoring table winning a ***grand prize***

Tickets can be purchased individually or as a group

Limited Number of Tables Available

**To register, visit achs.net → giving
or scan below**



\$10,000 DRAWING

sponsored by

AC's Athletic Department

Friday, May 8th

6:30 pm

(Drawing at 7:30 pm)

in the

AC Gym

Cost: \$100 per ticket

FIRST PRIZE: \$10,000

SECOND PRIZE: \$1,500

THIRD PRIZE: \$1,000

Please return with your check payable to Arlington Catholic.

(All proceeds will benefit the Athletic Department.)

Name(s) _____

Street _____

City _____

State _____ Zip _____

Telephone _____

Return to:

\$10,000 Drawing

Arlington Catholic

16 Medford Street

Arlington, MA 02474



DRAMAFEST AT THE REGENT:

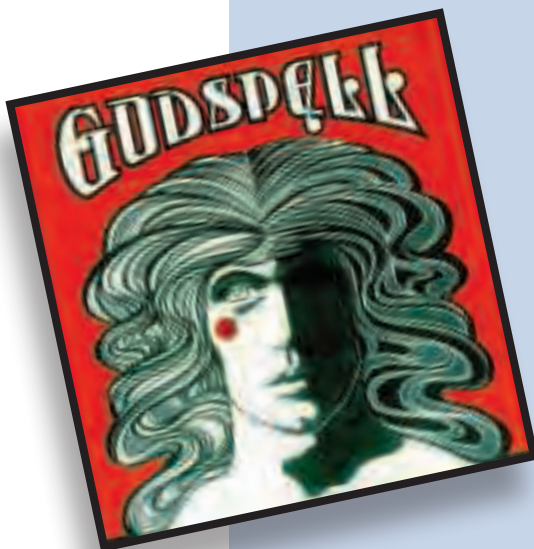
This year's entry for DramaFest will be

“The Girl Down the Hall”

*an original piece
by Elizabeth McCall '15,
directed by Dorie Campbell '15*

Come see the show at the Regent Theatre Underground on

**Wednesday,
February 11th
7:00 pm**



This year's spring musical will be

Godspell

With shows
March 27th & 28th

Performances will be held
at the Regent Theatre

For more information, contact
Mrs. Billings at jbillings@achs.net

Alumni News

class of 1971

Congratulations to **Charles Lyons**. After many distinguished years of service, on September 29, 2014, the Town of Arlington recently dedicated the Selectman's Hearing Room to Charlie. Many local representatives and elected officials were there for the presentation recognizing his many awards and contributions through the years.



class of 1973

Lynne Lowenstein just completed an incredibly successful fundraiser for "Let's Tackle Breast Cancer." The event raised over \$25,000 for The American Cancer Society's Strides Against Breast Cancer, as well as a fund dedicated to assisting breast cancer patients and survivors in our community.

class of 1975

John J. Finnigan, Jr. was recently elected to the USA Hockey Board of Directors. Jay will serve for 3 years representing the Atlantic Affiliate of USA Hockey. USA Hockey is recognized by the International Olympic Committee and the United States Olympic Committee as the National Governing Body for ice hockey in the United States and is a member of the International Ice Hockey Federation.

class of 1985

At it's annual convention held in October 2014, The New England Ice Cream Restaurant Association (NEICRA) presented the Bob Bryson Person of the Year award to **Rick Pizzi** of Pizzi Farm Ice Cream, Waltham MA. The award is sponsored by the magazine "The National Dipper." The publisher was unable to attend the convention so presenting the award to Rick was the 2009 Bob Bryson award winner, Margaret Cain Anderson '77.

class of 1991

Erin Grealy was recently recognized by the Boston Globe in a series called "Catching Up With..." where they follow up on the current lives of former high school athletes. The article talked about Erin being one of the Coaches of AC's Division 2 State Championship team in addition to her own accomplishments in high school, which included, to name a few, a CCL MVP, Globe All Scholastic and game record, at the time, of 41 points. After AC, Erin attended the University of Maine where she was a captain of the NCAA Division 1 tournament basketball team. She then received her JD from Massachusetts School of Law and is now a compliance and privacy officer at the School of Dental Medicine at Tufts.

class of 2000

Michelle Romano recently returned from France for the second year in a row. She attended the World Premiere of THE NECKLACE, a film she played the Lead Role in, at the Festival de Cannes. The *best* news however, was that MILWOOD was Nominated at the Saint Tropez International Film Festival for Best Picture, Best Director and Best Lead Actress. She won the Award for Best Lead Actress!

Also, a lipstick has been named after Michelle and her company Roman Media - called ROMAN BEAUTY was launched at a Fashion Show in Cannes!!! As a result, she has been gaining interest for several productions that she hopes to film in Boston over the next few years! She is also going to be holding a screenwriting contest to find scripts to produce here in Massachusetts!



Michelle Romano

class of **2002**

Joanna Keenan '02 was sworn in by the Clerk of The Supreme Judicial Court as an attorney on Friday November 21, 2014. Joanna passed the bar in August 2014 after graduating from Suffolk University Law School. Joanna attended University of Massachusetts at Amherst . Prior to attending Suffolk Law School she traveled and worked as a social media content manager for an internet company. She is currently an associate for a Boston law firm and resides on Beacon Hill.

class of **2008**

Annie Maraschiello and **Ryan Spagnolo** were married on September 14th at the Aldrich Mansion in Rhode Island. Nine Arlington Catholic alumni attended the wedding, including **Kerri Gertz, Evan Cranwell, Sarah Kwolek, Alana Trabucco, Rachael Ahern, Aaron Conley, Alex Volpe, Jennifer Orelus** and **Taryn DiFilippo**. The couple resides in Wilmington, MA and work in Boston.

class of **2010**

Nicole LaPan graduated Magna Cum Laude from Hamilton College in May 2014



Annie Maraschiello and Ryan Spagnolo

Faculty
Alumni News

Former AC history teacher is a published author! **Michelle Barry** worked with a number of volunteer writers to produce “Littleton, Massachusetts, 1714-2014: Celebrating 300 Years of History”, published by the Littleton Historical Society. She was a contributing writer to chapters on 1780-1860 and 1865-1945, and was also an editor to the book.

I N M E M O R I A M

This fall, AC lost a beloved member of the AC community, John Cusack. Jack was the second AC hockey coach, following in Jack Carney’s footsteps. In addition to be a great player and a great coach, Jack was a State Representative who spent his life as an advocate for people in need.

Reunion News



class of 1974

FORTY-YEAR REUNION

The Arlington Catholic Class of 1974 held its 40-year reunion on June 28, 2014 at the Hilton Garden Inn in Waltham. Close to fifty people attended the event which included hot and cold hors d'oeuvres, beverages and desserts, as well as music by DJ Jack Ferren.

Classmates came from near and far to reconnect with old friends and acquaintances. One even flew in from California, arriving just hours before the start of the evening's festivities, and leaving the next morning! Several attendees hadn't been to a reunion in years, if at all.

We think the 40-year reunion was a solid success, and look forward to our next one.

class of 1985

Class of 85' held a Summer Social at the YardHouse in Boston.

Back Row: Stephen O'Donoghue, Joan Mulloney Stone, Pamela Vigil, Eileen Callahan Bredice, Tony Intravaia, Therese Lenox Horn

Front Row: Rick Pizzi, Ann Marie DiBella, Regina Jensen, Jane Mattucci, Martha Leary Connerty, Gary Mahoney



SAVE THE DATE!

The Class of 1965 is celebrating their

50TH REUNION

on

August 15, 2015

at

Waxy O'Connor's Irish Pub

6 pm – 11 pm

Spouses/partners welcome

For more information, please contact the committee:

Pat Naugler Kuczowski patkuczowski@gmail.com

Lesley Winchenbaugh Swaylik pabste@comcast.net

Arlene O' Donoghue Belliveau a.belliveau@yahoo.com

Nancy Coughlin Olson no0720@aol.com

Steve Costa imnzo@comcast.net

Skip Corcoran eccorcoran9@comcast.net

George Murphy gmurphy@emersonswan.com

60^s and 70^s Reunions

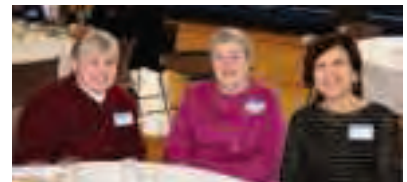
Celebrating our classes, our friendships, our lives and our eras...

This fall, Arlington Catholic hosted decade reunions for the classes of the 1960's and 1970's.

These reunions provided the opportunity for alumni to celebrate with classmates and friends across the years in the same decade. Both decades had the opportunity to see the many changes Arlington Catholic has made over the years, all while being able to look down the same halls they walked as students.



In November, following a Mass of Celebration at St. Agnes Church, our alumni from the 60's old stomping ground for a brunch to remember old times.



In October, alumni from the 1970's gathered at the AC gym and enjoyed a fun night of catching up with old friends.



In May, we will be hosting an 80's reunion. See the ad on the next page to RSVP.

All 80's Reunion

Join us to celebrate
our classes, our friendships,
our lives and our era...

Arlington Catholic High School Classes of the 1980's
request the pleasure of your company for a

1980's Grand Reunion

Saturday, March 7, 2015

7:00pm Reunion



Please RSVP to Erin Simmons
at 781-648-0316 or esimmons@achs.net.
Reservations are \$35 per person and can be made at
ACHS.net or by **scanning the code below.**



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Arlington, MA 02474

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Keep us *Informed*

Are you moving, or have you moved? Have you recently graduated from college, been promoted, won an award, or gotten married? Please send any additional information you would like to see published in the next edition of Fidelitas Alumni News Section to lpicelli@achs.net or attach, on a separate sheet of paper and mail to AC.

Complete this form and send it to:

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Arlington Catholic High School
16 Medford Street
Arlington, MA 02474

Name _____ Class _____
LAST FIRST MIDDLE

New Address: _____
NO. STREET CITY ZIP

Phone _____ Email _____

Old Address: _____
NO. STREET CITY ZIP