

# Happy Holidays for the Needy

by Theresa Wagner

"Alone, none of us can feed thirty families, but together—look what we did," says Stephen Vargas, Director of Campus Ministry at Saint Raphael Academy, about the school's annual Thanksgiving Basket Drive. Mr. Vargas organizes the drive with Project Hope, a social service agency of the Diocese of Providence.

It comes to no surprise that the agency's mission is to assist the underprivileged and vulnerable. Vargas directs the phone calls of those seeking assistance to Project Hope, who then composes a list of families living in Pawtucket, Providence, Central Falls, and surrounding cities with great need.

This year, Saints helped ensure that twenty-five families would have Thanksgiving meals. After Father Carl Fisette blessed the baskets at Saints' Thanksgiving Prayer Service, students carried

them down the street to Coutu Theatre which serves as "our Grand Central Station," described by Mr. Vargas. Families arrive at the theatre where volunteers pack their cars with baskets full of food and wish them a happy Thanksgiving.

The Thanksgiving Baskets are a longstanding Saints' tradition. Guidance Counselor Malaina Murphy recalls contributing to her homeroom's basket when she was a student herself in the 1980s.

The drive is a shining example of Saint Raphael Academy's fulfillment of the Lasallian Mission, to prepare students for a life of service. Traditions like the Thanksgiving baskets are important to keep, but new ideas and initiatives are always welcomed to better the lives of others.

Campus Ministry is organizing another drive to benefit families



Fr. Fisette blesses the Thanksgiving Baskets  
photo by Nancy Cifune

in need. Saints is now collecting unwrapped Christmas gifts that will be donated to the United States Marine Corps' Toys for Tots Campaign. It is the third year that tall red and white boxes are standing in each homeroom, ready to be filled with gifts for children eagerly awaiting the

holiday.

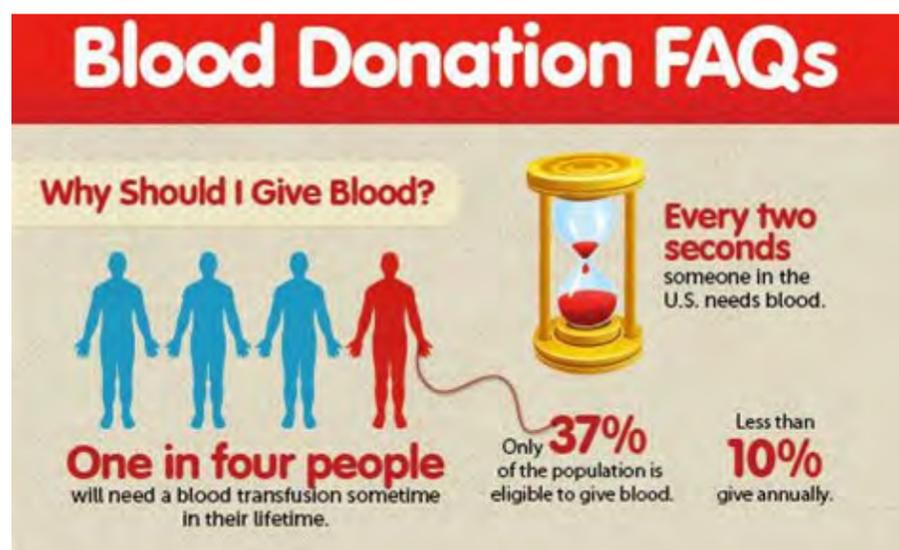
The donations will be loaded onto a Cardi's Furniture truck on Friday, December 21, the last school day prior to vacation. With the help of students and faculty, hundreds of children will receive gifts to brighten up their Christmas Day.

# Saving Lives by Donating Blood

by Kylie McLaughlin

One pint is all it takes. Every day, people need blood donations, whether they are accident or burn victims, heart surgery or organ transplant patients, or people battling cancer.

On October 12th, 2018, Saint Rays played their part in helping those in need by hosting the annual blood drive. The event was coordinated by Mrs. Sara Costanzo, with the help of Renalda Maurice Simmons, an American Red Cross associate. Together, they worked to get Saint Rays' students and faculty to donate. Around 30-40 people participated and, together, donated 30 pints of blood. Saint Rays saved 90 lives that day.



Although our school donated a large amount, the nation is still in need. Approximately 36,000 units of red blood cells, 7,000 units of platelets, and 10,000 units of plasma are needed each day.

Because blood is in such high demand, Saint Rays will be holding another blood drive on April 30th, 2019, and we encourage everyone to consider donating. The process takes approximately 45 minutes. In

that time frame, you will answer some questions on your genetic history and receive a general health check: iron levels are tested, and temperature is taken, along with blood pressure. Any sign of illness and you will be turned away, so make sure to wash your hands and avoid the flu at all costs. After that, you will be seated, and a pint of blood is drawn.

This while process only takes 8-10 minutes, and after donating you are given snacks and a drink before resuming your day. Your blood is then tested and sent off to someone in need, so you can feel confident that, because of your donation, a person is given another chance at life.

## Saints Nears \$10,000 Goal

by Gabriela Castaneda-Pineda

Cancer is a horrible disease that affects approximately 1,735,350 people every year. During the most recent pep rally, Saints did its part to combat the disease by donating \$1,500 to the American Cancer Society.

In order to better understand where and how this yearly donation started, The Sentinel spoke to Mrs. Murphy (the guidance counselor), who said that Saints began donating in 2011, when Coach Sassi was approached by a coordinator from the American Cancer

Society. Since then, Saints has raised \$9,500 for the fight against cancer.

Mrs. Murphy explained that the money comes from multiple avenues: the \$2 pink dress down day during Spirit Week, where the school raised \$800 alone, and different sports teams' events. The football team's "A Crucial Catch" game, which was started by the NFL, is game played for those affected by cancer that contributes to Saints total donation.

During the 3rd and 4th



Students participated in a "pink" dress down day. photo by Nancy Cifune

quarters of the game, the cheerleaders also conduct the "Miracle Minute", where they run through the stands and try to raise as much money as possible in a minute. Along with the football team, the girls' volleyball also sells many pink items to support the cause.

The work Saint Rays has done is phenomenal. So many people contribute from the administration and staff to teams and the student body. Everyone has made it possible to support such a worthy cause.

## Welcome 2023

by Jeremy Knox

The Class of 2023 is nearing the height of their high school search. The Open Houses that took place this year have shown many reasons for excitement for the arrival of the Class of 2023.

This year's Open Houses yielded more students than any other previous year. The potential freshmen were interested in a variety of the activities' table displays in Alumni Hall, showing the diversity of students in the incoming class.

Attending open house is the easiest portion of the high school search process, but what comes next is far more tedious and stressful. The entrance exam, applications, and the decision process bring challenges that all potential students face.

Due to the popularity of the

Open Houses, it is only sensible to assume that the students who are accepted into the class of 2023 will comprise the largest class at the Saint Raphael Academy.

Although many, if not all, members of the Saints community would agree that this is exciting to see, it bares concern to some students as well.

While students may endure frequently crowded hallways and longer lunch lines, let us not forget that with more students and a larger school also comes larger pep rallies, bigger crowds at sporting events, greater diversity across our school, more relationships to be made, and of course, a larger and more influential Saints family.



Current students welcome the Class of 2023 photo by Nancy Cifune

## Congress Changes

by Emily Fournier

This past election season saw the most diverse group of candidates ever. From the first Latinas elected into Congress in Texas (Democrats Sylvia Garcia & Veronica Escobar), to the first woman elected governor of South Dakota (Republican Kristi Noem), this series of elections has brought in a wave of "firsts" in both chambers of Congress, as well as state legislatures. These "firsts" were mostly attained by the champions of the November 6th elections: women.

This January, there will be three new women with seats in the Senate, and a record of 36 new women with seats in the House. Among this group of new faces are Marsha Blackburn (R) and Kyrsten Sinema (D), the first female senators of Tennessee and Arizona, respectively, with Sinema also making history as the first openly bisexual person to win a seat in the Senate. Throughout the campaign Sinema put up a hard fight against Republican candidate Martha McSally from East Providence, beating her by only a slim margin. Another accomplishment of the LGBTQ community in this election was made by Sharice Davids (D), who became the first openly gay

congresswomen from Kansas. Her victory also made her one of the first Native American women elected into Congress, with Debra Haaland (D) of New Mexico's victory following soon afterward.

One woman who affected major change is Ilhan Omar (D) of Minnesota. As she said in her victory speech, "[I am] the first woman of color to represent our state in Congress. The first woman to wear a hijab to represent Minnesota... the first refugee ever elected to Congress, and one of the first Muslim women elected to Congress." She is also the first Somali-American in Congress. Rashida Tlaib (D, MI) is the first Palestinian-American women ever elected to Congress.

Bringing this new wave of diversity closer to home, Ayanna Pressley (D-MA), and Jahana Hayes (D-CT) won seats in the House, becoming the first African American congresswomen of their respective states. Janet Mills (D) also triumphed over Shawn Moody (R), becoming the first female governor of Maine.

Each of these victories are unique in nature and are just a glimpse of what the future of the nation will look like.

## For Drama, Any Dream Will Do

by Ryan Sutherland

A few weeks ago, Saint Raphael Academy's prestigious Drama Club put on a production of Joseph and the Amazing Technicolor Dreamcoat.

It tells of the story of Joseph who is given a wonderful colorful coat by his father but is then betrayed by his jealous brothers and sold into slavery. The story goes on with Joseph working

his way through a new society and becoming a very important individual in Egypt.

It was one of the best performances ever produced at our school. Many seniors, led by Jack Rigley, performed with a high level of expertise as did the entire cast. Every performance was performed to a nearly a full-house with Senior Night being a



**The crew makes final touches to the set during tech week.**

photo by Gabriela Castaneda-Pineda



**Curtain call was met every night with thunderous applause.**

photo by Gabriela Castaneda-Pineda

sold-out show.

Although the performers did a great job, the show could not go on without the fantastic tech crew, backstage workers, and wonderful musicians. The tech crew, under the seamless leadership of countless seniors, insured that all of the parts of

the production worked together to create theatrical magic.

Each performance ended with thunderous applause and excitement from all involved. Now, the crowds will look forward to the annual One-Act play early this spring and Gala this May.

## When the Saints Go Marching In

by Jeremy Knox

Every student experiences a unique four years of high school. However, there is also a list of high school staples that nearly every high school student gets

the presentation of our Varsity Football players, the performance by our cheerleaders, and the presentation of the football team.



**The Pep Band debuted at the Thanksgiving Pep Rally.**

photo by Amy Garces

However, there was one significant change to this year's pep rally that everyone noticed: the presence of the Pep Band. Started by our music teacher, Mr. Boisvert, the pep band's first appearance came during this year's Thanksgiving Pep Rally. When asked

to experience. One of these is pep rallies.

As our students prepared to enjoy their four-day Thanksgiving weekend, the entirety of Saint Rays piled into Alumni for our annual Thanksgiving Pep Rally. Of course, with the annual pep rally came the many traditions:

about why he began the pep band, Boisvert responded, "It was a great way to showcase a different kind of talent in a smaller school like SRA; it was needed." The band boasts a variety of instruments from brass to percussion and even strings; all of which came together

harmoniously. The excitement from students echoed the thought that the pep band added so much life and sound to the rally, and many wished to have the band present at more school functions.

When asked what he saw in the band's future, Boisvert replied, "My hope is to be able to use the pep band for all of our

future rallies and to take them to sports events to represent SRA and our teams. We're still working out the fine tuning, but the administration has been very accommodating, as has the faculty."

So with a bright future in mind, Mr. Boisvert urges any interested students to join the Pep Band and join in the excitement.

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## Tennis: What They Did For “Love”

by Ben Senra

In the past few years, the Saint Raphael Academy Girls Tennis team has truly rebounded as a program, and this year solidified that.

This year, the girls had a truly remarkable season, earning themselves a 13-2 record and finishing in 3rd place for the regular season.

They then continued their

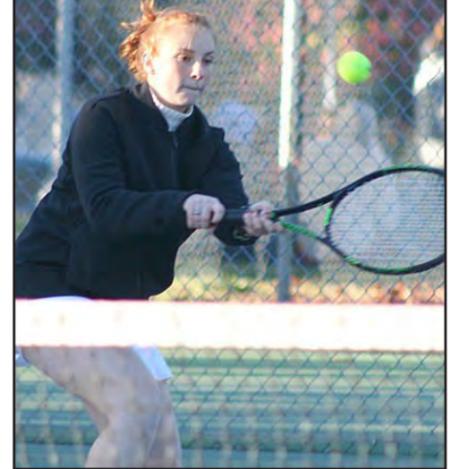
success in the playoffs, making it all the way to the semi-finals. This was the first time that the girls have made the Semi-Finals since 2004.

When asked what made the team so successful this year, Senior Captain Emily Fournier answered, “I think it’s because we all worked really well together. Everyone was placed

where it made the most sense, and the doubles partners were pretty compatible. It also helped that we all had fun and wanted to win, and worked really hard to do so every game.”

Another key part of the successful season were the individuals that truly stepped up. One of the players that made an impact was senior Emily Fournier. This year, Emily had an amazing season playing second singles. She went undefeated for the entire season earning herself a record of 15-0.

The coach also has to be mentioned for his incredible work with the team. Mr. Scott Corain joined the program 4 years ago as the head coach. He has put in so much work since then to try and rebuild the program, and the results can finally be seen. In his four years



as coach, the team has made it to the playoffs twice. His success as a coach does not end with the girls’ team. Mr. Corain also coaches the boys’ team, and in 2015, the team made it all the way to the finals.

Overall, the girls’ tennis team made the Saints family very proud, and that is thanks to all of their hard work and dedication. Congratulations girls on the great season and keep up the great work going into next year.



**The Girls’ Tennis Team had a very successful season.**  
photos by Mare Studios

## Soccer: “The Beautiful Game”

by Gianna Medeiros

On August 20th 2018, the members of the boys’ soccer team embarked on their journey towards their goal: the Division III Boys’ Soccer Championship. They were motivated now more than ever, having lost in the finals in their previous season. The preseason consisted of countless hours in the weight room, as well as scrimmages and summer league games against competitive Division I opponents. But now, all that mattered was what was in front of them. Although they did fall short, they made history at Saints with their most successful season since the start of the program.

The regular season started with an away game at North Providence. There, the boys had a strong start, with six goals scored by Max Rodriguez, Cano Morales, Spencer Hsu, Diego Romero, Dylan Polion, and Joe



Above: photo by William Morales  
Below: photo by Marc Thibault

Majkut, resulting in a 6-3 win over NP. The same intensity of the first match carried throughout the rest of their season, leading to a record of 15-0-1 and the title of regular season champions.

The Saints continued their winning streak into the post-season, racking up a quarterfinal win over Scituate (5-1), and a semifinal win over Tiverton (5-0). The final game was between Saints and Pilgrim, a team the Saints beat in the quarterfinals in the previous season. But unlike last year, luck against this

team was not in their favor. In double OT, The Patriots scored from a play off of a corner kick, resulting in the final score being 0-1.

Three players finished in the top 15 for most goals scored in the state among all three

divisions. Senior Max Rodriguez came in 2nd place with high stats of 24 goals and 11 assists. Junior Dylan Polion followed in 6th place, with 17 goals and 11 assists, and in 13th place was Cano Morales, finishing his senior season with 8 goals and 13 assists. Emiliano Munguia also capped his junior season with 41 saves as starting goalkeeper, with junior Spencer Hsu following with 21 saves.

Although the team will lose a number of graduating seniors, they hope for a successful season next year. They intend to push for the ever elusive State title.



## X-Country: Running Against the Wind

by Emily Gaboriault

From tracks to street sidewalks, the Saint Raphael Academy Cross Country Team has run just about everywhere in local Rhode Island. In the 2018 season, the team earned numerous prestigious awards. The Saints Team paved their way to success under the guidance of Chris Magill, Steve Bishop, and Lisa Mongeau, three dedicated coaches who drove the runners to push their limits and always strive to be their absolute best. Some of the biggest wins were from senior Reilly Johnston who was a Class C Champion, a 2nd place winner in the Ocean

State Invitational, an All Division winner, and an All State winner. Another big winner is sophomore Rachael Mongeau who was also a Class C Champion and an All Division winner. Other team members who won big awards are senior Ryan Deschene (made the All-Academic Team), senior John deAbreu (made the All-Academic Team), junior Nas Medeiros (1st place winner in the Ocean State Invitational, an All Division winner, and an All State winner), and junior Darius Kipyego (All Division winner). The team as a whole had great success this season, due to the

**Reilly Johnson, Darius Kipyego, Nas Medeiros, and Rachel Mongeau led the team to victory.**

photos by Nancy Cifune



perseverance and hard work of all the members and the coaches during the last few months. Senior Reilly Johnston has been a part of the SRA Cross Country Team since his freshmen year and had some very great things to say about his team as a whole and this season in particular, "I think as a team this year we did really well, we had a lot of strong finishes from individuals, I think we're definitely improving every single year and I see a lot of potential in some of our

younger members. We have kids who are dedicated, want to work and get better which is what makes our team so strong so more is to come from our indoor and outdoor track seasons." This may have been his last year, but Reilly sure went out with a bang. So did the rest of seniors, most of whom are already up and running, literally, for the indoor track season. As a school, we can expect more great things to come during this indoor track season!

## Volleyball: Set, Spike, Dig

by Jordan Severino

This year the Saints Girls Volleyball team has had a stellar season, nearly winning the girls first volleyball championship in Saints history. A few of the players were interviewed about how they felt on their most recent season and what they could've done better, if anything at all.

**Sydney Charette, Senior #8 (Captain, Outside Hitter, Defensive specialist):**

Q: As captain, how did you feel about being captain this year and being able to take your team to the finals?

A: Being captain was nothing new to me as I was captain this previous year, but I knew this year was different. I knew it was my last year to make an impression on the girls. I remembered the lessons my captains taught me, and I wanted to teach them about teamwork, positivity, respect, and most of all believing in themselves.

I think staying organized and being an encouraging voice for my teammates was something I strove to do.



**A winning team with a winning season.**  
photos courtesy of ProJo

Q: What do you think happened during the finals? Is there anything you or your team could have done better?

A: We came in confident but not cocky. We had just beaten Rogers in a tough 5 set match lasting more than 3 hours. We

knew we had amazing players, and that they (the opposing team) would be our biggest competition. We came out strong in the first two sets; but after a long-fought battle we let our lead slip. In the end losing by 2 in the final set. We are a young team and were happy to just be there. There were no tears (for me) because I knew we tried our hardest.

**Sierra Gonzalez Senior #1 (Captain, Libero, outside hitter):**

Q: What was the atmosphere during the games and practices?

A: During practices and games we always had a good time. We always tried to make practice fun while staying on task at the same time. Although we had our differences and argued, everyone tried their best and worked hard. We were a family.

Q: What do you think you should or will do next year to possibly ensure an equally or

more successful season next year?

**Tatyana Vicente Sophomore #0 (Libero, Outside hitter):**

A: We should just continue to learn, practice, stay determined, and have fun!

**Jordan Herivaux sophomore #3 (Outside hitter)**

A: I'm going to start training off-season so that I'm prepared for the season to come. I am a three sport athlete, and I know I cannot start slacking off.



The volleyball team is certain to bring another strong season next year. Hopefully they can achieve even more.

## Food Finds: Garden Grille

by **Gianna Medeiros**

In a small plaza on the Pawtucket-Providence line, Garden Grille stands out for its unique dishes and ingredients. Opened in 1996, it was one of the first of its kind in the area, dedicated to serving vegetarian, vegan, and gluten-free options for those who search beyond the average chain-restaurant. It has gained popularity throughout the years, becoming a go-to spot for herbivores and omnivores alike. Last October, the restaurant and café underwent renovations that create a welcoming environment for both old and new customers.

When you enter the restaurant, you are immediately greeted by the host and by a calm, relaxing vibe. The dim lighting and subtle color patterns almost lower your heart rate, and the noise-level makes it easy to be comfortable without feeling anxious. Seating arrangements vary from 2-seats to 4-seats to



larger tables for parties of 5-10 guests, but Garden Grille is small and does take reservations, so it discourages large groups. Instead, it highlights intimacy between you, the other guests, and the experience of eating high-quality plant-based food options.

Garden Grille specializes in lunch and dinner, with plentiful options no matter what your craving may be (except meat, of course). The menu ranges from starters to salads to tacos to sandwiches to bowls to dinner entrees, all accurately priced according to quality of

the meals. My favorite plate Garden Grille has to offer is the nachos. The \$13 starter is large enough to fill three people (I speak from experience), and is also suitable for leftovers if not finished. On top of a tortilla chip bed lays black beans, melted cheese (or vegan cheese if requested), homemade salsa, guacamole, vegan sour cream, and jalapenos.

On my last visit to Garden Grille, I chose the grilled cheese (\$11), which was comprised of much more than just cheese. The cheddar cheese was accompanied by arugula, green



tomato and blueberry jam, and ancho pepper spiced sunflower seeds, all made to fit in between two slices of local Seven Stars whole wheat bread. The jam and the cheddar highlighted the sweet and savory aspects of the sandwich, and when combined with the crunch of the toasted bread, the consistency and flavor made the grilled cheese a tasty dish to keep in mind for the future.

Going to Garden Grille is always a memorable experience, there is no question as to why it has 4.5 stars on Yelp and Trip Advisor, as well as 4.7 stars on Facebook and Google. Personally, I give Garden Grille 5 stars. The incredible, flavorful dishes made from the freshest ingredients help make it one of the highest quality restaurants in the area, and the friendly service makes everyone want to keep coming back.

## Boxing Battle: Rocky IV vs. Creed II

by **Ben Senra and Jordan Severino**



Rocky Balboa in Rocky IV is a reigning champion in boxing and has just considered retirement. He has now regained his title after seemingly losing his fire and becoming famous and rich beyond his wildest dreams.

Rocky's decisions are nearly final until he watches his best friend, Apollo Creed, die in the ring versus a new young fighter, Ivan Drago.

Rocky swears revenge on Drago and challenges him to a

boxing match in Apollo's name. Rocky hires Apollo's manager to train him and prepares for the fight. He trains relentlessly to beat the titan Drago who is known to have outstanding resilience and hitting strength.

Rocky finally meets Drago in Russia for their fight, and they fight for several rounds in a gritty battle in honor of Rocky's dear friend. The movie is well refined with great fight scenes and is very enjoyable to watch.

Following up a record-breaking movie is no easy feat; however, Creed II truly knocks it out of the park. Creed II continues the story of Adonis Johnson (Creed). He furthers his boxing career and tries to get out of his father's shadow.

This movie covers Adonis's biggest challenge yet in fighting Viktor Drago, whose father infamously killed Apollo Creed in

the film Rocky IV.

Throughout the film, Adonis steps out of his father's shadow as he tries to avenge his death. Rocky also faces his inner demons and deals with his role in Apollo Creed's death.

Will Adonis defeat his nemesis Victor Drago, or will history repeat itself? There's only one way to find out. Go see Creed II; you will not be disappointed.



## Videophile: thank u, next

by Jack Rigley



On November 30th, Ariana Grande released her long awaited music video for “thank u, next” the artist’s first Billboard number one and title track for her fifth studio album. This all happened after many photos and teaser clips grabbed the interest of dedicated Grande fans and onlookers alike.

On its initial release, the music video broke records as well as the internet. The music video smashed Vevo and YouTube’s all-time record for most views in the first 24 hours of its release, reaching a whopping 55.4 million views. At its peak, it had 829,000 viewers watching simultaneously, which caused a delay in the comments posting to the video, according to YouTube.

The acclaimed pop star took heavy inspiration from a number of iconic 2000s “chick flicks” such as Legally Blonde, Mean Girls, 13 Going on 30, and Bring

It On, bringing new life to many iconic scenes from these movies.

Grande also enlisted the help of members of her inner circle to make cameos such as Toulouse, Youtubers Colleen Ballinger and Troye Sivan, as well as many of her Victorious co-stars, like Liz Gillies, Matt Bennett, and Daniella Monet who appear in the music video as characters from the different movies. The music video also has appearances from actors reprising their roles from the original movies, like Jonathan Bennett, who played the heartthrob Aaron Samuels in Mean Girls and Jennifer Coolidge who played Paulette in Legally Blonde. Even Kris Jenner gets in on the fun as she makes a cameo as Regina George’s mom!

The music video also garnered many hidden easter eggs hinting at future projects and even political views. Grande teased many names of the tracks to her



new album, (“thank u, next”) amidst the cinematography of the music video. ‘7 Rings’ can be seen on the license plate of Elle Woods’ car as well as ‘Needy’ printed on Regina George’s shirt.

In another scene where Grande is pool side as Elle Woods, one of the books she is reading is titled, “Immigration and Refugee Law and Policy”. Grande and her mother, Joan, both took to Twitter to confirm this as a political statement toward the current American political climate and treatment towards immigrants and refugees.

Other easter eggs can be spotted in the beginning of the music video, when Ariana is writing inside her positive version of the infamous “Burn Book” from Mean Girls. Commentary on her exes is offered within the book as she name drops them.

She even surprisingly writes that Big Sean, whom Grande dated in 2015, still has a chance with her.

Grande has said that she feels extremely blessed and lucky to have this type of response to the single and video, but claims that being number one is not her motive, but rather finding closure. Grande had a difficult time in the past year, amidst the Manchester Bombing killing 22 of her fans, her breakup and failed engagement with Pete Davidson, and the untimely death of longtime boyfriend and rapper, Mac Miller. She has said that this song has been extremely therapeutic for her and her psyche. This song has also become an anthem for people everywhere bringing the powerful message to many people around the world that negative past experiences can change one for the better.



## Music Makers: Championships

by Hector Padilla

After being released from prison, Meek Mill dropped a new album, Championships, which takes listeners on a journey from the injustices he was born into, through his time in jail, and through his success that has lead him to where he is today. Championship debuted at number on the charts, making it his highest charting album. Meek Mill has always displayed his strong opinions about society, money, race, and injustice, but



in Championships, the audience hears a more mature Meek.

The long feud with Drake is no longer a thing, as Meek shares

his talents with him on, “Going Bad.” Drake is not the only star to make a cameo on this album. A rare appearance from Jay Z in the song, “What’s Free,” gives the album a veteran feel to it.

Meek Mill also shows his versatility and maturity through this latest album. Like always, Meek stands up and advocates for those who have been treated unjustly by the law, and those who have no voice. The top tracks from this album are



“What’s Free,” “Respect the Game,” and “Going Bad.” The album is worth listening to.

