



# Holy Cross News

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The Official Newsletter of Holy Cross Academy

Winter/Spring 2014

## Local Professionals Share Career Insights



Kevin Lohr tries cake decorating with Heirloom Bake Shop owner Jolene Davis



Dietician Lena Bolton treats students to healthy snacks.



Physical Therapist Kathryn Cummings demonstrates pain relief techniques.

A complete education has a practical dimension in addition to the academic, spiritual, and physical. It shows students how they can put what they learn to good use in their lives. To that end, a new Careers Class presented to the 10th graders at Holy Cross Academy, offers students insights into a wide variety of jobs. Guest speakers explain how they chose their vocations, how they prepared for them and what life lessons they have learned along the way. Kim Cady, whose daughter Jilianne attends HCA, spearheaded the class and has invited local professionals from many fields including health care, law enforcement, and business.

Most students face a difficult struggle to decide what path to follow after they graduate from high school. So several of the speakers have shared how they met that challenge. In some cases an early decision led to a lifetime work as it did for Kathryn Cummings, a physical therapist at Oneida Healthcare. She said she went on a hospital tour as a teenager, found the physical therapist's job interesting and decided to pursue that career. However for Jolene Davis owner of Heirloom Bake Shop, the path took a different turn. After many years in the insurance industry, she transformed her hobby into a career by launching her own cake decorating business. For Lena Bolton, pulling together her interests in cooking and science, and her desire to help people like her mother who suffer from diabetes, brought her to a career as a registered dietician.

The students have found the class quite helpful. Sophomore Will Domes said, "When we didn't know how to decide on a career or how to reach it, it was scary, but when the speakers revealed how they did it, it didn't seem so bad."

Many of the career class speakers have stressed to students the importance of using their high school education as a time to excel both in academics and attitude regardless of the professional field they choose. Auto mechanic and owner of Lenox Auto Center Hesham Marji told students that even car repair has become a high tech job requiring a solid educational foundation and the ability to constantly learn new skills. Mark Barbano, an economist with the New York State Department of Labor, said, "There is no bad job. You can always learn something." He said the basic skills of reading, writing, listening, speaking, math and especially a strong work ethic are needed in every job. He also presented graphs that showed students how median incomes increase with the number of years of education a person has completed.

*"It helps me know what to expect in the workplace."*

*~HCA Sophomore Najeeb Baramah*

With a solid education and a hard-working attitude, students can look forward to a rewarding career. Each of the speakers have told students of the satisfaction they find in their work. Urologist Joseph Maldonado, owner of Mohawk Glen Urgent Care in Rome, told students of the rich reward he feels when his cancer patients have lived longer and better lives due to his care. Most recently New York State Trooper Xaymara Morales told several exciting stories of her work. HCA students have seen from all the speakers that serving others by offering their own talents provides a lifetime of rewarding work.

"I hadn't thought of a police career before, but when I heard how Sgt. Morales loved her job, I decided to look into it," said Domes.

The Careers Class will continue for the rest of the year with tentative plans to offer it next year and beyond. Upcoming speakers include, a CEO, a teacher, a technical engineer, a funeral director, a firefighter, and a lawyer.

# Catholic to the Core



Daniel J. Miller  
President, Board of Trustees

There is much talk these days about new educational standards or the “Common Core.” Some of you may have been wondering whether Holy Cross Academy will be adopting these standards. The short answer is, “No.”

When we develop our curriculum, we begin with our mission: transmitting the truths of the Faith, developing the whole human person, preparing students to become saints. Our standards are found within this mission and these in turn inform our curriculum. Our primary goal is not preparation for narrow, limited college and career standards. We have a higher and more comprehensive mission, focusing on the true, the good and the beautiful. College and career readiness is a natural outcome of learning to think and reason well.

The Church favors the principle of “subsidiarity,” that is, managing social activity at the smallest, most local level. Pope St. John Paul II, in his 1991 encyclical *Centesimus Annus*, said:

“...the principle of *subsidiarity* must be respected: a community of a higher order should not interfere in the internal life of a community of a lower order, depriving the latter of its functions... In fact, it would appear that needs are best understood and satisfied by people who are closest to them and who act as neighbors to those in need.”

When applying this to education, it is clear that those best suited to set standards and devise curriculum are those who are most directly involved with a particular community, school, and student.

With standards rooted in a person-based mission, there is plenty of room for creativity, the interpersonal dynamic between teacher and student, and the freedom to achieve much more than narrow, pragmatic outcomes resulting from simply checking off items on a list prepared by strangers far away from the classroom and the individual.

Offering the Liberal (liberating) Arts with a Classical focus illuminated by our Catholic Faith is a tried and true approach to education and has propelled our students and test scores to the highest levels. Seeking and discovering Truth, developing as human persons, becoming closer to God by coming to know Him better through every academic discipline and activity opens up an avenue to joy, freedom and holiness. Why would we want to replace that?

PS: If you support uncommon excellence in education, please pray for HCA and consider helping us financially. As an independent school, we do not rely on Federal, State, or Diocesan funding. We rely on you. Thank you!



**Holy Cross Academy**

Jr./Sr. High School - Est. 1997

*Joyfully Dedicated to the Catholic Faith*

## OUR MISSION

Holy Cross Academy exists to provide a rounded education for the whole person, to help students seek the truth, love God and neighbor, and to become saints.

4020 Barrington Road

Oneida, NY 13421

315-363-1669

[www.holycrossacademy.com](http://www.holycrossacademy.com)

## Prayer Intentions

*Please join our HCA family in prayer:*

- For the Eternal Repose of the souls of John Maciag and Jack Milne, Jr.
- For the health of Stephen Curley and Dan Maciag
- For our students, families, faculty, staff, volunteers, and benefactors
- Prayer Intentions of Pope Francis:

Respect for Women: That all cultures may respect the rights and dignity of women.

Vocations: That many young people may accept the Lord's invitation to consecrate their lives to proclaiming the Gospel.

**Holy Cross News** is the official newsletter of Holy Cross Academy

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# An Impressive Crowd at the 10th Annual Sportsman Show

by HCA Student Will Domes



The Central New York Sportsman Show hosted by Holy Cross Academy is always a great place to bring the whole family, and enjoy an impressive array of vendors and merchandise that fits any sportsman's interest. With attractions ranging from hunting gear to live animals, and from photography to fur hats, the Sportsman show offers a great many things to enjoy. Attendees and vendors alike have only good things to say about the show.

"We look forward to it every year," said a smiling salesman at one of the many interesting stands. Other positive comments such as, "Of course I enjoy it. It's a great community event," are heard from almost every attendee.

One of the favorite children's exhibits at the show, Dan the Snake Man, brought a variety of creepy crawlers such as corn snakes, alligators, giant frogs, and the great tarantula. Also, presenters from the Utica Zoo brought some adorable animals. They exhibited the crowd favorite porcupine, which the audience loved. They also demonstrated the sleek nature of their red-tail hawk. They always captivate the audience, as did many other presenters,

Holy Cross Academy's annual fundraiser never fails to attract sportsman of all kinds, and always attracts an impressive crowd.



## Crusaders Compete in the Championships

Both the boys' and girls' teams in soccer and in basketball made it to the championship contests this year. They were edged out of the top spot in the final scores, but they played well and gave it their all.



# HCA Students' Prayers Answered Quickly

*Seventh grader Ashley Wilhelm appreciates her fellow students' prayers.*



Academics, sports, music, and art all have their place at Holy Cross, but HCA really distinguishes itself by its true spirit of charity. In December, 7th grade student Ashley Wilhelm suffered a severe asthma attack that landed her in Galisano Children's Hospital in Syracuse. Her doctors expected her to spend several days there, but as soon as HCA students heard of her hospitalization, they decided to pray a Rosary for Ashley's health. Immediately after the announcement was read, almost everyone in the school cut their lunchtime short and gathered in the chapel to pray. The next day Ashley was home.

"They sent flowers to me in the hospital and there was a note that said they had prayed the Rosary for me," Ashley said, and that brought tears to her eyes. Asked how she feels about HCA, she replied, "I love it!"

## Spiritual Message - Fr. Joseph F. Kehoe

For over two years now, we in St. Francis Church, Durhamville, NY, have been in a study of the encyclical by Pope John Paul II entitled *The Splendor of Truth*. We are taking our time with this encyclical, because of its importance in the days we are now living in. When we finish with this particular document, we plan to continue with the encyclical *The Gospel of Life* and then go on to *Faith and Reason*, both also written by Pope John Paul II.

In the introduction of *The Splendor of Truth* we are reminded that Jesus Christ is the True Light that enlightens everyone. We now want to read in the Bible (Jn. 1:9), (Eph. 5:8) and (1 Pet. 1:22).

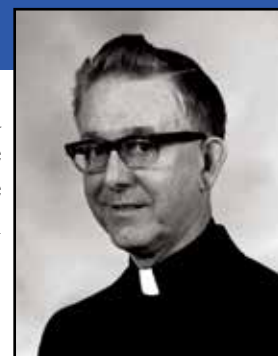
Pope John Paul II said... "As a result of that mysterious original sin, committed at the prompting of Satan, the one who is "a liar and the father of lies" (Jn. 8:44), man is constantly tempted to turn his gaze away from the living and true God in order to direct it towards idols (cf. 1Thes. 1:9), exchanging "the truth about God for a lie" (Rom 1:25)... thus giving himself over to relativism and skepticism (cf. Jn. 18:38), he goes off in search of an illusory freedom apart from truth itself.

I can remember back to the time I was in first grade, 1940-41, at St. Joseph's school in Waltham, MA. Sister would often say, "Now boys, if you are good, I will read you a story." These stories were taken from the Bible and we truly enjoyed listening to them.

The two seasons of Lent and Advent are good for our soul. We can concentrate on why we are, where we are going, and how to arrive at our final destination – Heaven. We can think about public worship – the Mass, the sacraments, and the Divine Office or the Liturgy of the Hours – and also private devotion – the Rosary, meditation, spiritual reading, visits to our Lord in the Blessed Sacrament, and the Stations of the Cross.

The practice of the spiritual and corporal works of mercy should also be a part of our lives. I personally find the following books helpful in my spiritual life and in teaching religion.

- The Jerusalem Bible – Readers Edition
- The Navarre Scripture Commentary – 20 books
- Catechism of the Catholic Church – Second Edition
- Outlines of the Catholic Faith – Leaflet Missal catalog
- Handbook of Prayers – by Rev. James Socias
- St. Joseph Confirmation Book – by Fr. L. G. Lovasik, S.V.D.



I especially want to thank all those people directly involved in Holy Cross Academy – the staff, the board, the teachers, the students and all those people who have made this great school what it is today. Your prayers and material support and sacrifices have made and continue to make all this possible.

I think of Father Riley and how hard he worked at Holy Cross Church and the Catechetical Center in New London. He was truly an inspiration, as were the people involved in his daily work. I see all this as the roots of what we have today in Oneida.

Now let us thank God, our Blessed Mother Mary and St. Joseph.

*May God bless you,*

*Father Joseph F. Kehoe*

*Spring, 2014*

# Robotics Team Discovers and Wins



*HCA's award-winning robotics team: Emmanuel Esparza, Nick Stoker, Josiah Hatch, Rachel Paugh, Brenden Stoker, Maria Twal, and Brianna Paugh (Lukas Smith not pictured)*

When members of the Holy Cross Academy *FIRST*® LEGO® League (FLL) robotics team heard this year's competition theme was Nature's Fury, they immediately thought of the Oneida flood last summer. The team set to work inventing a water filtration system that flood victims could construct themselves easily, quickly and cheaply.

The eight-student team ranging in age from 10 to 15 created and tested three prototype water filters before settling on what they called the H<sub>2</sub>Only. When they tested earlier versions, they found the filter layers of gravel, activated charcoal, and sand mixed together making the filter ineffective. Finally, they discovered an easily replaceable component that would prevent the materials from mingling. The team stressed that people using this system still must boil the filtered water to remove microbes

## Our Wish List

We would be so grateful if anyone can donate these items:

- vacuum cleaner
- band instruments (especially timpani drums)
- staplers
- hand crank exacto pencil sharpeners
- paper cutter
- pottery wheel
- refrigerator and freezer
- microwave oven
- deep kitchen sink or tall faucet
- classroom flooring

and parasites. With commonly available objects and a simple design, this filter can be made quickly and costs only \$32.50 according to the team's pricing research. The team also looked at other water filtration systems now available and have not found any that match their own design, though they cannot yet publicize their exact innovation due to patent regulations.

On Nov. 24 the team, calling themselves the Flaming Chinchillas, presented their project at the FLL Regional Qualifier at Herkimer County Community College competing with 17 other area robotics teams. They won the Judges' Award for the Most Practical Innovation, achieved perfect scores on the competition's Core Values, and even received a Silent Judge's award for teamwork and Gracious Professionalism. The team advanced to the FLL Regional Competition at SUNYIT on Dec. 7 where they contended with 24 other teams and won the Most Innovative Solution Award.

Team Lead Coach Tandi Paugh, an engineer and mother of two students at HCA, said, "This year's team has been exceptional. They truly embody the Core Value: 'What we discover is more important than what we win.' I am confident the Flaming Chinchillas will do well."



# Standing Up For Those Who Deserve Better

by HCA student Jilianne Cady

On January 22 thousands of people set aside their daily routines and boldly marched the streets of Washington, DC to stand up for natural human rights. Despite the frigid temperature drop, men, women and children from across the nation and other countries gathered together with brightly-colored signs, enthusiastic chants and warm clothes to stand up for the unpopular opinion. The event started with inspiring speeches made by several pro-life leaders and began with cries of “Life for All!” and “Save the Unborn!” from the crowds.

Not wanting to miss an opportunity to stand up for what we strongly believe in, I was glad to be one of the 50 Holy Cross



Academy students, staff and parents who drove many hours on a cramped, cold bus to Washington to exercise our constitutional rights. As soon as we set foot on Constitution Avenue, we felt the unity that occurs when many join together and fight for the ones who have no voice.

Jordan Hatch, a senior at HCA remarked, “Seeing everyone there so alive and uniting together as one big unbeatable force was such an impactful feeling.”

Jordan was not the only one who discovered the high energy and selfless vibe that sprinted throughout each individual. Maria Street, also a senior at Holy Cross exclaimed, “The movement really awakened my eyes to what abortion truly is and how devastating it is to a human’s right to life.”

HCA’s choir and music director Scott Rutledge admitted he was very proud of what the students were doing. However he sadly stated, “Abortion is mankind’s greatest sin, and I dream of a day when we will be able to end this act.” He quickly brightened up however when he firmly stated, “I believe that it will end in our students’ lifetime, and hopefully mine as well.”

When we join in the March for Life, we aren’t just standing up for the unborn. We are standing up for the victims of abuse and bullying. We are standing up against the use of contraceptives and euthanasia. We are standing up for everyone that deserves better, yet cannot be heard. Holy Cross Academy plans to walk the Washington streets again next year and keep positively influencing the community and school with the pro-life student group I co-founded with my fellow sophomore Rose Judge. We call it Holy Cross Academy Lifesavers, and you can find us on Facebook under that name.

## On Pilgrimage

Leaving for the March for Life on Monday, Jan. 20, left time for the HCA group to include three stops at spiritually significant places during the trip. On the way to Washington, they visited the National Shrine of Mother Elizabeth Ann Seton in Emmitsburg, MD. On Jan. 21 they toured the National Shrine of the Immaculate Conception on the campus of the Catholic University of America and heard a beautiful Mass there. Finally in the morning before the march, they explored the Franciscan Monastery of the Holy Land in Washington with its amazing replicas of many sites in the Holy Land and of the catacombs in Rome.

*Students saw the room where Mother Seton passed into eternity.*





*Examining the mosaics at the National Shrine brought recent art lessons to life in a powerful way.*



*HCA's Music Director Scott Rutledge admired the shrine of St. Cecelia, patron saint of music, at the Franciscan Monastery.*



*Everyone enjoyed the peaceful serenity of the Franciscan Monastery.*

## Lending a Neighborly Hand

The local community has enjoyed the help of HCA students as a result of a new Community Service program at the school. Beginning in September



*Rachel Paugh hauls weeds at the garden.*

students were required to fulfill a certain number of community service hours depending on their grade. So far students have helped several local organizations by working at fundraisers at the Great Swamp Conservancy and the Oneida Public Library, preparing meals at the Karing Kitchen, sewing pillowcases for wounded veterans, and pulling weeds at the Oneida Area Community Garden, which supplies fresh vegetables to all area food banks.

*Gabriel Esparza and Jeremiah MacGaffick work on pillowcases for veterans.*



*Carina Snyder makes a sandwich at the Karing Kitchen*



- New Careers Class
- Award for Robotics Team
- March for Life and Washington, DC
- Serving the Community
- Fall and Winter Sports

**Inside:**

*Return Service Requested*

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*“The Church needs you, your enthusiasm, your creativity and the joy that is so characteristic of you.”*

*~Pope Francis  
World Youth Day 2013*

