

The



Cardinal



WELCOME HOME ALUMNI!!!!

Bryce Council interviews Coach Jamal Smith

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Seth A. Pereles' take on the Varsity Basketball Team

Our coaches, Jerome Pannell and Frank Ercole, have been pushing the players to practice hard every day. Because of their direction and guidance, our team has become disciplined, motivated and focused. We have a strong work ethic and we.....Pg. 4

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Upcoming Events

1

ALUMNI BASKETBALL GAME

Friday, February 5th

Come and show your Support!!!

2

TALENT SHOW

Friday, February 26th

It's your time to show off!!!

3

LA SALLE SPRING DANCE

Friday, March 18th

Let's End the year with a bang!!!

TAKE A LOOK AT STUDENTS OF THE MONTH FOR JANUARY

Manny Lopez

A student who is awarded student of the month is someone who is hard working, courteous and cooperative and recognizes that school is his main priority. This month's freshman student of the month, Manny Lopez, excels in these traits. Manny believes he was.....Pg. 6

Kieran Hopkins

The sophomore student of the month is Kieran Hopkins from homeroom 408. Kieran was very surprised when he received this award but thinks that he was chosen because teachers like.....Pg. 6

Jeremiah Katigbak

Jeremiah Katigbak is currently in Homeroom 404, Brother Anwar's homeroom. I asked Jeremiah a couple questions about this honor and about some things that he enjoys away from school. I asked him.....Pg. 7

Carl Devis

Carl Devis from homeroom 407 previously attended Sacred Heart of Jesus and is now a student of the month in LSA. His current hobby is reading especially autobiographies. When Carl goes to the theaters, he likes.....Pg. 7

Bryce Council Interviews Coach Jamal Smith

Although the banner hangs up and the trophy sits in the case, this doesn't mean the season was a smooth sailing for our 2004 City Champions. According to Jamal Smith, our current freshman coach and key player on the city championship team, the season started off rocky, with many internal problems.

The Cardinals had a losing record but we always had many good players. Coach Smith tells me at first everyone wasn't focused. The individuals on the team were more focused on themselves. In order to make history, they knew something had to change. Coach Jamal Smith said "once we all put aside our egos and personal problems, we were really good". When I asked Coach Smith about championship day he told me "we didn't speak, we were all focused and ready to go before the tip off."

LaSalle faced off against a tough opponent, St. John's Prep, which had previously beat them in the regular season.



St. John's was the team to beat with a lot of division 1 talent but our Cardinals were definitely ready for the challenge. Although our Cardinals were skilled, they needed to play together and rebound. Despite the odds and everyone counting them out, our LaSalle team proved everyone who didn't believe in them wrong and won the hard fought game 62-60.

Bryce Council

Isaiah Allen Gauges the Current Teams

Who are the coaches?

Coach Pannell is the Varsity Basketball Coach. He has been with LaSalle for over seven years. He spent the first 5 years coaching the JV Basketball team and is in his 2nd year as the Varsity Head Coach.

For how long have they been coaching?

Coach Pannell has been coaching for 20 years, first starting out coaching at CYO Camps and with little kids before he started coaching middle school and now High School.

How many successes(wins)?

Coach Pannell says that the wins are in the students that graduate. Those are the successes. When students that play for him graduate and go to college, those are the making of wins! When they don't, they are not losses but rather situations that need more work to be able to get on the path to winning.



What are the strengths at LSA student athletes?

According to Coach Pannell, the strength of LSA student-athletes is that they are authentic. What you see is what you get and that is something that is not always the case in today's world.

What are the weaknesses?

We are sometimes not hard enough on ourselves. We sometimes don't push ourselves to be the best we can be, especially in the classroom. There is always room for improvement and the biggest weakness I have seen on my teams has been that we have to be a little harder on ourselves, not focusing on the



result but on the process as that can lead to long-term success. We need to push further to do more, "There is never any traffic on the extra mile."

What could be done to improve the teams?

For our basketball program, we have to continue to demand more of ourselves on and off the court. On all three levels there can and should be a desire to be the best academically as well as athletically.

Seth A. Pereles' take on the Varsity Basketball Team

The La Salle Varsity Team has a record of 12-3 in the season and we have taken back the first place spot in the league. Although we suffered a slight defeat to Salesian recently, we know that we will bounce back and defeat our future opponents with the talents and skills of our energetic and vibrant team.

Our coaches, Jerome Pannell and Frank Ercole, have been pushing the players to practice hard every day. Because of their direction and



guidance, our team has become disciplined, motivated and focused. We have a strong work ethic and we recognize the value of coming to practice every day to ensure victory at all

our games. There is a tight chemistry that exists among our players that no opposing team can destroy. We know to practice, work and play as a team and for this we are thankful to our dedicated and committed coaches. We also train by watching films so that we can reflect and improve our skills on the court.

The three highest scorers on the team are Bryce Council, J'nie Williams and Traigan James. This does not mean that the other players have not made big contributions to the team. Each player puts his creativity, skill and talent in each game.



Seth A. Pereles
Basketball Manager

Shawn Choon Judges the JV Basketball Team

The LaSalle JV basketball team recently played a league game against Cathedral Prep on the 30th of January with an easy win for the team. With 5 games left in the regular season, the team has to make every play count in every game. We have 3 important games coming up this week on Tuesday, Wednesday, and Friday, all home games so everyone should come out and support.



Our success only happens because of the great coaching staff that the JV team has with the head coach, Elvis Peralta and assistant coach, Michael Dault. During practice the coaches push all the players harder and harder each and every practice to do our best so when game time rolls around we are ready and prepared. Even the Varsity coach, Jerome Pannell, sometimes helps out during our games and practices.

Everyone on the team is an important piece to the puzzle as the season is a marathon and not a sprint. Our hope as a team is to win the city championship this year because last year we lost to Regis. We know that with practice, determination and focus, we will get it back this year as we are now all sophomores. I believe we have the ability and talent to

make it to the city championship and defeat our opponents.

My inspiration to play hard every time I step on the court is to make my parents proud. In addition, my little brother looks up to me as he also plays for his school team. As a team we are inspired by our coaches and each



other. If someone makes a mistake, we pick each other up and move on to the next play. We win together, we lose together, and most importantly we learn together.

Shawn Choon

A student who is awarded a student of the month is someone who is hard working, courteous and cooperative and recognizes that school is his main priority. This month's freshman student of the month, Manny Lopez, excels in these traits. Manny believes

MANNY LOPEZ



he was awarded student of the month because of his exceptional grades and good attitude in school. When Manny first heard he won student of the month, he was pleasantly surprised. He knows that his grades are exceptional but he feels that there are others who may excel more than he does. Manny Lopez, who previously attended Sacred Heart of Jesus, likes Global Studies because he loves to learn about past events and the reasons the world has become what it is today. Manny's weakest subject is Algebra because he thinks that there are too many equations to remember.

Reading and playing video games are Manny's hobbies. He likes to watch horror and action movies and will like to see the recent "Star Wars" movie. Manny also plays soccer and karate, two activities that he has done since he was a child.

Manny's hero is Monty Oum. He is an animator who persevered and worked on his talent of animation. He was a high school drop out but he slowly mastered his talent and was able to make a show.. Montreal "Monty" Oum was an American web-based animator and writer. A self-taught animator, he scripted and produced several cross-over fighting video series, drawing the attention of Internet production company Rooster Teeth, who hired him. There, he provided custom animations for Red vs. Blue and created the original series RWBY.

A major thing that bothers Manny is the ignorance of people who believe it's a great idea to leave children in war ridden countries. Manny believes that these are innocent children who have done nothing wrong and if we as a people do not help them, they will die. The one thing that makes Manny happy, however, is his little sister. She is the joy of his life.

An invention that Manny would like to create would be a machine that can easily extract the fresh water from the salt water in the oceans. The earth is covered mostly by water and most of it is not usable so it would be great if our generation could put that water to use. Congratulations to Manny Lopez for being this month's student of the month. He deserves it.

David Matos

KIERAN HOPKINS

The sophomore student of the month is Kieran Hopkins from homeroom 408. Kieran was very surprised when he received this award but thinks that he was chosen because teachers like his personality and contributions in his classes.

Sports and reading are Kieran's favorite hobbies. His favorite sport is basketball and his favorite basketball player is Kevin Durant. Monster by Walter Dean Myers is the best book Kevin has ever read. Kieran loves English because it gives him the opportunity to express his opinion on various subjects. Kieran's least favorite subject is Math and he hopes that he will master it one day. In his free time, Kevin likes to listen to hip hop and watch science- related movies. He loves the Star Wars movies.

One thing that bothers Kieran in the world is ignorance especially people who do not know and do not care about what is going on around them and how it may affect them. He thinks that being a writer might suit him best when he is an adult.

Finally Kieran said that his hero is his father because even though his father has passed away, his father's legacy to be a better person will be forever be with him.

Matthew Ortiz

Jeremiah Katigbak, a junior attending LaSalle Academy, received the Student of the Month Award. Not only was I able to catch up to Jeremiah and ask him how he felt winning the award, we are also able to get to know more about the new Student of the Month.

JEREMIAH KATIGBAK

Jeremiah Katigbak is currently in Homeroom 404, Brother Anwar's homeroom. I asked Jeremiah a couple questions about this honor and about some things that he enjoys away from school. I asked him, "Why do you think you were awarded student of the month?" He responded, "Because of my hard work and consistency." He felt that he deserved this award because he is a diligent student. When he heard the news, he said he was "joyous" and he felt "respected". I asked him, "What about this award makes you feel respected?" He said, "It's good to do the work, but when someone recognizes you for it, it makes all it of the more worthwhile." Surely we can all agree on that statement, and it shows that people, especially our teachers, are watching what you do. If you put in your half, the other half will come straight to you.

I was able to find out more about what Jeremiah likes, in terms of sports, music, and movies. He said his hobbies are playing play video games, taking walks, and hanging out with friends. He proceeded to say that he watched "Star Wars: The Force Awakens," and in his opinion, he felt that it was a "beautiful" and the movie needed "no improvements." His favorite literary work is *The Crucible*. Katigbak likes to play hockey, basketball, cricket, and soccer. His favorite athlete is Michael Phelps. We diverted from the topic of sports to music. Jeremiah said he likes rap but is comfortable with any genre of music.

Jeremiah and I then spoke about academics. His favorite subject is English because he likes Ms. Toney as a person and teacher. His weakest subject is religion but he is grateful for Mr. Billings' assistance at Academic Support Center. Jeremiah says Mr. Billings is a "great help to all students."

One thing that bothers Jeremiah in the world today is violence. When I asked Jeremiah to elaborate, he said "It's just something that shouldn't go on; it's as if those who worked for non-violence acted against it for no reason." If he could improve this world, he would want to give good clean water and provide electricity for the whole world. He explained, "I believe today's society takes advantage of the resources we have, and those who don't have it really need it. I want to provide that for them so that their lives become easier. "This is very true, and I'm sure we can all agree on this. Jeremiah's two favorite things that make him happy are money and food. He proceeded to say, "It's all I really need."

As we were about to end the interview, Jeremiah said that his hero is Payet, a soccer player playing for West Ham United. He explained, "He really persevered and went through a lot in his life. But his obstacles didn't stop him; he pushed forward and became the person he is today. This inspires me not only in my school life but in my personal life." Jeremiah's hope for the future is, "I want to be a stockbroker. It's one of my options; I'm still exploring them, in case I want to change it."

On the behalf of LaSalle Academy, I would like to congratulate Jeremiah Katigbak for being January's Student of the Month. He deserves it and we look forward to see him moving on to greater heights. Once again, Congratulations!

Christopher Hill

CARL DEVIS

Carl Devis from homeroom 407 previously attended Sacred Heart of Jesus and is now a student of the

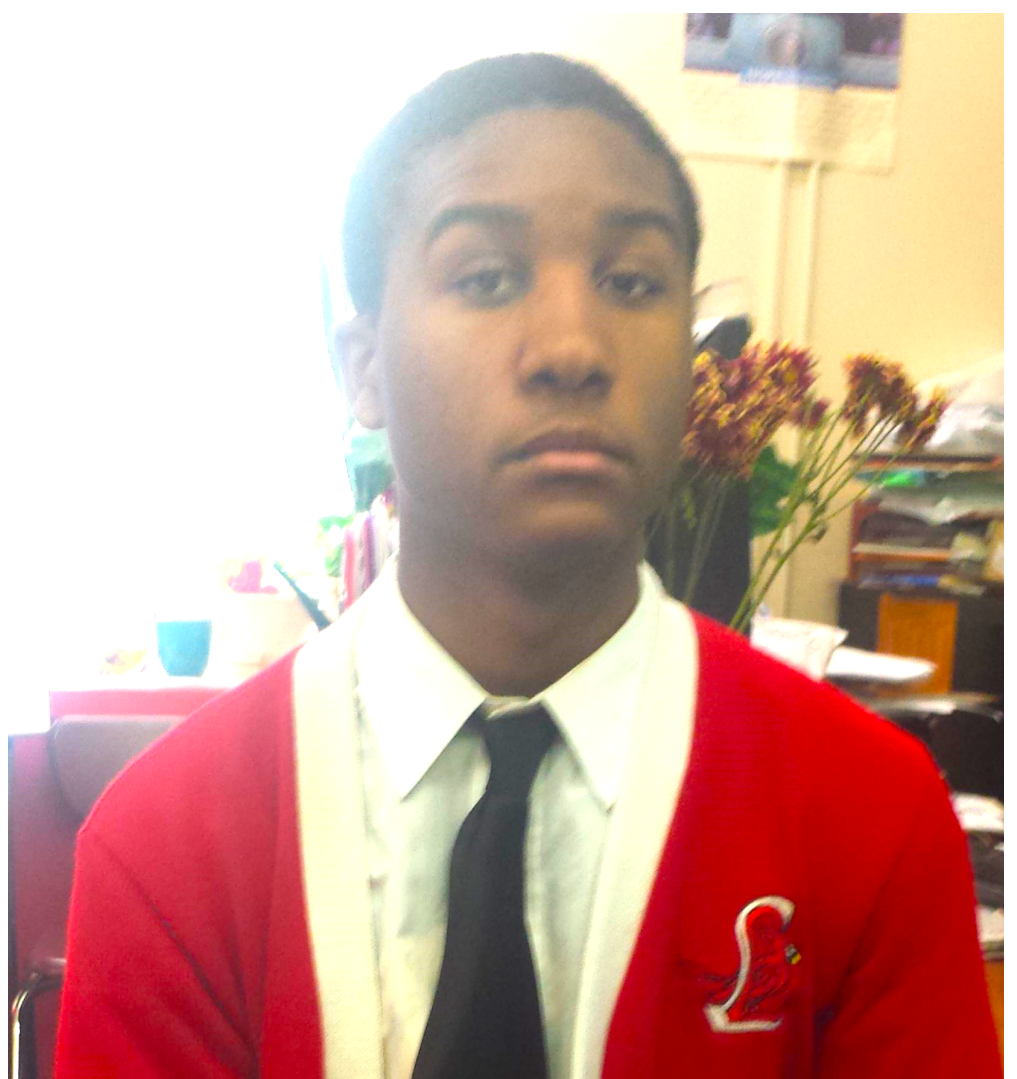
month in LSA. His current hobby is reading especially autobiographies. When Carl goes to the theaters, he likes comedies and hopes to see *Deadpool*, the movie.

Carl was surprised when he received the student of the month award but believes that this award was for his overall improvement in all his classes. Football is his favorite sport and his favorite player is Tom Brady. Carl listens to hip hop. History is Carl's favorite subject because he believes that history is a story and he loves stories. Although his weakest subject is math, Carl thanks Miss Ritziu's for her tremendous help every day after school.

One problem that bothers Carl is gender inequality. He hopes that one day everyone will be treated equally. It is no wonder then that Carl's hero is Martin Luther King JR.

Carl hopes that one day he can join the field of educators and make a difference in someone's life.

Takhlo Dhoundup



POETRY OUT LOUD

Begin your 2nd Semester with 100 points by February 12

&

Win \$100.00 on April 28 Poetry Awards Night

Guidelines

1. Select a poem with a minimum of 20 lines from the Poetry out Loud print or online anthology from: www.poetryoutloud.org
2. Make two copies of your poem.
3. Memorize your poem.
4. **February 4:** submit a copy of your poem with a one-page interpretation of your poem to your teacher (20 points)
5. February 8 – 12. Be prepared to recite your poem in class.
6. Rubric for Poetry Unit

A copy of your poem and one-page interpretation of poem 20 points

Physical Appearance points 10

Voice and Articulation 10 points

Dramatic Appropriateness points 20

Evidence of Understanding points 20

Overall Performance points 20

7. Points will be deducted from your total score for the following:

Skip one line 2 points

One line is out of order 2 points

Repeat one line 2 points

Skip three or more words in the same line 3 points

Reversed stanza 5 points

Skip one stanza 6 points



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