



01 | 2024

FriarFocus

SAINT ANTHONY'S HIGH SCHOOL DEVELOPMENT ALUMNI MAGAZINE

hope

HAVING OPTIMISTIC POSITIVE ENERGY

ADMISSIONS ISSUE



Cover Story

HOPE - Having Optimistic Positive Energy - reflects our school's unwavering commitment to fostering a nurturing environment where faith and positivity are the cornerstones of our Catholic and Franciscan educational journey, guiding us towards a future filled with light and possibility.

Dates to Remember

January 12, 2024 | National Honor Society Variety Show

January 19-20, 2024 | Winter Art Show

March 8, 2024 | Junior Ring Day

April 20, 2024 | Fathers' Guild Father/Daughter Mass & Dance

April 26, 2024 | Choral Spring Concert

April 27, 2024 | Instrumental Spring Concert

April 26-27, 2024 | Spring Art Show

May 4, 2024 | 52nd Annual Saint Anthony's Track & Field Invitational

May 6, 2024 | Saint Anthony's High School Tony Trombino Golf Classic

May 31, 2024 | Graduation Mass

June 1, 2024 | Commencement Exercises

June 13, 2024 | Feast of Saint Anthony

July 26, 2024 | Black & Gold Alumni Golf Outing

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A Message from the Principal

Dear Families, Alumni, Friends, Students, and most of all YOU the Class of 2028,

Wow! Is it really time to Welcome the Class of 2028! My calendar tells me that it is, and so on behalf of the 2450 Students, 1700 Families, the Franciscan Brothers, 150 Faculty, 65 Staff members and thousands of Alumni WELCOME TO YOUR NEW HOME!!!!

When we opened our doors this past Fall, we began our year with the theme of HOPE. It is my acronym for **Having Optimistic Positive Energy**. That Energy has filled our halls in so many wonderful and inspiring ways. Please allow me this time to share that **HOPE** with all of you.

Our students, especially our Senior Class, are so eager to be here at school. Their pride in our building echoes through the halls. New courses, state-of-the-art facilities and inquisitive minds allow our students and faculty to engage in new discoveries each day.

Our Faculty and Staff spent our opening days centering on The Catholic Social Teachings of our Church and now incorporate that message in their classrooms, on the courts, stage, and playing fields.

The Promise of **HOPE** is lived out each day as we spend time in prayer, You can find a Friar at liturgy, adoration, receiving the sacraments, on retreat, doing service or seeking spiritual direction each and every day. Franciscan Spirituality permeates our halls. At Saint Anthony's we strive each day to Live out the Mission of Franciscan Education.

Some of the many highlights of our First Semester saw great strides in a Winning Fall Sports Season that included both League and State Championships, Amazing Fall Drama and Musical Productions, Great Works of Art and Literature, and of course Lots of Fun Filled Activities coupled with hours of service to the needy.

As the principal, I am always humbled by the amount of outreach that occurs here each day. You can find a Friar at a soup kitchen, shelter, parish youth group, serving as a lector, catechist or cantor. The **HOPE** of service is a lifelong mission here at the school.

Finally, our mission of **HOPE** needs you to join us as you now begin your Journey here at Saint Anthony's High School. It is my **HOPE** that you bring us YOUR energy and optimism in so many positive ways. I just cannot wait to see you all soon, until then **Remember Brother Loves Ya!!!!!!**

In Saint Anthony, Our Patron,

Brother David Anthony Migliorino, OSF

Principal



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Catholic Health



A Message from the Director of Development

Dear Friar Family,

I usually take up this space trying to encourage you all to please consider making Saint Anthony's a philanthropic priority of yours in the new year. Saint Anthony's is certainly worthy, and truly depends heavily on the financial support of its alumni, parents, past parents, grandparents, friends, faculty, and staff.

This year, I hope you will give some serious thought to the following...

"Sometimes it takes only one act of kindness and caring to change a person's life."

"An investment in knowledge always pays the best interest."

"Be impressed by kindness, integrity, humility, and generosity."

"Give your children or grandchildren the strength to follow their passion, the confidence to always know their self-worth, and the ability to know how deeply and truly loved they are."

"Live like tomorrow isn't promised; be true, be wise, be passionate, make memories, make an impression, and make a difference."

May 2024 bring you and your families good health and a greater appreciation of each other and may God continue to bless you and Saint Anthony's High School.

Sincerely,

Don A. Corrao



A Message from the Alumni Director

Dear Friars, Friends and Families,

Happy 2024! I hope everyone had a blessed Christmas and a very happy New Year! Hopefully, everyone got a much needed break and got to spend time with family and friends.

Welcome to those students who are registering to be members of the Class of 2028! The next four years will be some of the best of your life where you will meet new friends, learn new subjects and grow into young men and women ready to take on the world!

As Alumni Director, I have the distinct honor of seeing how much our Alumni impact our school and our current Friars. Alumni have come in to speak to various clubs, NHS and classes. Whenever they are asked to do something for our students, they are always willing! Those that came before them came to their classes and shared their knowledge. Someday our current students will be here visiting as a guest lecturer or mentor. When we say Friars Forever, we mean for life!

We also hope to encourage networking among our Alumni. It is often easier to work with those that share similar world views or values as you. We try to provide activities throughout the year that allow our Alumni to get to know each other better and develop business bonds as well. As our Alumni help us, we hope they can also help each other.

Much of our success here at Saint Anthony's is thanks to a strong and supportive Alumni Association. If you are an alumnus and have yet to get involved, think about joining us for an event, a game or a play. We are always happy to see alumni at school again! In some cases, our Friar Alumni are returning with their teenagers who are thinking of attending. It is great (and maybe a little jarring to some of us) to see that Friar tradition being kept alive.

If you would like to come in for a tour or simply to visit, please feel free to contact me at dcreighton@stanthonyshs.org. We also use our social media - Friar Alumni on Facebook and #sahsalumni on Instagram - to let our alumni know what is happening in the building. You can also register at stanthonyalumni.com to stay in touch with us. Of course, I am available by phone at 631-271-2020 ext. 310.

God bless and I hope to see you all here at Saint Anthony's very soon!

Friars Forever,

Denise Creighton



A NIGHT OF HONORS: THE 61ST ACADEMIC AWARDS CEREMONY

In September 2023, Brother David Anthony Migliorino, O.S.F., Principal and Mr. Paul Washington '99, Dean of Faculty and Director of Studies took the helm at the prestigious 61st Annual Academic Awards Ceremony. This event celebrated students' scholarly excellence from the previous academic year, bestowing Saint Bonaventure and Duns Scotus Certificates for outstanding achievements. In a highlight of the ceremony, scholarships were presented to the top five students in each class based on their academic standings. The highest achievers received the esteemed Maggie Fischer '00 Memorial Scholarship, while the second-ranked students were honored with the Frank and Frances Lule Memorial Scholarship. The Adam Pomper '11 Scholarship recognized the third-place students, and those ranking fourth received the Lieut. Richard L. Brooks Memorial Scholarship. For the fifth-place achievers, the James and Mary McInerney

Family Scholarship and the Msgr. Peter J. Nolan Scholarship were awarded. Additionally, the school proudly acknowledged four seniors who earned the title of Commended Students in the 2023 National Merit Scholarship Competition. The ceremony also paid tribute to three outstanding junior boys and girls, who embodied Saint Francis's teachings through their significant contributions to student life.

Congratulations to all of our students!

2023 Academic Awards Recipients:

Maggie Fischer '00 Memorial Scholarship:

Kristina Nitis '24
Reilly McKinley '25
Aaron Roccanova '26

Frank and Frances Lule Memorial Scholarship:

Aidan Cazalet '24
Loralei Quinn '25
Alexandra Sepulveda '26

Adam Pomper '11 Memorial Scholarship:

Daniela Parmigiani '24
Grace Nolan '25
Sophia Venditti '26

Lieut. Richard L. Brooks Memorial Scholarship:

Zoe Usher '24
Olivia Czoch '25
Daniel Hoberman '26

James and Mary McInerney Family Scholarship:

Holly Friedman '24
Alexandra Schnepf '25

Msgr. Peter J. Nolan Scholarship:

Sahil Patel '26

Michael and Margaret Naughton Family Scholarship:

Sophia Sakran '24

2024 National Merit Scholarship Competition Commended Students:

Holly Friedman
Madeleine Hardy
Ewan Hargraves
Olivia Kennedy
Christopher Brady Lessing
Kristina Nitis
Anna Sadler
Anar Thakor
John Wilson

Franciscan Spirit Award Winners:

Anna Gross
Grace Nolan
Ciena Souhrada
Joseph Carvalho
Jacob DiazGranados
Mariano Schwartz





Oh Holy Night the Stars Are Brightly Shining





It Is the Night of Our Dear Savior's Birth

The magic of Christmas was brought to life at Saint Anthony's with our enchanting two-night Christmas Concerts. The first evening featured a celestial choral performance, masterfully directed by Brother Joshua DiMauro, OSF. Assisting him were Mr. Christopher Farrell '05 and the talented Ms. Amelie Held, whose accompaniment elevated the event. The repertoire, brimming with festive songs and mesmerizing special effects, infused the spirit of Christmas into every heart. A delightful intermezzo was presented by the Celtic Friars Bagpipe Band, skillfully led by Brother Mark Waldmann, OSF, and Mr. Michael Saxer, adding a unique charm to the evening. The following night shone a spotlight on Mrs. Meaghan Avellaneda, our esteemed

Director of Music. Her Concert Band and Jazz Band, along with the Orchestra and Symphonic Band, directed by Mr. Bruce Engel and supported by Mrs. Avellaneda and Ms. Held, captivated the audience. The Percussion Ensemble, under the baton of Mr. Frederick Trumpy, along with the soul-stirring performances of the Celtic Friars Bagpipe Band, left an indelible impression.

We extend our heartfelt gratitude to Nick Graci '13, Mr. Christopher Doyle '11, and Mr. Lew Cordina for their exceptional skills in lighting design, stage management, and technology. Their expertise played a pivotal role in bringing this festive dream to life.





*Holiday Wonders:
Inside the Magical Morning of
Breakfast with Santa*





On the festive morning of December 10th, our Dining Hall underwent a magical transformation, turning into Santa's Workshop straight from the enchanting North Pole. The air was filled with the spirit of endless joy as we hosted a delightful breakfast that seemed to have no end.

For the many Future Friars who joined us, the morning was a whirlwind of excitement. From wielding balloon swords to cuddling balloon puppies and admiring balloon flowers, their joy was palpable. The children engaged in creative ornament crafting, adding a personal touch to this festive celebration. A highlight was the captivating magic show featuring a live bunny, which brought wonder and smiles to all.

And, of course, the heartwarming moment when each child had the chance to whisper their Christmas wishes to Santa Claus was truly special. With over 400 guests, the hall buzzed with mini-reunions, as former classmates reconnected in this joyous setting.

The event was more than just a gathering; it was a magical morning that embodied the spirit of the season and left lasting memories for all who attended.



A Festive Showcase! Seniors Sparkle in Ugly Sweaters and Creative Lockers

On Friday, December 1st, our Senior class celebrated the much-anticipated Lockeration and Ugly Sweater Day, a cherished annual tradition. Each year, our students' creativity shines through their imaginative locker decorations and unique sweater choices. This year's themes ranged from classic holiday favorites like "Home Alone," "The Grinch Who Stole Christmas," and "The Charlie Brown Christmas," to the magical "Polar Express," among others. The highlight of the event was the Lockeration contest, where Mrs. Saporita's homeroom clinched the victory with their inventive "Twelve Days of Christmas in Friar Town" theme, featuring whimsical gifts like Friar Burgers, Cut Slips, Seasoned Fries, and the humorously depicted 'Yelling Deans.' The day was filled with joy as Seniors indulged in festive activities: listening to Christmas carols, crafting locker decorations, and enjoying delicious cookies and hot chocolate, graciously served by Brother David and Brother Joshua. This event truly marks the beginning of our Christmas season, spreading cheer and camaraderie among us all.



Saint Anthony's Hosts Memorable Freshmen Breakfast



Embarking on a four-year odyssey at Saint Anthony's, our community joyfully celebrates the pillars of Faith, Family, and Food. The Fathers' Guild, upholding a cherished tradition, splendidly hosted this year's Annual Freshmen Communion Breakfast. Mirroring the growth of our school, this event saw a remarkable attendance of over 300 families, all gathering to mark the commencement of this significant journey. The day was graced with an exquisite liturgy, led by our esteemed Chaplain,

Fr. Irinel Racos. The ethereal liturgical music, courtesy of Brother Joshua and the Schola, set a reverent tone. Following the service, the Presidents of the Mothers' and Fathers' Guild delivered insightful speeches. A highlight of the morning was Brother David's heartwarming welcome to our newest Friars. His engaging tales, admiration for Mother Seton, and an impromptu, prize-filled game show captivated everyone, culminating in his endearing message, "Brother Loves Ya." Then came the grand breakfast, a feast for

1,000 guests, graciously served by the Fathers' Guild and NHS members. This gathering was more than a meal; it was an opportunity for families to weave into the fabric of the Friar Family. The freshmen took pride in leading their parents on tours of the school and classrooms, sharing their new academic world.

This event marks a milestone, a heartwarming introduction to the Class of 2027's journey. We pray for God's blessings on them as they embark on this enriching adventure at Saint Anthony's High School.



Bridging Generations: NHS and Alumni Unite for Career Exploration Event



On November 15th, a landmark event unfolded at our school - the inaugural NHS/Alumni Career Night, a collaborative effort spearheaded by Mr. Paul Washington of the National Honor Society and Ms. Denise Creighton, our esteemed Alumni Director. This groundbreaking evening saw over 25 illustrious alumni from a diverse array of professions, including law, mechanical engineering, political strategy, education, entrepreneurship, and healthcare administration, come together to share their career journeys with our students.

The event was structured into three dynamic 20-minute sessions, offering students a unique opportunity to engage directly with these professionals, gaining insights and asking in-depth questions. The interaction continued beyond these sessions, with everyone gathering in the Dining Hall for an informal mixer. Here, amidst sandwiches and refreshments, the students and alumni engaged in enriching conversations, strengthening their networks.

The success of the evening was palpable, and plans are already afoot to replicate this enriching experience in the spring. It was not just an event but a bridge connecting the past, present, and future of our school community.



CONGREGATION OF THE RELIGIOUS BROTHERS
OF THE THIRD ORDER REGULAR OF ST. FRANCIS



A Day of Devotion and Delight



On Saturday of October 7, 2023, a Jubilee Mass of Religious Profession was celebrated by The Franciscan Brothers of Brooklyn at the beautiful Saint Elizabeth of Hungary Church. Enveloped in an atmosphere of reverence and joy, the celebration continued with a festive luncheon hosted at Saint Anthony's High School, where over three hundred guests, comprising family members and friends, gathered to honor this momentous occasion.

Congratulations again to the following Franciscan Brothers on their special Jubilees:

- 75th Jubilee | Brother Donald Sullivan, O.S.F.
- 65th Jubilee | Brother Louis Miritello, O.S.F.
- 60th Jubilee | Brother Lawrence Boyle, O.S.F.
- 60th Jubilee | Brother Simon Jaworski, O.S.F.
- 60th Jubilee | Brother Padraic Campbell, O.S.F.
- 50th Jubilee | Brother Damian Novello, O.S.F.
Assistant Superior General
Saint Anthony's High School Board of Trustees
- 50th Jubilee | Brother David Anthony Migliorino, O.S.F.
Principal
Saint Anthony's High School
Saint Anthony's High School Board of Trustees
- 25th Jubilee | Brother Mark Waldmann, O.S.F.
Faculty, Saint Anthony's High School

Thank you all for making all our lives infinitely better!

2024 Friar Nation Fund

Please Make Your Gift to
Friar Nation Fund Today.
Alumni & Parental Pride
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By making your gift today, you are:

- > helping the Franciscan Brothers fulfill their commitment to academic excellence
- > demonstrating your overall satisfaction with your Saint Anthony's experience
- > advancing our Catholic and Franciscan mission
- > providing financial assistance to deserving and need worthy students
- > helping to beautify our campus

How many ways did you benefit from your time at Saint Anthony's? If you graduated from Saint Anthony's in the last fifteen years, it's a good possibility that you benefitted from the Friar Nation Fund in some way.

Now is the time to start thinking of giving back and demonstrating your support of Saint Anthony's for the role it has played in your life and that you want to be part of its bright future.

As a young alumnus, you may want to consider the following giving levels for Young Alumni:

From the classes:

- > 2019 - 2024 - a gift of \$25 - \$50
- > 2010 - 2018 - a gift of \$75 - \$125





Principal's Council

“

You know well enough that Our Lord does not look so much at the greatness of our actions, nor even at their difficulty, but at the love with which we do them.”

—*St. Thérèse of Lisieux*

Alumni who have graduated over ten years ago, parents, grandparents, and friends of Saint Anthony's are encouraged to consider making a leadership gift to Saint Anthony's at one of the following levels:

- > Principal's Cabinet - a gift of \$1,000 - \$9,999
- > Saint Francis Club - a gift of \$10,000 - \$24,999
- > Saint Anthony's Club - a gift of \$25,000+

By becoming a member of the Principal's Council, you will be invited as special guests to attend the Principal's Dinner.

Leading With Heart

Commemorating Principal's Day in a truly exceptional manner, we paid tribute to our esteemed Brother David Anthony Migliorino, O.S.F., honoring his remarkable leadership and dedication. This celebration was not just an event, but a heartfelt expression of gratitude for Brother David's unwavering commitment to our educational community. His guidance, infused with wisdom and compassion, is an inspiration, shaping the lives of our students and staff. In Brother David's honor, the day was filled with memorable activities, reflections, and acknowledgments, all echoing our deep appreciation for his extraordinary impact and selfless service.



HAPPY PRINCIPAL'S DAY BROTHER DAVID!





A Tradition of Bravery... Saint Anthony's Honors Its Own on Veterans Day.

On November 8th, Saint Anthony's honored Veterans' Day with a heartfelt celebration, welcoming back 16 Friar alumni who have served in the United States military. These distinguished men and women returned to their alma mater, sharing their invaluable experiences and insights with our Social Studies and Theology classes, emphasizing the profound importance of selflessness and putting others first.

The day commenced with a reflective Mass in our chapel, setting a tone of gratitude and reverence. This was followed by a delightful breakfast in the Padre Pio Room, where Brother David warmly greeted our esteemed guests. In his welcome speech,

he highlighted their embodiment of Saint Anthony's core values: a deep love of God, family, and country.

Our gratitude extends to Social Studies Chair Mr. Lewis Cordina, Support Our Troops moderator Mrs. Regine Durham, the Support Our Troops escorts, and Alumni Director Ms. Denise Creighton, along with Assistant Mrs. Cindy Merkler, for their impeccable organization of the event. We deeply appreciate the time these service members and their families spent engaging with our students, sharing stories of courage and dedication. Above all, we extend our profound thanks to them for their invaluable service to our country, truly exemplifying the spirit of Saint Anthony's.



Frillarquest

SAINT ANTHONY'S HIGH SCHOOL SCIENCE RESEARCH PROGRAM

2023-2024





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Brother David Anthony Migliorino, OSF
Principal

Mr. Paul Washington
Dean of Faculty & Director of Studies

Mr. Paul Paino
Director of Research

Ms. Jennifer Roveto
Science Department Chairperson

Mr. Don Corrao
Director of Development

Paul Paino

Director of **FriarQuest**

Under the direction of Mr. Paul Paino, **FriarQuest**, The Saint Anthony's Science Research Program, has grown from ten ambitious students in 2011 to over one hundred fifty students in 2023. As entry-level members of our "Science Scholars Program," our ninth graders learn the fundamentals of research through in-house projects in Science, Technology, Engineering and Mathematics (STEM). They continue to advance through the program learning statistical analysis through social and behavioral science projects and they finish their first year with a creative investigation in biology or environmental science. Our intermediate "Science Scholars" master advanced techniques in our molecular biology, engineering or computer science laboratories or they move into the professional setting and conduct research as members of teams. Our most advanced students in junior and senior year participate either as members of teams or individuals in local laboratories, colleges and universities.

Ongoing outreach efforts have allowed us to form relationships with many prestigious research institutions including The Feinstein Institute for Medical Research, Harvard Medical School, SUNY Stony Brook Medical/Dental School, the University of Pennsylvania, Children's Hospital of Philadelphia, SUNY Stony Brook Garcia Program in Polymer Science, Cold Spring Harbor Laboratory, Brookhaven National Laboratory, St. Francis Hospital, Good Samaritan Hospital, Molloy College and Hofstra University. Mr. Don Corrao, Saint Anthony's Director of Development, continues to work with us in an effort to establish and maintain many of our professional relationships.

Our most advanced research students complete their **FriarQuest** science research experience by writing journal articles and presenting their professional research through national and regional competitions such as the Regeneron Science Talent Search, The International Science and Engineering Fair, The Junior Science and Humanities Symposium and the Neurological Surgery Health Science Competition.

FriarQuest continues to challenge our most creative and inquisitive science students and prepares them for the most prestigious colleges and universities in the nation.





Madalynn Bernstein | Class of 2024

Mentor: Mr. Paul Paino, Saint Anthony's High School

Comparing Gender and Obesity to The Consumption of TiO₂ in a Population of American Adults

Obesity rates and health issues in America are at alarmingly high levels. Proper nutrition is becoming increasingly important since individuals are constantly trying to determine which foods to eat and which foods to avoid. What an individual puts into their body affects not only their weight, but also their health, mood, and overall metabolism. Questions continually arise regarding the number of harmful chemicals in the average American's diet. The average consumer seems to have a lack of awareness pertaining to the nature of these chemicals and the extent of their harmful effects. This study was conducted in an attempt to identify correlations between the amount of titanium dioxide (TiO₂) an individual consumes and unhealthy habits that can lead to obesity. Titanium dioxide was chosen because it is a food additive that has been linked to an endocrine disruption, diet-induced obesity, insulin resistance, and the deterioration of a healthy gut microbiome. While the U.S. Food and Drug Administration continues to allow the use of TiO₂ in food products, it has been banned in the European Union because it was marked as a possible endocrine disruptor. In this experiment, data was collected through the use of a survey of eighty-five American adults tracking their TiO₂ consumption. This consumption was compared to gender, Body Mass Index (BMI), food obsession, food satisfaction level, and type of lifestyle. The survey included a number of items that asked subjects to report on gender, height, weight, and lifestyle. Each individual was asked to state how much they agreed or disagreed with each item. Statistical analyses were used to attempt to establish significance between variables. Results support the belief that a diet that includes a significant amount of TiO₂ may lead to increased obsession with food, less satisfaction after eating and the appearance of symptoms that correlate with insulin resistance.

Abigail Cabrera | Class of 2024
Mentor: Dr. Nicholas Vasiliades, Saint Anthony's High School

Tucker Carlson's Rhetorical Strategies for Discussing the Uvalde Shooting

Current studies have focused on the framing of school shootings and the focus of the stories whether it be the victims, the community, or the shooter. However, the majority of the studies research these stories within newspapers rather than live news stories. The common theme between all current research was comparing one news outlet to another news outlet. Rather than comparing, this research paper follows one news reporter to have a larger in-depth understanding of how a biased reporter uses rhetorical devices to relay their bias to a listening audience. This research paper examines Tucker Carlson's rhetorical strategies for discussing the Uvalde shooting. Two videos from the Tucker Carlson Tonight Show YouTube Channel were selected because they referenced the Uvalde shooting in their title or description. These two videos were then analyzed using the critical discourse analysis method (CDA). Thirty-eight rhetorical devices were used throughout the two videos and were ordered by the number of times they appeared. The most frequently used rhetorical strategy was the use of rhetorical questions. Using rhetorical questions, Tucker Carlson evokes a sense of contemplation, followed by an opinion-related answer or an invective tone to manipulate the perspective of his audience. News commentators appeal to the masses based on their diction and tone, which makes understanding their biases and lack of evidence necessary. It is essential because people must develop their ideas and beliefs, not take a public figure's opinion and make it their own.





Victoria Caroddo | Class of 2024
Department of Chemistry, Hofstra University
Mentor: Dr. Daniel P. Miller

Modeling of the Decomposition in Common Organic Pollutants in Water

Water treatment and sanitation is a growing concern as new tests are run, with findings of common or new pollutants, especially organic pollutants. Electron beam water treatment is a growing and emerging source of water treatment, which could be extremely beneficial for the future of water treatment and sanitation. Organic water pollutants commonly found in high quantities in drinking water have been studied which has resulted in the findings of carcinogenic and dangerous effects, especially when ingested by humans. Applying computational chemistry, and modeling common organic pollutants (specifically: 1,4-Dioxane, DBP, Atrazine, Ethene, PFOS, PFAS, BPA, BBP, DEHP, TCE, and PCB), with the combination of running different computational methods, the energy required to break bonds could be derived which could then be applied to electron beam sanitation techniques. In modeling and viewing these organic pollutants, specific areas where a bond will break at its optimal energy level is also visualized and able to be further studied. The visualization of the ideal HOMO (Highest Occupied Molecular Orbital) state specifically determined for the optimal state in which these organic pollutants would break also aids in recognizing and visualizing the process prior to the molecule's destruction. The use of this method not only expands the world of computational chemistry, but it expands on the potential of a different method of sanitizing and treating drinking water to further protect the safety and health of humans.

Aidan Cazalet | Class of 2024

The Gobler Laboratory (School of Marine and Atmospheric Sciences), Stony Brook University
Mentors: Ronojoy Hem, Ph.D. Candidate and Dr. Christopher Gobler, Ph.D. Professor/Endowed Chair of Coastal Ecology and Conservation

Investigation of the Effects of a Salinity and Temperature Gradient on *Microcystis Aeruginosa* Morphology: Keyence Fluorescence Microscope Analysis

Cyanobacteria is a significant inhabitant of water bodies worldwide, affecting water quality and, in many cases, dictating the overall health of the surrounding population and environment. Although this alga naturally occurs, it commonly forms Cyanobacteria Harmful Algal Blooms that result from eutrophic lake waters and are present as surface films and scums. With global change and rising sea levels, the importance of environmental variables to marine and freshwater growth fluctuates. As a result, higher salinity concentrations affecting cyanobacteria growth and toxin production are becoming more of a pressing issue, with global changes influencing the increase of estuaries, leading to the demonstration of cyanobacteria's salt tolerance. The primary purpose of this investigation was to provide a holistic analysis of a salinity and temperature gradient's effect on *M. aeruginosa* growth and colony formation in a practical matter. To gain a holistic view, a Keyence Fluorescent Microscope is used to analyze a full slide to provide a comprehensive review of *M. aeruginosa* colonial size and growth concerning elevated salinity at two differing temperatures. Using Lake Agawam water within experimentation provides practical reflection, as Lake Agawam possesses a high concentration of *M. aeruginosa* and has the potential for salinization in coherence with potentially higher temperatures. After data collection and processing through R, data points differed from many of the popular publications regarding the rate at which a cyanobacterium (*M. aeruginosa*) can replenish at higher salinity concentrations. Although initial salinity shock is observed, it is not at the severity that several publications state, with replenishment present at a lower-sloped increase within the 96-hour experimental period.





Kyra Colquhoun | Class of 2024

Brookhaven National Laboratory - Instrumentation Division,
HSRP Mentor

Mentor: Aleksey Bolotnikov

Measuring Muons with a Plastic Scintillator Telescope

Muons are very important and highly used in society. Muons are used in many ways, one being in Archeology. Muon imaging methods tend to scatter and absorb structures thus screening the inside of these structures, for example pyramids and volcanoes. Muons can also be used to help engineers spot structural deficits in buildings, tunnels, and bridges. Another way muons are used is with National Security. Muons assist in detecting dangerous nuclear material and screening altered nuclear power plants. Most commonly used, a GPS (Global Positioning system), Muons can be used with navigation. The muometric positioning system, also known as muPS, was a system that explained how muons have been used to navigate underground. The purpose of this experiment was to measure the frequency of cosmic muons with respect to incoming angle variations. Signal cables from the photomultiplier tubes were connected to detectors in the plastic scintillators that are arranged as a telescope. The number of coincidences over a certain period were detected and recorded. Interactive Data Language (IDL) programming was used to analyze the data and calculate the lifetime of the muons. The angle measurements were changed and the lifetimes of the incoming muons were calculated. All experimentation was conducted in the instrumentation building at the Brookhaven National Laboratory in Upton, New York.

Alejandra De Jesus | Class of 2024
Center for Neurodegenerative Disease, New York
Genome Center, SoHo
Mentor: Guney Akbalik

Tracing ALS Pathogenesis through Quality Control on RNA in HIPSC Motor Neurons

The role of gene activation in Amyotrophic Lateral Sclerosis (ALS) is absolutely essential to an understanding of whether the patient will or will not develop the disease. Signals from the environment or other cells activate proteins called transcription factors. These proteins bind to a gene to increase or decrease transcription levels; this is most commonly found in the protein TDP43. The outcome of protein folding in these instances is reliant upon the localization of the proper RNA to the somal or axonal end of the neuron. However, in many cases of ALS this protein is found to aggregate and misfold, which could be due to the mislocalization of RNA. This misfolding has been found to cause approximately 4% of familial ALS cases and 1.5% of sporadic ALS cases. The genomics and the genetics of ALS sit at the heart of the disease and understanding these proteins and the way that they localize through RNA in the cell can be absolutely essential to targeted therapies for the disease. The use of Illumina Next Generation Sequencing and FastQC and MultiQC reports highlight the localization as well as the quality of specific RNA in the Soma and the Axon of these differentiated motor neurons. After differentiation the motor neurons were separated by their somatic and axonal ends in a fluid chamber and then run through a sequencer to discern the RNA localized to each end and how this specific localization is affected in ALS patients. Through the process of isolation, the data and further research indicated that the quality checks, while not strongly tied to ALS pathogenesis, are indicative of mislocalization in areas of poor quality and serve as markers of substantial positive or negative ALS analysis data when mapping the genome. More importantly, the data surrounding mislocalization post processing stages demonstrates the effect of misfolding-induced oxidative stress on the neuron potentially leading to ALS.





Ewan Hargraves | Class of 2024

Mentor: Dr. Vasiliades, Saint Anthony's High School

Effect of Music Tempo on Cognitive Ability

Many students listen to music while they study or while completing classwork. However, this raises the question about whether or not this music may be inhibiting or enhancing their cognitive abilities. Throughout time, studies have shown that music can have many different effects on the human brain's cognitive processes. Depending on the situation, music has correlated to a possible increase or decrease in cognitive ability. Thus, there are no definite correlations shown in the previous studies. This study is an experimental study that was conducted in order to find a correlation between music tempo and a person's cognitive abilities. Through a standardized test and procedure, high school students took exams while listening to certain speeds of music in order to investigate the relationship between the two. The study found that music with a higher tempo induces a higher verbal memory, reaction time, and pattern recognition and memorization. This study was conducted on high school students between the ages of 14 and 18, a group that was understudied in the past. Through my research, I found a positive correlation between the human brain's cognitive ability and the tempo of music listened to while taking an examination.

Xin (Daniel) Huang | Class of 2024
Mentor: Mr. Paul Paino, Saint Anthony's High School

Modeling the Magnetosphere of Potentially Habitable Exoplanets around M-Dwarf Stars

In recent years, there has been heightened interest in studying planets orbiting M dwarf stars, given their abundance in the Milky Way. These dim stars are prime targets for spotting small planets, with many being found in the Habitable Zone (HZ). While the HZ suggests potential for liquid water, its actual presence hinges on several factors, including planetary magnetism. Earth's strong magnetic dipole moment has been vital for maintaining surface water, setting it apart from Venus and Mars. Given the significance of a planet's magnetic field in determining the prospective state of its atmosphere, the aim of this research is to model the magnetosphere of selected exoplanets found to share similarities with Earth, and to scrutinize their habitability. An analysis of atmospheric mass loss is examined in small, proximate planets encircling M-dwarf stars by employing time-variant and unmagnetized planetary escape models of stellar wind and photoevaporation mechanisms, which mirror the system's evolution over time. This study employed the Olson & Christensen's model to estimate magnetic dipole moments of rocky exoplanets within the HZ. Results indicate that about half of these exoplanets have a negligible magnetic dipole moment, emphasizing the importance of planetary magnetism when assessing potentially habitable planets.





Joann Jobson | Class of 2024

Biology Department, Brookhaven National Laboratory

Mentor: Dr. Kumaran Desigan

Heterologous Expression and Purification of Poly Glutamine containing Protein from Poplar

In order to address the global issue of food production and bioenergy sources, special attention is given by Brookhaven National Laboratory to improve plant biomass production through genetics, biochemistry, computational and structural biology techniques. Plant biomass is classified as organic materials, in place of fossil fuels such as oil and coal, used to create energy. This method of energy production is more sustainable as it produces fewer carbon emissions, and if implemented properly, continues in an eco-friendly cycle. As a part of this study, we are using recombinant DNA technology, an autoinduction expression system, different chromatographic purification methods and computational programs to produce and characterize selective plant proteins. In our study, an uncharacterized hypothetical protein from poplar was chosen to explore its biological functions. Based on the secondary structure prediction and Alpha Fold modelling, two constructs were designed to purify this protein for the structural and functional characterization. These two constructs were labelled as 4A (residues Met 1 to Glu 370) with a weight of 40 kDa and 4B (residues Ser 511 to Asp 660) with a weight of 17kDa hereafter. Since the full-length protein is insoluble, the two constructs were designed in the fashion described above and the resulting protein exhibited a well folded, soluble form.

Vidhu Kumar | Class of 2024
Columbia University

Mentor: Mr. Paul Paino, Saint Anthony's High School

Analyzing the Effects of Renal Dialysis on Patients' Emotional Wellness

In patients diagnosed with ESKD, or End Stage Kidney disease, renal dialysis, the artificial cleansing of the blood via machine, may be the only recourse for these patients as they undergo treatment or wait for a donor kidney. The purpose of this study was to attempt to identify a correlation, if any, between the administration of renal dialysis and adverse emotional wellness effects. This was accomplished by anonymously surveying patients in dialysis centers regarding whether or not they experience certain symptoms such as changes in eating and sleep patterns which may serve as evidence for changes in patient emotional wellness. The data, once compiled, was recorded and analyzed in an attempt to determine whether or not a significant disparity existed between the quantified values of dialysis patient mental health after receiving dialysis and the patients' reported values before dialysis. A comparison to known standards of mental health was also conducted. Paying close attention at this early stage of dialysis is paramount since a number of symptoms consistent with the administration of dialysis are also consistent with those of adverse mental health conditions, and oftentimes these symptoms are not examined closely enough. After close interpretation of collected data and comparison with the control group, it can be concluded that there exists a significant correlation between the deterioration of the emotional well-being of patients and the time elapsed after beginning dialysis treatment.





Brady Lessing | Class of 2024

Mentor: Mr. Paul Paino, Saint Anthony's High School

Analysis of *Aureococcus anophagefferens* Growth and Blooms in Long Island Waters

The algae *Aureococcus Anophagefferens* has been found in only two areas of the world. These primary sites include the bays off the coast of the Northeastern United States and in South Africa. Large scale blooms of the algae became widespread in the Northeast United States in the 1980s, and have continued to appear almost annually in a phenomenon that has become known as the "brown tide." Since this species is relatively novel, only truly appearing in these blooms, research has progressed but with only some occasional breakthroughs. Some progress has been made in understanding the effects of groundwater seepage and nitrogen loading, but there is still a great amount of work to do if we are to completely understand its nature and the causes of blooms. This led me to investigate the quality of the water in which *Aureococcus anophagefferens* thrives, as well as the specific geography and time of year for brown tide blooms. Data from the past decade was collected and analyzed leading to the conclusion that water temperature, salinity, and electrical conductivity in Long Island waterways all play significant roles in the intensity and frequency of *Aureococcus anophagefferens* blooms. This finding could help to create a suitable environment for continued and more effective study and testing. This, in turn, could provide practical opportunities to forecast and protect more vulnerable areas of our local environment.

Alexandra Mancusi | Class of 2024
Department of Sociology, Cornell University
Mentor: Katherine Ally Zaslavsky

An Evaluation of the Educational Opportunities in Guyana, South America and the United States

An experiment focusing on evaluating the discrepancies between educational opportunities offered to students in Guyana, South America, and those in the United States was conducted. The purpose of this study was to examine the influence these demographics have on the number and types of STEM fields pursued by participants as well as other effects. Data was collected through means of surveys distributed to both adults in Guyana and the United States in order to determine aspects of their upbringing, education, and female influence. A two-tailed t-test was used to determine the significance of the data. Responses of subjects from United States were compared to subjects from Guyana. After reviewing the data and investigating individual responses, it became evident that participants who received education in Guyana had significantly fewer resources and courses offered to them than those who were educated in the United States. These results support statistical claims that few Guyanese citizens pursue STEM careers due to the lack of educational resources and inadequate government involvement in education. This research will encourage future generations to give back to those less fortunate, both in our own country and globally.





Gillian Marotta | Class of 2024

Department of Neuroscience, Stony Brook University

Mentor: Dr. Mary Kritzer

Parkinson's Disease in PINK1 and Wild Type Rats-Labeling, Counting and Classifying the Morphology of Microglia in Brain Areas Relevant to Motor and Non- Motor Deficits

Microglia cells of the myeloid origin are resident macrophages, and are found to be the most sensitive sensors in the brain. The microglia cells go into an “activated” state upon any sort of dysfunction of the brain, and function as major orchestrators of inflammatory response in the brain. Neither the distribution of these cells nor the morphology are the same in every brain region, pointing towards the concept that the cells are affected by the micro environment. Upon infection/injury, microglia cells produce cytokines, being polarized to the pro-inflammatory phenotype. The Kritzer lab has been searching for a significant morphological difference between microglial cells present in different brain regions, and whether the number of them in a specific region has a direct effect on Parkinson's disease in rats. Parkinson's disease greatly affects many behavioral and biological functions. Due to its degenerative effects, there are many notable differences between the rats with Parkinson's and without. Videos of the rats' behavior have been studied, as well as the number and type of cells in certain brain regions: such as peroxisomes and microglia. In an attempt to disclose significant statistical differences between the microglia cells of the PINK1 rats and the WT rats, the Kritzer lab has taken many images of the brain tissue. The brain region examined in this study is the lateral septal nucleus because of its direct correlation with regulating effects such as anxiety, fear, and memory. These effects correlate directly with those of Parkinson's Disease. These findings are extremely significant because they help to further our understanding of Parkinson's Disease and specific factors that affect regions of the brain.

Katherine McConnachie | Class of 2024
Mentor: Mr. Paul Paino, Saint Anthony's High School

The Effects of Bifenthrin on the Germination and Growth of Lepidium

Insecticides are formulated to eliminate insects, but these chemicals can also negatively impact our environment. In this experiment, the insecticide Bifenthrin is closely examined. The effects of Bifenthrin will be tested on Lepidium, commonly known as various types of garden cress. The trials consisted of three different concentrations of Bifenthrin added to the watering solution of cress plants, with the control receiving only purified water. The experiment proceeded for several months and various trials allowing all of the Lepidium to germinate and eventually grow to a predetermined height of approximately six centimeters. Germination time and growth rate was measured and recorded. Initially, the plants behaved as expected, with the control group growing at a constant and steady rate. After a series of trials, it became obvious that the highest concentration of Bifenthrin produced some of the tallest, healthiest plants. This trend continued, resulting in the highest Bifenthrin concentration group and the control group producing the largest plants. After considering all factors and re-examining the current literature, it was concluded that Bifenthrin can assist plant growth in high concentrations by acting to eliminate harmful fungus growing on Lepidium plants. These positive effects, in turn, produce a stronger, wider stemmed cress plant. These findings indicate that Bifenthrin does not only eliminate harmful insects but can also eliminate fungus such as *Sclerotinia sclerotiorum* thus accelerating the growth of watercress plants.





Gianna Moss | Class of 2024

Mentor: Dr. Nicholas Vasiliades, Saint Anthony's High School

Perceptions of Female Physicians with Children on Work-Home Conflicts Regarding Burnout

Within recent years, there has been an increased feminization in medicine, but this increase did not result in a redistribution of domestic tasks. This phenomenon may correlate to the increased burnout of female physicians within the medical field, as work-home conflicts are a substantial cause of burnout, and women face more of these interferences than their male counterparts. A qualitative study was conducted using interviews to determine how female physicians perceive burnout. Interviews were coded using the themes of the Maslach Burnout Inventory-Human Services Survey for Medical Personnel (MBI-HSS), which are emotional exhaustion, depersonalization, and personal achievement. Along with the MBI-HSS, results were coded looking for responses relating to feelings of incompetence, founded by the factor of competence included in the Self-Determination Theory. After interviewing eleven participants, it has been determined that work-home conflicts are prevalent in this population. Participants experienced two of the three themes of the MBI-HSS, and each participant shared feelings of incompetence. Although it is currently unknown why the lack of personal achievement was not found in this population, future research should be conducted to discover if this theme is recurrent on a larger scale. Overall, the study has significant implications because the number of women in the medical field is rapidly increasing, and these women must receive the support they may need at home and work to prevent burnout.

Kristina Nitis | Class of 2024
Social Perception Action and Motivation Lab,
New York University
Mentor: Dr. Emily Balcetis

Changing Adolescents' Perspectives on Leadership: The Effect of Leadership Workshops on Adolescent Beliefs Regarding Who Can Be a Leader

There are substantial disparities in the representation of society's leaders. Leadership lacks diversity in terms of class, race, and gender. Since adolescence is a critical period in identity formation and development of beliefs, this lack of representation impacts how adolescents view leadership and who can be a leader. The people who adolescents see as leaders influence their perceptions of their own ability to lead. Adolescents who are members of groups that are underrepresented in leadership are more likely to form beliefs indicating that they have less leadership ability in comparison to those of majority groups. However, adolescent beliefs are highly prone to change. To address this, a workshop was designed and delivered to groups of middle and high school students, with the majority of participants being members of a racial or ethnic minority. Interactive activities were used to counter the societal discrepancies in leadership representation and break the stereotypical associations between minority individuals and a lack of leadership ability. The workshop also encouraged a growth mindset over a fixed mindset and taught about one's capacity for learning and acquiring new abilities. Participants directly engaged with the workshop and its activities, and they completed a survey before and after the workshop. The results suggest that the workshops produced their intended effect. There was a statistically significant decrease in fixed mindset beliefs surrounding one's capacity to increase leadership ability, meaning participants had increased beliefs regarding their capacity for growth as a leader. Female participants faced a more significant decrease in fixed mindset beliefs as compared to their male counterparts, indicating that the workshop was more effective in increasing girls' belief in a growth mindset regarding leadership ability. There was a statistically significant increase in participants' feelings of belongingness with leadership after the workshop. Results also indicated that the adolescents had increased their beliefs about others' belongingness in leadership.





Daniela Parmigiani | Class of 2024
Hammell Lab, Cold Spring Harbor Laboratory
Mentor: Dr. Christopher M. Hammell

The Optimization of the MS2/MCP-GFP Live Transcriptional Imaging Platform in *Caenorhabditis Elegans*

Gene regulation is a vital part of development at the cellular level and is essential to give rise to different types of cells in an organism. *C. elegans* has been an exemplary model for gene expression studies because of its simple, hard-wired developmental program that is compartmentalized into 4 larval stages of post-embryonic development. During post-embryonic development, sets of microRNA genes are induced to post-transcriptionally regulate the expression of other protein-coding genes that define stage-specific patterns of gene expression. CRISPR-based genome editing is employed to engineer a variety of transgenes used to directly monitor the transcriptional dynamics of the *lin-4* microRNA that works very early in larval development in *C. elegans* to control the timing of cell fate specification. The goal of this research is to optimize MCP-GFP expression in the Hammell Lab's system to improve the signal-to-noise ratio and more accurately visualize transcription. To accomplish this, several expression vectors were engineered to utilize promoter sequences that drive MCP-GFP expression at different levels and in different cell types. Once integrated, these constructs monitored *lin-4* transcription in living nematodes. As a result of identifying this new promoter as capable of lowering the MCP-GFP expression levels, *lin-4* transcription, and ultimately, the transcription of any target gene, can be accurately measured. Transcriptional dynamics was measured in wild-type animals and then used to understand how these dynamics were altered in various mutants that changed aspects of normal development.

Gabriella Sampino | Class of 2024
Mentor: Mr. Paul Paino, Saint Anthony's High School

A Comparison of Academic and Athletic Stress with Respect to Gender and Academic Rigor

Many teenagers in high school face large amounts of stress caused by their peers and the overbearing competitive environment in the academic setting and athletic activities. An overabundance of stress left unchecked can lead to the development of anxiety and depression, which also places the person at greater risk for physical health problems. By attempting to identify the sources of stress, the teachers, coaches, and parents of these students will be able to help lessen the burden of stress during the formative teenage years in competitive environments. While exercising is a common tool used to relieve stress, teenagers in high school still face competitive atmospheres while playing sports. This may turn a team activity that typically helps them relax into a stressful situation. A survey was distributed to approximately sixty students to determine their academic and athletic stress levels using a modified perceived stress scale. While the average stress levels of both high academic achieving students and varsity student athletes were very similar, both groups reported high levels of stress and burnout. Continued research is necessary in a larger population to further understand the differences in stress levels of high school students to attempt to identify the most common sources of stress. While most consider it acceptable to place students into competitive settings, it is imperative that we remain aware of these high stress levels so that we can counsel these students on how to handle stressful situations and improve their mental and physical health.





Kai Senh | Class of 2024

Mentor: Mr. Paul Paino

Social Media and its Effects on Moral Hypocrisy

The concept of moral hypocrisy is commonly discussed but rarely examined. This research attempts to explore the concept in a more detailed fashion. As we travel into an increasingly digitized world, awareness of this kind of behavior with regards to oneself seems to be at an all-time low. With public figures constantly failing to “practice what they preach,” bias and misinformation only worsens the already-growing political divide in America. The purpose of this study is to determine root causes of moral hypocrisy, while also targeting potential underlying factors that could increase or decrease the likelihood of hypocritical behavior. Such factors include daily screen time, gender, age, and political orientation. Given that this study requires an in-depth evaluation of oneself, the survey used to gather the data disguised this evaluation as an assessment of people’s views concerning social media reliance while also gauging how quickly one is to criticize someone aside from themselves. At the conclusion of this study, one can assert that the strongest influences on moral hypocrisy are age and screen time/media exposure, with opposing genders and political parties having little effect. By learning more about the nature of hypocritical behavior, we can better understand and connect with those around us in a more comfortable and respectful manner.

Anar Thakor | Class of 2024
Mentors: Dr. Anne Kever, Dr. Melanie Brion:
Cambridge Center for International Research

The Correlation of Vitamin D with the Development and Onset of Multiple Sclerosis

One of the most prevalent neurodegenerative diseases is Multiple Sclerosis (MS). In the United Kingdom alone, over 100,000 people live with MS, which is the cause of most cases of long-term neurological disability in patients under 40. How the disease occurs is still relatively unknown; however, it is believed that both environmental and genetic factors play a pivotal role in its expression. One of the most promising environmental factors to date is exposure to vitamin D since its clinical implications could potentially prove to be useful in treatment and prevention of MS. In this study, it was hypothesized that vitamin D would prove to have a statistically significant correlation with MS. Parameters were set and a meta-analysis was conducted. Inclusion criteria were established and results were manually screened and included after quality assessment. A total of 21 articles were included in the final meta-analysis and statistical analysis was conducted using Microsoft Excel and the program “R” using the metafor, meta, readxl, and dplyr analysis packages. The analysis was conducted using a correlation coefficient as the effect size since the goal was to see if there was a significant correlation between vitamin D and MS. The hypothesis that the effect of vitamin D on multiple sclerosis would be statistically significant and could be used as a treatment or plan of prevention for MS was disproven. While not significant, this report does suggest that lower vitamin D levels are related to MS development and severity. Furthermore, vitamin D cannot be utilized as a course of treatment as it will have little to no effect in combating the disease. Taking this into account, future studies and clinical trials could combine multiple factors to see if a combination of factors has a greater impact, and see if supplementation vitamin D combined with another factor could have a better effect as a treatment or plan of prevention rather than simply vitamin D alone.





Amelia Furnell | Class of 2025

Entomologist and High School Educator, Long Island Aquarium
and The DNA Learning Center

Mentor: Mr. Jeffry Petracca

Examining the Impact of Transportation Infrastructure
on Formicidae Depletion

Maintaining roadways involve the use of harsh chemicals and deicers, which ultimately lead to the destruction of ecosystems. New York has high levels of snowfall that cause deicers to be used continually. Formicidae, commonly known as ants, can be used as bioindicators to demonstrate the health and protection of their ecosystems. The difference in diversity of ant species in Hamilton County and Suffolk County, New York are accessed with the goal of understanding the effects of infrastructure and its maintenance on ant diversity in these environments. Also, the difference in diversity will help communicate the importance of using less harmful deicers and chemicals on roadways to lawmakers of New York State. Ants were collected in both locations using the same hand collection techniques, and then identified through the use of DNA Barcoding of the cytochrome oxidase I gene. The curated DNA sequences were identified with DNA Subway and verified with a professional entomologist. Suffolk County had 75% diversity while Hamilton County only had 40% diversity. Even though Hamilton County is located within Adirondack Park, it still was less diverse compared to Suffolk County. Due to the lack of ant diversity in Hamilton County, the ecosystems within are being negatively affected by human activities. Without proper action and accountability by New York State, the loss of biodiversity will have consequences that affect not only ecosystems, but also human well-being.

Madyson Gavilanes | Class of 2025
Crimson Research Institute
Mentor: Dr. Kif Liakath-Ali

The “Forever Chemicals”: Investigating PFAS and its Impact on Epigenetics and Body Function

Poly- and Perfluoroalkyl substances (PFAS) are a group of man-made chemicals that are known for their resilience against oil, water, heat, and chemical reactions. Research in this topic has grown over recent years due to its detrimental effects on the environment and the human body. These chemicals were invented in the 1930s and can be found today in typical household products, including carpets, furniture, clothing, and much more. Recent studies have shown that PFAS has contaminated the soil, water, and food, which, in turn, has led to approximately 98% of Americans ingesting these chemicals. PFAS are harmful as they are linked to many human immune-related health conditions, metabolic issues, neurodevelopmental delays, and cancer within the kidney, prostate, ovaries, breast, and liver. This meta-analysis focused on PFAS chemicals, especially those known as Legacy PFAS chemicals. Other studies and reviews were also analyzed to determine if and how PFAS could alter epigenetics within the human body and cause other health disorders. The findings of this meta-analysis indicated that there may be a correlation between these man-made chemicals and epigenetic alterations. One study involving mice found that an accumulation of PFOA (a form of PFAS chemicals) decreased the expression of Dnmt3a and Dnmt3b. This provides a major issue as mutations in these genes has been known to influence developmental abnormalities. Another crucial finding was that miRNAs, due to the presence of PFAS, were found to be either upregulated or deregulated in female mice, which, in turn, shows that there is a possible molecular pathway in which these genes influence the development of cancer. Future research should be conducted in order to investigate this molecular pathway in which PFAS may be able to cause certain cancers, the transcription factors and proteins altered by these chemicals, and what long-term effects the chemicals have on the body.





Grace Nolan | Class of 2025

Mentor: Christine DeLorenzo, PhD, Director, Center for Understanding Biology using Imaging Technology (CUBIT), Stony Brook University

Biological Links to Major Depressive Disorder Involving Handedness

Major depressive disorder (MDD) is a severe mental disorder identified as one of the most common mental illnesses in our country. In fact, over 20 million adults in America exhibit symptoms of depression. With this statistic in mind, it is apparent that there needs to be a way to biologically understand the origin of this condition. For almost 50 years, the term major depressive disorder has been used to describe depression. During this prolonged period, there has not been a full understanding of its effects on the brain's biology. The effectiveness of antidepressants is fairly effective when these drugs are taken consistently. Current research indicates that handedness is associated with depression. Data from a number of recent studies indicate that left-handed patients are more likely to exhibit symptoms of depression (Denny, 2009). Continued analysis indicated that lefties, when compared the total sample, were more likely to report their symptoms. In this current study, data was collected through the use of the Edinburgh Handedness Inventory, which analyzes which hand a patient uses in various tasks. The result of this survey is a quotient that determines if an individual is primarily left-brained, right-brained, or ambidextrous. During my experience with the CUBIT lab, I helped with the collection and analysis of data from over eighty patients, the majority of whom were right-handed. While most current research reports that left-handed patients are more likely to become depressed, the results of this research conclude that more data is needed to effectively prove whether there is a biological link between MDD and handedness. Data is still being collected regarding brain hyperactivity and depression. Additional insight will be provided through the use of fMRI scans currently being processed.

Sahil Patel | Class of 2026

The iResearch Institute

Mentors: Mr. Madhav Subramanian and Dr. Serena McCalla

Unraveling a circRNA-miRNA-mRNA axis: A potential Therapeutic Target for Non-Small Cell Lung Cancer

Non-Small Cell Lung Cancer (NSCLC) is the primary cause of cancer-related mortality. A major reason is NSCLCs' early detection rate of approximately 19%. The circleRNA(circRNA) - microRNA (miRNA) - messengerRNA (mRNA) pathway contributes to NSCLC and could be an optimal biomarker/target. Identifying a circRNA-miRNA-mRNA pathway involved in NSCLC can significantly increase survival. From CircNet, CircFNDC3B was found to affect NSCLC development, miR-885-3p had a confidence rating of 3, and its target genes showed a significant impact on Lung Cancer patients' survival ($p=0.011$) on GEPIA 2 using Lung Adenocarcinoma and Lung Squamous Cell Carcinoma data sets. TCGA Lung Data set was then downloaded into R studio, and using GSVA, the expression of miR-885-3p and specific genes were calculated. Using Gepia 2, target gene MCM5 was found negatively correlated with miRNAs expression in Lung Cancer patients (Correlation= -0.281) and impacted NSCLC survival ($p=0.0018$). CircFNDC3B-miR-885-3p-MCM5 axis has been associated with NSCLC survival. With this established, the function of NSCLC becomes necessary. A gene ontology analysis on circFNDC3B and literature was used to find GSEA gene sets. Using R with the TCGA lung data set, GSVA enrichment scores were noted.

MCM5 expression was divided into high and low expression and was correlated with the GSEA gene sets enrichment scores to identify differential expression. MCM5 was found to regulate Ras protein signal transduction and Insulin-like growth factor (IGF) transport and uptake by Insulin-like growth factor binding proteins (IGFBP) in NSCLC. Further studies are needed to explore MCM5's impact on regulating Ras and IGF-IGFBP pathways in NSCLC.





One of the primary goals of **FriarQuest** is to offer our students an opportunity to conduct research in a professional laboratory. The following world-renowned institutions have participated in the Saint Anthony's High School Research Program.





*A Special Dinner & Show Benefitting
Saint Anthony's Padre Pio Fund*

*Featuring
Mariano Schwartz '25
on the Piano*

317 Main Street, Farmingdale | January 25, 2024 | 6:30PM

To purchase tickets please call Mr. Don Corrao, Director of Development
at 631-271-2020, ext. 284 or email him at dcorrao@stanthonys.org

Menu

Passed D'Oeuvres: Asiago Risotto Croquettes | Mini Thai Chicken Tacos | Ginger Chicken Dumplings

Salad Choice: Mixed Greens | Caesar

Entrée Selection: Herb Crusted Cod | Oven Roasted Beef Loin | Rosemary Roasted Chicken
Vegan 'Meatballs' with Zoodles

Dessert: Mini Cannoli | Tarts

Coffee

\$85/PP

(Cash Bar)

Seating is limited. Tickets are available
on a first come, first serve basis.



Saint Anthony's Gears Up for Gridiron Glory



On October 13th, Saint Anthony's was abuzz with an electrifying Friar Spirit! The festivities kicked off with our annual Homecoming Pep Rally. We proudly showcased our exceptional Fall sports teams, who received an outpouring of support and cheers. The event was a spectacle of talent, featuring dazzling performances from our Kickline, Cheerleading Team, Step Team, and the Friar Celtic Pipe Band.



Adding to the musical extravaganza, our Rock and Roll Club, expertly led by Mr. Rick Mescallado, stepped in as the day's special performers, brilliantly filling the intervals when our school Band, under the skilled direction of Mr. Bruce Engel, took a break. The rally was a whirlwind of excitement, culminating in the crowning of our Homecoming King Andrew Agyeman-Duah and Queen Bailey Becker.



The evening brought even more enthusiasm as the bleachers overflowed with fans for our Homecoming football game against Monsignor Farrell. The Varsity football team poured their hearts into every play, showcasing their unwavering dedication and skill. The Cheerleading Team radiated energy, and the Kickline Team's halftime performance was a sight to behold. The cherry on top was the heartwarming return of many alumni, who joined in to revel in the Homecoming celebrations, making it a truly memorable day for the Saint Anthony's community.





Friar Freshmen Kickstart Year at SALT Adventureland



On September 6th, our dedicated SALT members, under the direction of Ms. Ann Ferrara and Mr. Patrick Long, organized an exceptional evening for the SALT/Freshmen Adventureland event. This special occasion was designed to foster connections among our new freshmen, their SALT mentors, and peers. The night was filled with hearty laughter and excitement as the students indulged in various games, braved the thrilling House of Horrors, and shared a delightful dinner. The highlight of the evening was Brother David's enthusiastic participation—he was an absolute hit with his expert bumper car maneuvers and his zest for enjoying the myriad of rides. Notably, Brother David steered clear of any wild rides this year, a wise choice learned from past experiences! The event was a resounding success, leaving everyone with lasting memories and a warm welcome to our freshmen into the Friar Family.



Over four hundred people attended this year's Gala and came away with an even greater appreciation and love for Saint Anthony's High School. To know the 2023 Family of Distinction, the Morrell Family, Toni Jo, Brian, Alexandria '15, Brian, Taylor '19, and Michael '22, is to love them. Their strong faith, love for and extraordinary generosity to Saint Anthony's was evident to everyone in attendance.

2023 Black & Gold Gala "Whole Lotta Love"

Special thanks to the members of the Executive Committee for helping make the Gala the financial success it was.







SAINT ANTHONY'S HIGH SCHOOL
TONY TROMBINO GOLF CLASSIC

SAVE THE DATE

MONDAY MAY 6, 2024

BROOKVILLE COUNTRY CLUB

9:00am Arrival | 11:00am Shot Gun Start
Breakfast/Lunch/Dinner

MILL RIVER CLUB

8:30am Arrival | 10:30am Shot Gun Start
Breakfast/Lunch/Dinner at Brookville

PINE HOLLOW CLUB

8:30am Arrival | 10:30am Shot Gun Start
Breakfast/Lunch/Dinner at Brookville

Golf format will be a modified scramble. Cocktails and Dinner, Brookville Country Club at 4:00pm.



Dear Alumni, Parents, and Friends,

We are excited to invite you to the 2024 Saint Anthony's High School Tony Trombino Golf Classic, a distinguished event now proudly bearing the name of Tony Trombino, Chairman Emeritus, in his memory.

This year's Golf Classic promises an exceptional experience, showcasing three prestigious golf courses, and culminating in a delightful post-golf celebration at the Brookville Country Club. Your participation plays a pivotal role in enriching the educational journey of our 2,400 students, making a real and positive difference in their lives.

Join us in honoring Tony Trombino's legacy and supporting the future of our students.

Sincerely,

Brother David Anthony Migliorino, O.S.F.
Principal

Ronnie Wright, Jr.
Chairman

Don Corrao
Director of Development

MONDAY, MAY 1, 2023 REGISTRATION

- Individual Golf Package \$675
- Golf Foursome \$2,700
- Classic Event Sponsor \$3,000
Includes Golf Foursome and Signage on all four courses plus special recognition in Evening Program
- Cocktails & Dinner Only \$175

FOURSOME PARTICIPANTS

- ①
- ②
- ③
- ④
- Please assign me to a foursome.

CONTACT INFORMATION

Individual Golfer or Foursome Contact Person

Name:

Address:

Phone:

E-mail:

COURSE PREFERENCE Subject to Availability

- Brookville Country Club
- Mill River Club
- Pine Hollow Club
- No Preference

PAYMENT METHOD

- Check Master Card Visa Amex

Name on card:

Card #:

Expiration date:

SPONSORSHIP OPPORTUNITIES

Sponsors are important to the success of the Golf Classic. Each item can be underwritten on a corporate or individual basis. Your support is greatly appreciated.

- Golf Classic Sponsor*** \$15,000
- Golf Classic Gifts Sponsor*** \$10,000
- Dinner Sponsor* \$10,000
- Cocktail Hour Sponsor* \$7,500
- Lunch Sponsor* \$5,000
- Breakfast Sponsor* \$5,000
- Brookville Course Sponsor* \$5,000
- Mill River Course Sponsor* \$5,000
- Pine Hollow Course Sponsor* \$5,000
- Golf Cart Sponsor* \$5,000
- Bag Tag Sponsor* \$3,000
- Classic Event Sponsor* \$3,000
- Faculty/Religious Sponsor* \$2,500
- Driving Range Sponsor* \$2,500
- Putting Green Sponsor* \$2,500
- Beverage Sponsor* \$2,500
- Photography Sponsor* \$3,000
- Tee Sponsor \$300
- Family Sponsor \$175
- Sorry, I cannot attend, enclosed is my tax-deductible contribution of \$

*Includes one foursome and signage on all four courses
***Includes three foursomes and signage on all four courses

CONTACT INFORMATION

Name: Class:

Address:

Office Phone:

Home Phone:

Cell Phone:

E-mail:

PAYMENT METHOD

- Check Master Card Visa Amex

Name on card:

Card #:

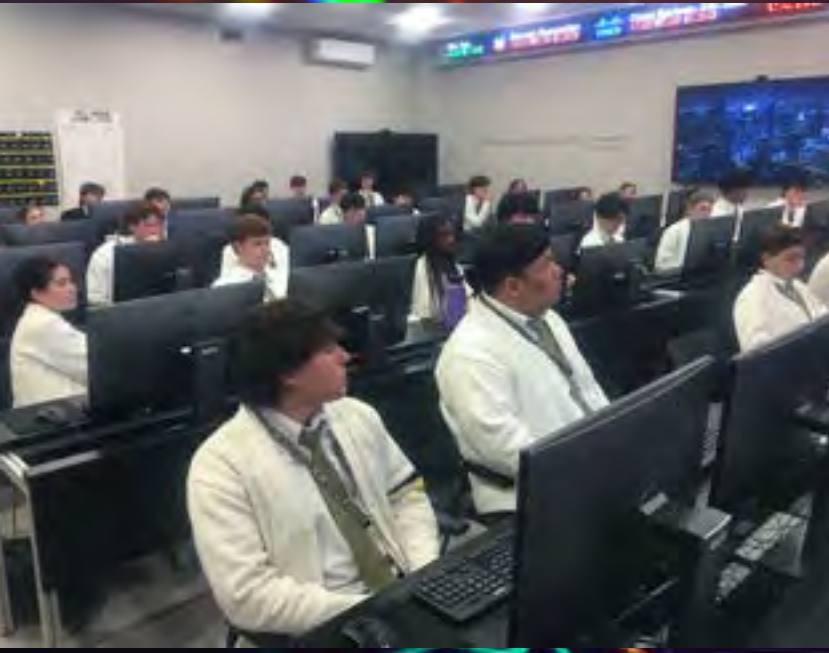
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CHECKS PAYABLE TO

Saint Anthony's High School | Development Office | 275 Wolf Hill Road | South Huntington, NY 11747
(631) 271-2020 ext. 214 | dcorrao@stanthonyshs.org

NEW BUSINESS DEVELOPMENTS



The Saint Anthony's High School Business Program, in conjunction with LSEG, was pleased to offer LSEG Workspace Certification Exams to the entire Data Analytics and Entrepreneurship class. This class was the first high school course to have a curriculum centered around LSEG Workspace certification and involved over thirty hours of content and learning. Students spent September and October preparing for this exam and practiced using the LSEG Workspace platform in a variety of ways. Ten students passed the exam and became the first high school kids in the nation to gain this prestigious certification. Students will be continuing their training on the LSEG Workspace and a second certification opportunity will be offered before the new year. The Saint Anthony's Business Program is very proud of these ten students (Kyle Bilello, Wonjun Choi, Rily Griffith, Jayden John, Justin Ramirez, William Schub, Casey Steinert, Joseph Ventimiglia, Kyle Verlizzo, Dylan Welsh) and looks forward to getting many more granted the certification in the coming months.

The Saint Anthony's High School Business Program is pleased to announce a new Opportunity for our students in 2024. Beginning in January, our students will be able to register for an optional prep course to prepare them for the Securities Industry Essentials® (SIE®) Examination. The Saint Anthony's High School Business Program will then set up an examination day for all students enrolled in the prep course to take the SIE Exam. Passing this exam is the first step for students who wish to become finance professionals on their journey toward certification. This course will be offered on Tuesday and Thursday mornings from 7:30-8:10 in the Business and Entrepreneurship Center. It will be taught by Mr. Lew Cordina and Mr. Wally Bishop. This is a unique opportunity for students who are serious about a career in finance. It is a chance for them to get ahead on their certification and knowledge as they head into college. It is something that can be highlighted on applications for colleges, business schools or internship opportunities.

The Securities Industry Essentials® (SIE®) Exam is a FINRA exam for prospective securities industry professionals. The introductory-level exam assesses a candidate's knowledge of basic securities industry information including concepts fundamental to working in the industry, such as types of products and their risks; the structure of the securities industry markets, regulatory agencies and their functions; and prohibited practices.

Teamwork Triumphs in Rip-Roaring Powder Puff Football Face-Off

A remarkable gathering of over 600 students filled the cafeteria, sharing a meal together in a spirited prelude to the much-anticipated Annual Powder Puff Football Tournament held at the Student Center. The event, marked by both fierce competition and camaraderie, saw numerous teams vying for the title. After intense and exciting rounds, it was TEAM AMBROZY, comprising talented seniors Emily Ambrozy, Amanda Paci, Ava Serie, Ella Serie, Madeline Morris, Jena Binkis, Brooke Long, Holly Hardwick, Kate McConnachie, Sammy Castellano, Tess Calabria, and Riley Zusi, who emerged victorious. Skillfully coached by Luke Aasheim, Luke Breslin, and Dante Vardaro, TEAM AMBROZY's triumph was a highlight of the evening. Notably, the proceeds from this spirited event will be generously donated to a variety of charities supported by our school, underscoring our commitment to community and service.



Saint Anthony's Theater Talent Unleash a Thrilling 'MURDER ON THE ORIENT EXPRESS' Performance

This year the Saint Anthony's High School Theatre Company tackled a literary classic and performed the beloved Agatha Christie murder mystery, *Murder on the Orient Express*. For the second year in a row the Fall play script was an established and classic work. This thrilling and suspenseful story has been made into two movies and a beloved stage play. The twists and turns and unpredictable tale of a murder onboard the legendary train was a delight to audiences. This year's cast featured sixteen student performers and many were performing in their final full length play on our stage. Whether it was their mastery of accents, incredible delivery of massive amounts of dialogue or impeccable creation of characters, this group of actors accomplished the extraordinary. The cast, crew and production staff should be extremely proud of their three magnificent performances of this thrilling classic.

The cast of *Murder on the Orient Express* was a diverse group of all grade levels. It was led by veteran seniors, anchored by experienced juniors and sophomores and highlighted by talented and promising freshmen. Highlighted by the masterful performance of Anthony Buonagurio as Hercule Poirot, this cast delivered three incredible nights of performances. Anthony, as the principal role, was remarkable and gave one of the most memorable and impressive performances delivered on the Saint Anthony's stage. His mastery of dialogue and character set a new bar of expectation for a high school stage. Emma Walsh delighted audiences as Mrs. Helen Hubbard. Her comedic timing and dynamic character work was inspiring. Olivia Cox delivered jaw dropping performances as Countess Andrenyi. Her accent work and incredible deception provided intrigue and mystery throughout the show. Logan Taylor entertained and engaged audiences with his energetic and enthusiastic presentation of Monsieur Bouc. Brian Murray kept audiences guessing with his perfect performances as Hector McQueen. Anthony Favilla provided humor, mystery and romance with his stunning performance as Colonel Arbuthnot. Monika Beileys delivered three chilling and wonderful performances as





the Princess Dragomiroff. Lilly Castro was masterful in her performance as Mary Debenham and frightened audiences each night with her chilling screams. Cooper Keil perfectly presented the hated and sinister Samuel Ratchett. Liam McLaughlin was tremendous as Michel the conductor. Giuliana Bonati was brilliant as Greta Olsen with an incredible accent and wonderful presence. Rounding out the cast was a dedicated and talented ensemble who performed several roles. Francesca Ciccotto, Ava Gradischer, Catherine Cain, Emma Clancy and Nico Meloni all gave great performances to complete this stunning production. The high quality of acting that was on display in this show is a testament to the hard work and dedication of each of these actors. Their preparation, practice and delivery provided some of the best performances seen in a Fall Play in many years.

This year's stage crew built an incredible set and handled many timely changes with ease, thanks to their hard work and consistent practice. The students on the stage crew, whether they were painting sets, building set pieces, working lights, tweaking sound or assisting in scene changes, are an essential part of each and every production. Their tireless commitment and efforts are vital to the success of our shows.

This show involved many special effects and a lot of detailed lighting and sound elements. An incredible task taken on by the lights and sound team of Kiera Brown, Andrew Reinhart, Sophia Sakran and Kieran Brown. The many set changes and large scale set moves were done so well by the grips. Led by their incredible captains, Francesca Bonati and Geovanny Iglesias-Soriano, the grips team did a remarkable job in executing a difficult show. This year offered a special opportunity for original artwork and seniors Sumin Oh and Juhui Sung did not disappoint as their beautiful work was featured on all show related materials. The use of projectors created a realistic train ride experience that dazzled audiences and complemented the tremendous work of the hardworking stage crew students. While they may not take bows at the end of a performance, their contributions and commitment should be recognized as just as vital to the success of such a complicated show.

The show was a huge hit with audiences and was a wonderful way to kick off Halloween weekend! To take on such a well-known story and deliver such memorable and inspiring performances is credit to the talent and dedication of all students who were involved in this wonderful production. Bravo to the entire cast and crew for all of their hard work and tremendous success.

Susan & Gerald O'Shea



STEM OPPORTUNITIES

3D Modeling using ZBrush

- Introduction to ZBrush as a powerful digital sculpting and painting software
- Explanation of its industry relevance in game development, animation, and design
- Familiarization with the user interface and navigation
- Hands-on exercises to develop foundational 3D modeling skills
- Exploration of advanced tools for intricate detailing and texturing
- Project-based learning to create complex and realistic 3D models

AP Computer Science A

Fundamentals of Programming

- Introduction to programming languages, with a focus on Java
- Mastery of basic syntax, data structures, and algorithms

Object-Oriented Programming (OOP)

- Comprehensive understanding and application of OOP principles
- Coding projects emphasizing encapsulation, inheritance, and polymorphism

AP Exam Preparation

- Review sessions and practice exams to prepare students for the AP Computer Science exam
- Emphasis on problem-solving, algorithmic thinking, and optimizing code

AP Computer Science Principles

Representation of Information Digitally

- Explore how information such as sound, images, and text are represented in a computer
- Study the social and ethical implications of digitizing the world's information
- Networking and Cyber Security
- Comprehension of the layers of the internet and their associated protocols
- Understanding the relationship between each layer

Introduction to Engineering Design

Overview of Engineering Disciplines

- Exploration of diverse engineering fields and career paths
- Guest lectures and industry insights to inspire students in their career choices

Design Thinking

- Introduction to the design process and problem-solving methodologies
- Application of design thinking principles to real-world challenges

Hands-On Engineering Projects

- Team-based projects to apply design concepts and engineering principles
- Prototyping and testing solutions to engineering problems

Advanced Engineering Design Courses

Specialized Design Topics

- In-depth exploration of specific engineering design disciplines (e.g., mechanical, electrical, civil)
- Integration of advanced design concepts and emerging technologies

Innovation and Prototyping

- Encouraging creativity and innovation in engineering design
- Prototyping and testing of original design concepts

Susan & Gerald Innovation Center Current/Future Needs and Funding Opportunities

Master Classes and Industry Collaborations for 3D Modeling with ZBrush:

- Invite renowned digital artists and ZBrush experts for master classes
- Establish partnerships with industry professionals for real-world insights
- Collaborate with local design studios or gaming companies for workshops

Cutting-Edge Hardware for 3D Printing:

- Upgrade 3D printers to include state-of-the-art models like Bambu Labs X1-Carbon
- Integrate advanced 3D scanning technology for precise model replication
- Explore partnerships with hardware manufacturers for exclusive student access

Guest Lectures and Workshops for AP Computer Science:

- Bring in experts from tech companies to discuss real-world applications of programming
- Host coding workshops with professionals to expose students to industry practices
- Establish mentorship programs connecting students with industry professionals

Field Trips and Site Visits for Advanced Engineering Design:

- Organize field trips to engineering firms, research labs, and manufacturing facilities
- Arrange site visits to observe large-scale engineering projects in action
- Foster networking opportunities with professionals in specialized engineering fields

Dedicated Research and Development Initiative:

- Allocate funds for student-led research projects in STEM fields
- Provide resources for faculty research in collaboration with industry partners
- Establish a grant system to support innovative student and faculty initiatives

Innovation Center



ROBOTICS UPDATE

The FIRST Tech Challenge high school robotics program has made significant strides since its inception, with a dynamic team of around 30 dedicated students leading the charge. The group utilizes the GoBilda building system, showcasing its commitment to innovation and cutting-edge technology. Their impressive array of tools, including a CNC machine, laser printer, 3D printers, milling machine, drill press, and assorted saws, reflects a hands-on approach to learning and creating. Incorporating 30 new Mac laptops into their workspace facilitates design and programming tasks and demonstrates a commitment to staying at the forefront of technological advancements.

Despite facing challenges such as a shared workspace with other classes and clubs, the team benefits from the guidance of two knowledgeable coaches. One coach brings physics and computer science expertise, while the other is a seasoned mechanical engineer. An additional adult volunteer enriches the learning environment, facilitating smooth coordination during meetings and activities.

Future Outlook for the Program: Looking ahead, the FIRST Tech Challenge high school robotics program envisions a promising trajectory. With a solid foundation of passionate students and experienced coaches, the team aims to secure a permanent room dedicated to their activities. This would streamline their operations and allow for a consistent field setup, enhancing their practice sessions and fostering a more conducive learning environment.

The team's aspirations extend beyond the confines of their workspace. They harbor the ambitious goal of hosting a robotics competition within the school, providing an opportunity for local engagement and showcasing their talents to the broader community. This outreach effort aligns with the program's mission to promote STEM education and inspire interest in robotics and technology.

Current Funding Needs: To further enhance their capabilities, the team has identified a wish list that includes replacing older 3D printers, which are estimated to cost around \$3000. This investment would significantly improve the efficiency of their prototyping and manufacturing processes. Securing funding for this purpose would be a pivotal step in ensuring the sustainability and growth of the program.

Additionally, the team recognizes the value of having a dedicated space for their field setup. A permanent room would address the current challenge of shared workspace and provide a centralized hub for the team's activities, fostering a sense of community and collaboration.

In summary, the FIRST Tech Challenge high school robotics program has made commendable progress, driven by a passionate team and supported

by knowledgeable coaches. The vision for the future involves securing dedicated space, hosting school competitions, and upgrading equipment. With the right resources and support, the program is poised to continue inspiring the next generation of innovators and problem-solvers in robotics.

Saint Anthony's Scores Big in the First Tech Challenge Robotics Competition

The Saint Anthony's Robotics Team showcased excellence and innovation in the recent FIRST Tech Challenge Competition on Long Island. This event brought together young minds from across the region, and we are proud to share that our team has secured four awards, solidifying our standing as leaders in STEM education.

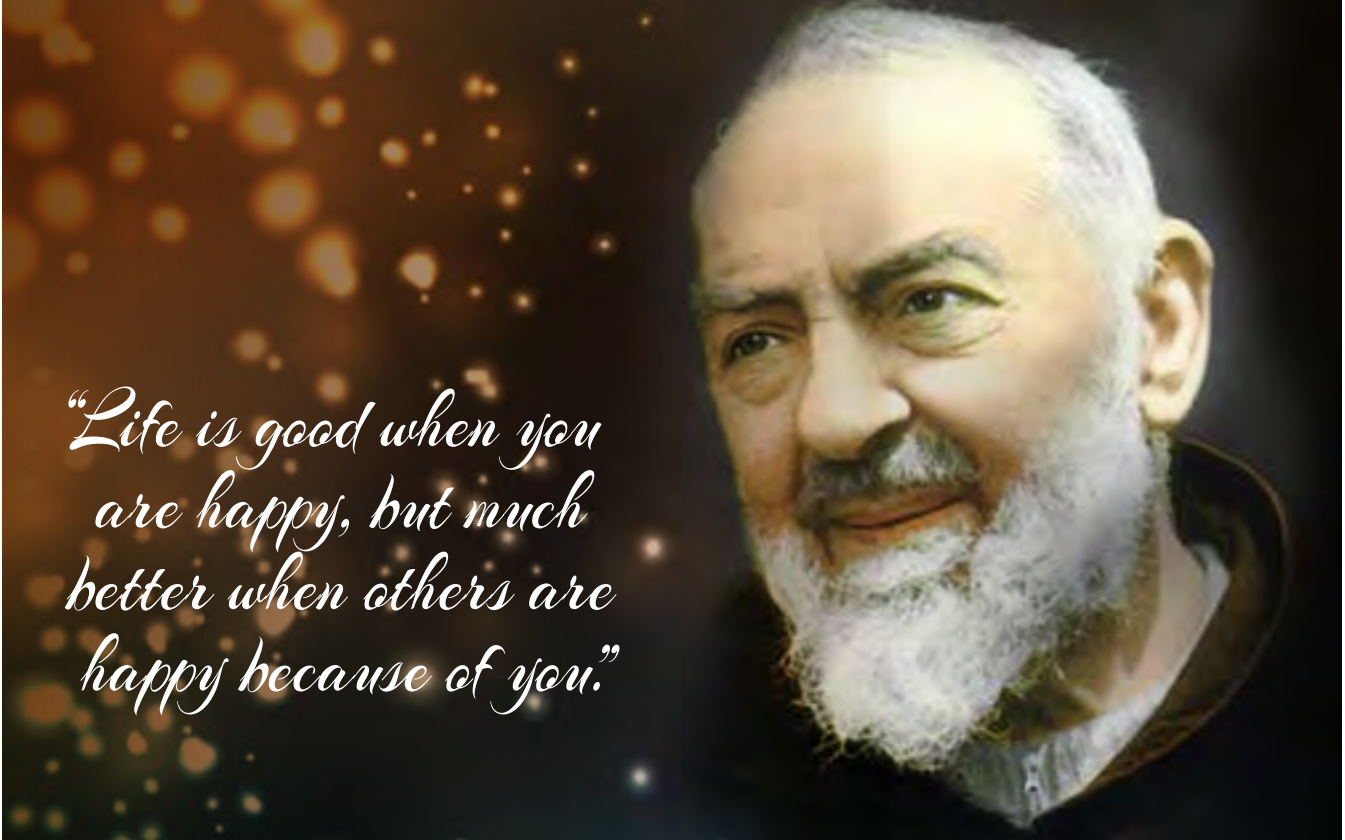
Second Place Award in the Robotics Competition: Our team demonstrated exceptional skills and teamwork, securing the Second-Place Award in the fiercely competitive Robotics Competition. This achievement is a testament to each team member's dedication and hard work, showcasing their talent in designing and operating our robot with precision and efficiency.

First Place Connect Award: The First Place Connect Award is a prestigious recognition of our team's commitment to building strong connections within our local STEM community. By actively seeking and recruiting engineers and exploring engineering, science, and technology opportunities, our team has demonstrated exceptional outreach and engagement efforts.

Second Place Design Award: The Second Place Design Award acknowledges our team's prowess in combining functionality and aesthetics in the design of our robot. By incorporating industrial design elements, we have created a robot that not only performs with excellence but also boasts a clean and visually appealing look. This award celebrates our team's creativity and attention to design detail.

Third Place Control Award: The Third Place Control Award recognizes our team's innovative use of sensors and software to enhance our robot's functionality in the field. Whether it's autonomous operation, improvements to mechanical systems through intelligent control, or leveraging sensors for optimal results, our team has showcased exceptional problem-solving skills and technical prowess.

These awards underscore our team's commitment to excellence, collaboration, and pushing the boundaries of innovation in robotics. Congratulations!



“Life is good when you are happy, but much better when others are happy because of you.”

As we begin the New Year, I want to share this special message with you that was written by an **alumnus from the Class of 1985**.

Pope Francis once celebrated Mass outside the Shrine of St. Pio of Pietrelcina and said, “Those who take care of children are on the side of God and defeat the throwaway culture, which, on the contrary, prefers the powerful and considers the poor useless.”

I was a young teenager in the late 1970’s from a large family and my grandfather was a friend of St. (Padre) Pio from his early childhood in Pietrelcina, Italy. My grandfather immigrated to America to give his family a better life, sacrificing all that he had, and always reminded my father to pay that forward to his children. As a teenager, I was “forced” by my parents to go the Saint Anthony’s High School (all boys school at that time) due to my poor life choices at a young age - mixed up with the wrong people and doing the wrong things. “Your environment and friends will shape your future,” I was told. “One day, you’ll appreciate us and our decision to send you to Saint Anthony’s,” my parents told me on a daily basis. Today, as a father of several adult children, I proudly embrace their decision, sending all of my children to Saint Anthony’s, some of whom did not agree with my decision either at the time. “My job is to give you a better life than my Dad gave me, to make you a good constructive part of our society with the ability to care for others and yourselves when I am no longer here,” I would tell them. The foundational values and education that Saint Anthony’s gave my children and I allowed all of us to achieve these goals, and so much more...

Now it is time to continue to “pay it forward” to others who are less fortunate, those who don’t have the financial wherewithal and/or parental foundation but want the opportunity to attend such an outstanding institution. To go back to my grandfather’s roots in Italy, to St. Pio’s virtues, and “take care of children (and be) on the side of God.” To give to a child/teenager (who’s family cannot afford it) the eternal gift that Saint Anthony’s has provided to my family and I, the gift that keeps giving, and the gift that can transform the lives of others that we touch in the future—for it is in giving that we receive. We may not be able to change all that is bad in this world, but if you can positively affect at least one child early in life, then they can positively affect another, and so on...

I hope that you will seriously consider joining us by making a gift to the Padre Pio Fund at Saint Anthony’s High School for it is truly an eternal gift to a child in need, and a gift that can be paid forward forever.

—Brother David Anthony Migliorino, OSF, Principal

If you would like any further information, please contact:

Mr. Don A. Corrao, Director of Development

dcorrao@stanthonys.org | 631.271.2020, ext. 284

Serving Those Who Served:

Student Council Hosts Italian Dinner for VA Veterans



On Monday, October 23rd, the Student Council orchestrated a delightful Italian Feast in honor of the veterans at the VA in Northport. The students not only served a sumptuous dinner but also had the privilege of engaging with the veterans, listening to their inspiring stories and experiences. This heartwarming event was a meaningful way to show appreciation and connect with those who have served our country.

*Make Me an Instrument
of Your Peace
Those who follow
the journey of St. Francis*





Compassion in Action

"It is in giving that we receive," said Saint Francis. Our Saint Anthony's Community Outreach and our Soup Kitchen clubs bring much joy to the people of Brentwood by giving. Both clubs are moderated by Mrs. Miriam Lum and Mrs. Margaret Saporita. The students are giving food and necessary items; but they also give of themselves with the joy they exude as they work. The two clubs work closely together to bring necessities (and often some luxuries) to the less fortunate who line up to receive food staples each Sunday.

Everything begins with the Community Outreach Club. This club holds various drives among its members for non-perishable foods, personal hygiene items and clothes, such as hats and gloves for the winter. For particular holidays the group makes special bags for the clients. At Halloween, they made bags of candy. At Christmas, they collect gifts for the kids. This club works primarily at school preparing items for the Soup Kitchen Club to distribute at Saint Anne's in Brentwood.

The Soup Kitchen Club arrives at Saint Anne's once a month at 7:45 a.m. They sort through the donations received from our Community Outreach and the other donations received from the community itself. The club even collects food and toys for pets, such as dogs and cats. Once sorting is done, the Soup Kitchen kids place everything in organized shopping carts and boxes and then head outside. The students come to know the clients and their families. There is much joy in giving to those who are suffering from food insecurity.

Senior Nicole Paz who is a board member for Soup Kitchen said, "This is one club I have been involved with since I was a freshman. I was born and raised in Brentwood. I went to school there. It is good to see people from my own community being helped with things they cannot afford." Not surprisingly, Nicole plans on studying to be a PA so she can continue to help others after college.

Junior Ivy Mera, a member of the Soup Kitchen Board, is tasked with maintaining

the Google Classroom, creating Google forms for the club to sign up for events, taking attendance, and logging members' hours. Ivy explained that at St. Anne's their advisor, Mary Ellen, requests fifty students to come assist with the Soup Kitchen. When the students first arrive at 7:45 a.m. on a Saturday, they begin bagging goods that have been donated to the Soup Kitchen and organizing bags that the Saint Anthony's Community Outreach have put together. Two students are assigned to a shopping cart which they fill with donations. Two students are assigned to assist the clients in taking what they need and then the students assist with loading the clients' cars. Approximately 75 people line up each week for assistance. Ivy says of her experience, "I live 5 minutes from Saint Anne's. So when I came here I decided I would like to help and I have never missed an opportunity to serve." Ivy praised her fellow club members who are always ready to serve in whatever capacity is needed.

Ivy said, "I think there is great need and much food insecurity on Long Island. It is usually the same people who line up for food and it tells me that the need is great for many." Ivy explained that it is not only the food that makes the clients happy, but also the conversations and stories the older people tell the students. "I think so many of them rarely get out to see people, so I think seeing and talking with young people makes them smile"

It is no surprise that Ivy, like Nicole, would like to continue a life of service. Ivy would like to attend Johns Hopkins or Northeastern to study medicine and become a surgeon. Ivy joked, "I am really shy so I like the idea of working with a small team."

We are truly blessed to have both the Community Outreach and the Soup Kitchen kids among us. They are the embodiment of living a Franciscan life of serving others. Thank you to Mrs. Lum and Mrs. Saporita for helping these students be the best they can be.

SENIOR

OPERATIVE





Aidan Cazalet

Imagine having a second home, one with an embracing family filled with love and comradery while supporting you in any endeavor that you choose, whether it be religious, in the artistic, academics, or athletics. That sounds fantastic, doesn't it? Now imagine that as your high school.

It's incredible and seemingly unbelievable

that you can combine two ideas that usually don't relate to each other. However, looking throughout the community at Saint Anthony's High School, you can see such an idea come to fruition even before you step into the school.

Coming from a small school with a graduating class of twenty, I was terrified of entering a high school with over two thousand students. I felt as though there would be no place for me, which was quickly dismissed by the overwhelming love and support from Brother David and the faculty, creating an atmosphere that was more conducive to growth and development than I could have ever imagined. Going through my first day, I formed many relationships with my teachers and peers, meeting one person after another and forming an interconnected web of friends and support systems; before I knew it, I met forty people through just one friend. Incredible, I know! I think this is what is critical to a successful high school: the ability to foster and promote a caring and supportive environment, which the teachers demonstrate every day when they dedicate their time, especially after or before school, to assisting in their student's understanding and confidence. Also, the more time you spend at Saint Anthony's, the more ways there are to get involved and help others with, which benefits both parties in the long run. This is observed through the peer tutoring services available in the library or the numerous community and school service programs/clubs that are offered. These programs and countless more allowed me to realize my voice and further understand myself.

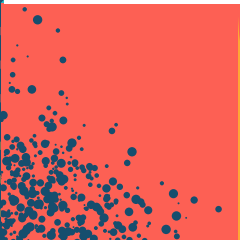
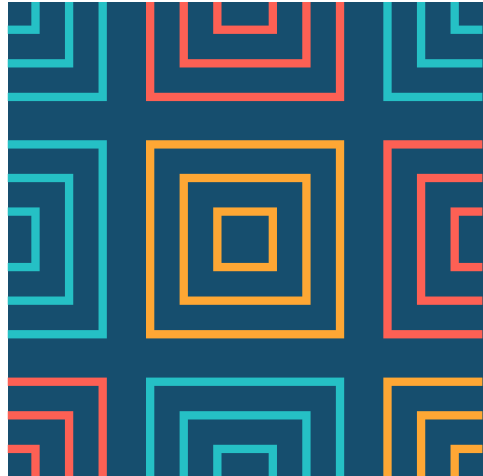
Although the social and loving environment is beyond belief, the academic programs go even further, providing me with opportunities I could never have imagined while exposing me to various disciplines. Pursuing knowledge is essential, and I was looking for ways to challenge myself and find something I truly loved to do. When I began my high school career, I believed wholeheartedly that I wanted to be an architect, no question about it. However, participating in my school's AP Biology and Science Research Course in my freshman year, I immediately fell in love with science. This sudden revelation demonstrated how we really aren't going to know exactly what we want to do with our lives.

Still, exposure to different subjects, programs, and concentrations can assist us in moving closer to our truth, whether it is academic, religious, athletic, or artistic.

My continuing participation in Saint Anthony's High School's research program allowed me to write many award-winning research papers through the incredible guidance of Mr. Paul Paino, the science research teacher. This all culminated at the end of my junior year when I worked with a world-renowned researcher at a professional laboratory over the summer. The possibility of such a feat was never even fathomable to me; I could work alongside professionals in the field on my very own research that I designed, with help from undergraduate, master's, and Ph.D. students. This speaks to Saint Anthony's ability to take students where they are and propel them further than they can ever imagine. I could spend hours upon hours talking about everything possible, precisely due to my teachers, peers, the general faculty, and the facility.

Looking back through my high school career, I was provided with so many unbelievable and unique experiences that I guarantee would never have happened if I had not attended Saint Anthony's. From my personal and

social growth to my participation in professional research, I was supported by the loving and accepting atmosphere formed by the staff and the students. I wish to continue this fantastic journey to college at Northwestern or the University of Michigan, majoring in biochemical engineering. I will always implore anyone who asks where to go to high school to consider Saint Anthony's, as it honestly changed my life, and I am sure it will change yours.



What would you say to an 8th grade student as to why he or she should come to Saint Anthony's?



Olivia Cox

If you want to go to a school that will change your life, go to Saint Anthony's High School. This is the phrase I wish I could go back in time and tell my 8th grade self. Coming from a small Catholic school with a class size of roughly 60 people, the thought of transitioning into a school that had nearly 10 times the class size was

extremely daunting. However, these worries quickly subsided as I entered the school on my shadowing day. My anticipation and enthusiasm began to grow as I stepped through the doors with the phrase "Enter to learn, leave to serve" overhead. Little did I know that this phrase would soon become my reality. From this moment forward, I knew Saint Anthony's would be the place I would call home.

Once I arrived on Orientation Day, it didn't take me long to realize that I had found my second family. How did I find this family? The answer is plain and simple. All I had to do was just take a look around the school, stroll through the halls, stop by a teacher's classroom, sit at a lunch table with my peers, I could go on and on. My point is, this family could be found anywhere, anytime, at any place within the school. So, what family am I referring to? The Friar Family.

The Friar Family has issued me with an abundance of HOPE- happiness, opportunity, peace, and encouragement, inspired by Brother David's theme for this year HOPE- having optimistic, positive energy. H is for happiness. The happiness I have received comes from the heart of the student body, faculty and staff. The friendships I have made and the bonds instilled in them will last a lifetime, I can guarantee it. As for the faculty and staff, I feel so lucky that I am able to create genuine bonds with my teachers. I feel seen and heard in the classroom knowing that the teachers value my creativity. Most of all, the teachers and staff genuinely want to see you succeed, and they will do everything in their power to help you reach your goals. O is for opportunity. It's difficult for me to even express the infinite amount of opportunities that Saint Anthony's has to offer. I have been afforded so many chances to give back to my community, both within and outside of the school, through various service projects and clubs offered. To name a few, the National Honor Society, Academic Honor Societies, CARE Club, Soup Kitchen Club, and SALT have allowed me to grow in my love for giving back to others, one of the core Franciscan values.

P for peace comes from the thriving campus ministry and religious life offered at the school. Through our monthly school masses, yearly retreats, and opportunities for adoration and confession, I feel connected to my fellow students in faith and have been able to further develop my own personal relationship with God. I am even able to do so musically by singing with the Gregorian Schola and previously traveling on a pilgrimage to Italy with members of the Chorus where we even got the chance to meet and sing for Pope Francis in 2023. E is for encouragement. In general, I have been heavily encouraged by the entire Friar Family. Every single moment of every day at SA, I am constantly built up by my peers and reminded by my teachers and the faculty that I can accomplish anything I set my mind to. More specifically, I have found a new sense of potential in the Saint Anthony's Theater Company, which has served as a "home away from home" for the past four years. The Theater Company has only increased my fervor for the performing arts, an activity I have been participating in since I was 5 years old. It has shown me that my engagement in theater has become much more than extracurricular to me, and has bestowed me with the confidence to want to pursue a career in acting and performing arts. With all Saint Anthony's has to offer, it's clear to me that I will never be without HOPE as I will always be a Friar Forever.

When I first started my Freshman year, I can't say that I really understood the meaning of "Enter to learn, leave to serve". As I complete my last few

months of high school, I am proud to say I can fully comprehend what this phrase means. I am going to leave Saint Anthony's as an apostle, bearing the Franciscan values, caring with me HOPE, and most importantly, knowing what it means to be a Friar. In the fall of 2024, I am interested in attending Cornell University, College of the Holy Cross, or Sacred Heart University.





Ewan Hargraves

When I think about my time at Saint Anthony's High School, I find myself overwhelmed with gratitude for the unique blend of experiences that make this school exceptional. There are several aspects that make Saint Anthony's stand out in my eyes – the challenging classes, the incredible teachers and students, the

surprising improvement in my reading and English skills, the multitude of STEM opportunities, and the diverse range of clubs available for every interest. The first thing that struck me about Saint Anthony's is the commitment to providing a solid academic foundation. The classes here are not just about going through the motions; they're about challenging ourselves and growing intellectually. The school's focus on strong classes has not only sparked my curiosity but has also given me the tools needed for success in the future. It's more than just academics; it's a journey of discovery and achievement. The heart of Saint Anthony's lies in its people – the teachers and students who make every day memorable. The faculty at Saint Anthony's are more than just educators; they are mentors who go the extra mile to guide and inspire. The collaborative and supportive community among students creates an environment where everyone is encouraged to strive for excellence. It's this sense of togetherness that truly sets Saint Anthony's apart.

One of the best things I have experienced at Saint Anthony's has been my experience with reading and English classes. Previously, these subjects were a bit of a struggle for me, but the dedicated teachers here use engaging methods that have made these classes enjoyable and enlightening. The commitment to nurturing literacy skills has not only improved my understanding but has also boosted my confidence in articulating my thoughts effectively. In STEM, Saint Anthony's offers an array of STEM opportunities that align with the ever-evolving landscape of education. The well-equipped facilities and resources have opened doors to explore my interests in these fields. Saint Anthony's doesn't just follow trends; it paves the way for students to engage with the future. Beyond the classrooms and labs, Saint Anthony's embraces the idea that learning happens beyond textbooks. The school offers a myriad of clubs, catering to every interest imaginable. Whether you want to join an existing club or start one of your own, Saint Anthony's provides a platform for personal growth and community building. These extracurricular activities have allowed me to explore my passions and develop new skills outside the traditional academic setting.

In conclusion, my love for Saint Anthony's is rooted in the enriching experiences it has offered me. From the challenging classes to the supportive community, from unexpected improvements in my literacy skills to the wealth of STEM opportunities, and from the myriad of clubs to the dedicated faculty – Saint Anthony's has truly become a second home for me, shaping not only my academic journey but also my personal growth and development.



Fiona Hayes

Saint Anthony's extensive hallways, hundreds of rooms, and constant activity made it seem like an extremely daunting school for me to attend. As an inexperienced and perpetually anxious fourteen year old, changing schools seemed like the scariest thing imaginable and I was terrified for my

first day. However, upon walking into Saint Anthony's on orientation day, I felt an immediate sense of relief because I knew I was in the right place. God had led me here for a reason, and this opportunity has proved to be ineffably beneficial and impactful.

In regards to academics, Saint Anthony's has opportunities and resources like no other school. Through the school's investment in numerous departments, they have curated an astounding variety of courses that are reinforced by the dedication of brilliant teachers. Whether a student feels passionate about pursuing art or science, Saint Anthony's is dedicated to offering the most beneficial curriculum to students and to further evoke these passions. Although some courses offered are undoubtedly challenging at times, through persistence, dedication, and unwavering support from teachers, every student is able to succeed and find the value in their highly applicable education.

In addition to abundant academic opportunities, Saint Anthony's has built a significant community upon a foundation of faith and compassion. This school is especially dedicated to integrating Christ into every aspect of being a Friar and subsequently, every Friar shares a beautiful connection with each other and with God. These connections resemble that of a family—loving, welcoming, and supportive. Throughout my attendance at this school, I have made so many beautiful and meaningful relationships with my peers that I am infinitely grateful for. I know I will always be a part of this family and take immense pride in this part of my identity.

Saint Anthony's has always intended to prepare its students for college and as I move onto the next chapter of my life, I can undoubtedly say that I am prepared. Through fascinating classes, recognizing God in every aspect of my life, and forming priceless relationships, I feel adequately prepared and extremely excited to continue onto college. I will always be a Friar and know I can turn to the Saint Anthony's community as anytime in the future for guidance. Saint Anthony's is more than just a school—it is an integral stepping stone in any developing adolescent's life as it provides lifelong guidance and knowledge. In September, I hope to possibly attend Boston University.





Brady Lessing

What is it that makes Saint Anthony's different? What sets them apart? Why do I want to go there for the next four years? These were the questions that flooded my mind as I was planning to make that decision in 8th grade. I had visited several schools, thought about the choice long and hard, but from the

beginning my choice had been Saint Anthony's. There was something about the environment that was different from everywhere else. There was an atmosphere of curiosity, drive, and community I had never felt as strongly before in my life. Above all, everything about the Friars was welcoming me to a new home there, and that feeling of home was all I needed to decide that Saint Anthony's was the right place for me. Admittedly, I was nervous about transitioning from a very small elementary school to the seemingly gargantuan campus and student body that awaited me. Yet as soon as I walked through the doors on that first day, I was welcomed in like I was truly becoming a part of the Friar Family. Teachers, staff, and other students all worked together to make the best possible environment for all the incoming freshmen, and despite the difficult situation of Covid, they still found a way to create an extraordinary experience from the very beginning. One thing was certain, Saint Anthony's was a family, it was home.

Beyond the indescribable community of students, faculty, and staff, there are opportunities for growth and experience that brought me farther than I could have ever hoped to be. I joined many clubs, challenged myself with hard but rewarding classes, and joined the prestigious athletic program, a truly incredible field of opportunities that are openly offered to all who wish to partake in them. The personal growth I have experienced as a result of Saint Anthony's opportunities has not only helped me throughout my high school career, but prepared me for college and beyond. The friendships I have made here have led me to people with similar mindsets and different ones, and this has only added to the greater experience of the broad social life present in the school community. Now you, as a prospective student, may not be looking for a large, diverse, inclusive community, challenging academics designed to fit the strengths of each student, a nationally recognized athletic program, dozens of fun and charitable clubs and organizations, or a Franciscan spirit of joy and enthusiasm for love and learning. But if you are, Saint Anthony's High School has everything to offer you and more.



Daniela Parmigiani

Joining the Saint Anthony's High School community has been one of the most impactful decisions of my life thus far. To this day, I still remember the feeling I had after attending my first tour of Saint Anthony's--this was the place I wanted to be for the next four years. Coming from a small Catholic grammar school, with a

graduating class of 40 students, I was nervous to start high school at Saint Anthony's with over 2400 students. I was scared that I wouldn't have any friends, that I wouldn't fit in, and that I wouldn't be involved, but I loved everything the school had to offer and wanted to take advantage of every opportunity given to me. I began to get involved in numerous clubs and extracurriculars to explore my options and see what stuck.

Science research, in particular, has had the most significant influence on my interests. My scientific interest began during my freshman and sophomore year, which consisted of plant projects and social science surveys. After immersing myself into the various fields of science, I was ready to progress my research to a professional level. I was fortunate enough to be accepted as an intern at the Cold Spring Harbor Laboratory. My project involves the optimization of the MS2/MCP-GFP Live Transcriptional Imaging Platform in *Caenorhabditis Elegans*. Aside from my conclusions, I learned invaluable lessons from this experience. When conducting an experiment, you can try 100 times and continue to fail. Additionally, various perspectives must be taken into account in order to understand an aspect of a problem. I have learned persistence, perseverance, and cooperation with others as a result of this experience, which would have never been possible without the support of my school.

Moreover, my involvement in the Caring Adolescents Reaching the Elderly (C.A.R.E.) Club has not only positively impacted my life, but also has benefited our local community. Before the pandemic, our club visited nursing homes and hosted holiday-themed parties. As a result of restrictive protocols, my club experience has consisted of packaging gifts and delivering them to the nursing home. I noticed a lack of enthusiasm and passion among club members and viewed this as an opportunity for change--I needed to bring back in-person visits. Our visits make the elderly feel recognized and appreciated, especially when they have no one else to show them that love. The happiness our deliveries bring is the greatest reward for our hard work. As president, I worked hard to make our visits feasible again and to instill my passion for this service into the members of the club. We will be returning in the spring for an Easter party.

As an active leader of my community, I have learned that civic service takes endless hours of hard work with little to no instant gratification. Rather, the fulfillment of our work is in the happiness of the people. Community service isn't about achieving a certain number of hours; it is about providing for your community, especially for those who can't provide for themselves. As secretary of the National Honor Society, I work diligently to instill pure motivation for service into all of our members. I have been truly blessed with access to an excellent education, friends, and numerous opportunities at Saint Anthony's that allow me to succeed in my future endeavors and I have been compelled to give back to my Saint Anthony's community in as many ways as possible.

One last thing that I want to touch on is a piece of advice that I give to the prospective students of Saint Anthony's when I give tours of our school. I tell them they MUST get involved at our school. It is almost every day of the week that I am at school before and after academic hours. And it's not because I need to reach a minimum number of service hours or that I'm forced to stay after for any requirements. I do it because I love it. I love my school. I love the community. And most of all, I love the people. We may be classmates for four years, but we will be Friars forever. I plan to incorporate all that I have learned and more throughout my undergraduate experience and hope to attend Vanderbilt University in the fall.





Flavia Pollice

Hi, I am Flavia Pollice and I am a Friar class of 2024. I am an international student from Italy and I have been part of Saint Anthony's High School since last year. It could sound like not a lot of time, but just in a year, Saint Anthony's became my family. This school, all the staff and students made me feel at home when

mine is far away on the other side of the ocean. Saint Anthony's gave me so many opportunities. Academically, first of all, but also talking about extracurricular activities. This school offers so many preparatory courses that I don't feel scared when I'm thinking about taking classes in a college next year. I learned so much here, also I did it from another cultural point of view and compared it to my previous knowledge. In college I want to major in Law, so I looked into some of the activities in the school that are law related. Last year I joined Mock Trial and debate. These clubs made me realize that this is what I really like and want to do in my future. If there is something you are interested in, you will find an activity about it in Saint Anthony's; if not, you will be able to start your own club. There are always new clubs every year because new students with new interests come into the school. What you like and who you are matter and there will always be someone to listen to you. I think you should come to Saint Anthony High School because it's like no other school and if I came here all the way from Italy, it means that the school is internationally recognized and this will give you the opportunity to meet students not just from different towns, but from different countries. Attending Saint Anthony's is a unique experience that will change your life. It will help you grow as a student, but most of all as a person. It is a Catholic school but the religion is not imposed on the students. Nevertheless, if you are a Catholic, our school will be a big presence in your faith's life. It will bring you closer to God and if right now you don't know where He is in your life, maybe during your journey in Saint Anthony's it will all become clearer. I hope that you join our big Friars family, and if you do, I hope you enjoy it as much as I do.

I will be attending Bocconi University of Milan in the fall where I will major in Law.



Sienna Scarlatos

Saint Anthony's High School is the only high school I know that really makes you feel like you're family. There is an indescribable feeling of connection and belonging for every student that is lucky enough to be a part of the Saint Anthony's experience. My dad encouraged me to come here because it has helped make

him the successful person he is now. Being a part of a school that embodies the spirit of Catholicism in a traditional and respectful manner is a gift that cannot be received anywhere else.

One of my favorite aspects of this school is that every student gets involved in the amazing sports, clubs and councils that makes it so popular and well-known. Beginning with the Freshman Carnival at the start of the school year, the teachers and students make you feel so welcome and included in all the fun activities and events Saint Anthony's has to offer. With each new week there's an exciting event like Multicultural Night, Alumni Career Night or Powderpuff Football! At Saint Anthony's, there's always a way to get involved, make friends and find opportunities for growth. Choosing a high school is not an easy decision, but choosing Saint Anthony's was the best decision I've ever made. Be part of our legacy with integrity, faith and love. In September, I hope to attend Bucknell University or Northeastern University.





Tommy Snyder

When I reflect on my time at Saint Anthony's, one common theme comes to mind. Throughout all of my relationships that I've made here, whether it be with teachers, coaches, or fellow students, I have noticed that everyone pushes me to be my best. If you want people who are looking out for your best interest and

helping you reach your goals, this is the place to be. With such high academic and athletic standards here, your goals are a top priority. While God and Family are the most important aspects of our school here, our teachers, faculty, coaches, and other students all want to see you succeed in whatever you do. Whether your interests include music, art, sports, technology, engineering, dance, theater, or anything I missed, the community at Saint Anthony's is always very willing to go the extra mile to help you.

From your freshman year, all through your senior year, you will be challenged here. Joining a new school is challenging enough, coupled with meeting new people and tough schoolwork, it can be intimidating at first. However this fresh start environment is another reason why I chose Saint Anthony's. It would have been easy for me to stay in public school and stay in my comfort zone with my friends whom I still love today; however I would have missed out on countless memories, opportunities, and relationships if I hadn't made the jump. Although the jump was scary, it is the same for everyone. Everyone is going through that change and therefore everyone is connected with encouraging each other to succeed. After adjusting, these new friendships will truly push you to be your best and will last far beyond your four years here.

One example of how encouraging everyone is here is my experience with my growing faith life. Coming to Saint Anthony's, I was never a very religious person. I had grown up Catholic but I did not have a strong relationship with God. However, throughout my four years I have had countless conversations with my theology teachers and other faculty about my faith. These conversations are never, "Tommy you need to be better", they are always, "Tommy, God loves you, keep the faith, keep praying, you're doing great" and the most important in my mind, "I'll keep praying for you and your journey." Everyone at Saint Anthony's wants to see you reach whatever goal you have, and the tireless, positive efforts that I have witnessed to encourage me in my faith are proof of that.

Coming to Saint Anthony's can be very scary at first, especially the fear of not knowing many people. However, what I can say from my experience is that the people of Saint Anthony's, teachers, faculty, and your new friends that you will make, are looking out for you.



Anar Thakor

By now, you've most likely been told about the renowned facilities that Saint Anthony's High School is home to, whether it be the state-of-the-art sports facilities, or access to innovative technology. All of these are incredibly important factors; however, there is much more than meets the eye. Embarking on

the journey from middle school to high school is stepping into a new chapter of academic growth alongside personal development and as I reflect on my own experience, I find that the choice of high school is not merely a decision but a key moment in shaping one's character and future.

Choosing Saint Anthony's was a very last minute decision on my end; I applied merely three months before my first day of freshman year. What attracted me the most was the Science Research program, FriarQuest. Heavily interested in the field of STEM, I knew that research would play a key factor when it came time for college. As I looked into FriarQuest with more detail, I quickly realized that it was the perfect thing for me to be a part of: it combined independent study with writing skills to produce high-level research results that would allow me to conceptually understand topics in ways that I could best understand. Saint Anthony's is one of the few schools that takes scientific research to such high levels and will without a doubt unlock specific interests in the field of STEM.

Okay, but I'm not really into STEM. I cannot guarantee that attending Saint Anthony's will suddenly make you a science person but I can guarantee that within the abundance of clubs and extracurricular activities offered, you will find a place in which you feel you belong. Whether it's Model United Nations and politics you are into or perhaps Stained Glass Club and art, you will have every chance to further even your smallest of interests; and if you still feel as if there is something missing, you can start your own club and build your own little community. By participating in activities as such, I have met the most wonderful people that I would never hope to part with because they hold a special place in my heart reserved for my family.

The entertaining extracurriculars are paired alongside rigorous academics. Saint Anthony's is dedicated to pushing their students to their limits because the teachers know that we are capable of achieving greatness. Considering this rigor, you will be exposed to and can take advantage of the many resources offered. Extra help with teachers allows you to master a subject with all the time you need. Never once have I been afraid to ask a question as I used to be because the teachers always go above and beyond to ensure that you grasp a skill in a way that is entertaining to learn and will captivate your mind. These skills can often then be applied both in real life as well as in other classes to help you accelerate and perform to the best of your ability.

Ten years into the future, I will be sitting on a couch with my best friends, and most of them will be from Saint Anthony's. Here, you will develop lifelong relationships with people, have exclusive, once-in-a-lifetime opportunities that you are unlikely to find elsewhere, and can contribute or give back to the community based upon your own interests. Whatever happens to be the deciding factor, I hope you choose Saint Anthony's High School because it has been the best decision that I have made as I've entered my adult life.





Evie Whitwell

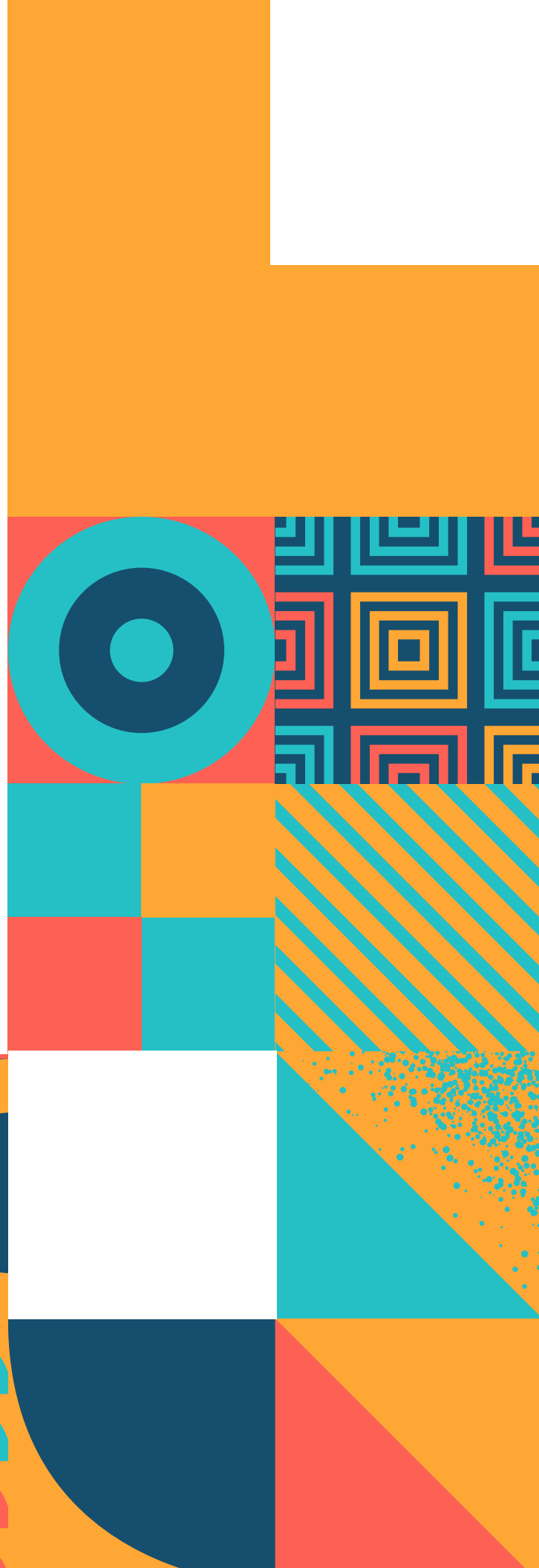
Attending Saint Anthony's High School is an opportunity of a lifetime, especially for an 8th grader preparing to embark on their high school journey. As a senior reflecting on my time at this exceptional institution, I can confidently say that the Saint Anthony's family has had a profound impact on my personal and

academic growth.

Saint Anthony's High School offers a top-tier education that prepares students for college and beyond. The dedicated faculty and challenging curriculum foster intellectual curiosity and critical thinking skills. The school's commitment to helping each student achieve academic excellence is evident through its impressive track record of students attending some of the most prestigious colleges and universities. Personally, I hope to attend either Durham University or Exeter University in England next fall.

Moreover, Saint Anthony's places a strong emphasis on character development. The school's values of compassion, community service, and respect for others instill important life lessons that go far beyond the classroom. The school also provides an array of extracurricular activities, including sports, clubs, and the arts, allowing students to explore their unique passions and interests. It is a common saying around school that if you leave school at 2:30pm, then you're doing something wrong, which speaks to how greatly every student is involved at Saint Anthony's. When I was a freshman, I immediately found friends just from joining a variety of clubs like Friar Faithful and Quiz Bowl, and sports such as cross-country and badminton. These experiences help students develop a well-rounded skill set and a strong sense of belonging within the school community.

In conclusion, Saint Anthony's High School is an exceptional institution that equips students with the knowledge, values, and experiences needed for a successful and fulfilling future. As a senior, I can attest to the transformative power of this school, making it an ideal choice for any 8th grader looking to make the most of their high school years and become a Friar Forever.





Katie Bardak

Saint Anthony's holds a special place in my heart. This school has been my home for the past four years and it really has changed my life. I started out at a small Catholic preschool and then ended up switching to my public elementary and middle school. I knew God was always with me in my life and it was just my

choice to follow his plan. God called me to go to Saint Anthony's. I knew in my early years of elementary school that I would be extending my education here at Saint Anthony's and I am so glad I heard Him and followed my heart's desires.

When I was still attending my public school district, I was content but I found myself always wanting more. I could never branch out and make new friends from other schools and my heart wasn't full. My three older cousins, Emily, Chris, and Andrew Bardak were already at Saint Anthony's and I have always looked up to them. I knew it would be hard to live up to the expectations that my cousins left for me.

Once I took my test to get into Saint Anthony's that's all I would ever think about. I would always say, "What if I don't get in?" or "I am so scared I didn't pass," but once I was accepted into Saint Anthony's it just confirmed that God has always been with me and has been leading me to this moment. He knew it was good for me and it would change my life for the better. I was finally on the road to success and happiness and this school would play such an extreme role in my life.

Stepping into the school for the first time at an Open House I can admit I was pretty overwhelmed. I wasn't used to the size of the school and the amount of people and I knew it would be very different. When I put on my uniform for the first day of school I knew this would be a turning point in my life but I was excited for what was to come. My freshman year was a little crazy because of COVID, but I still met so many people and I started to do what I have always wanted. To make more friends and build lifelong relationships with people.

Meeting new people wasn't just the only reason why I wanted to go to Saint Anthony's. Athletics and academics played a role in my decision. I worked very hard and took volleyball really seriously and I ended up making it onto the girls Varsity Volleyball team my freshman year. That day was one of my biggest achievements and I felt on top of the world. Through volleyball I became close with so many athletes and it ultimately shaped my career here. Due to the pandemic I started to struggle with studying and staying on task. The teachers and staff here made this school a very helpful and comforting place. They would help me with my work while also being there to listen to me if something was wrong. I created special bonds with these teachers that I have never made before in my previous school.

Ultimately, going to Saint Anthony's has made such a positive impact on my life. I have made some lifelong relationships with the people attending this school and it has helped me to get through challenges in my life. Going to this school has made me grow as a person and has taught me many life lessons. I realized going to this school was a part of God's course for me and I intend to follow his plan for the rest of my future.



Bailey Becker

Saint Anthony's High School has been an enormous part of my family's life for as far back as I can remember. My Gran, also known as Lorraine Becker, was a math teacher and administrator at Saint Anthony's for over 20 years. I loved visiting Gran in her office when I was little. She was always so excited to introduce us to fellow

faculty and staff! From the very beginning, every person I met in the building felt like family. One visit that stands out was during Christmas time. I remember being blown away by the beautiful holiday decorations. That visit did it for me: I couldn't wait to grow up and be a student at Saint Anthony's.

The warm and welcoming atmosphere that Saint Anthony's created stayed with me for many years and helped ease my fears when I was nervous about starting freshman year. Transitioning to a new school can be very intimidating for a student. Even though I had a great support system in place, I still had my concerns. But Saint Anthony's did a tremendous job boosting my self-confidence and overall well-being. I was very lucky to have such supportive teachers who made a profound difference in my life. Their encouragement was endless, as was their desire to see me succeed. All these dedicated teachers listened and went the extra mile for me, as well as my classmates.

The supportive environment at Saint Anthony's is like nowhere else. From the General Office to the Nurses Office to Security; every person you encounter greets you with a smile. Forming relationships with these wonderful people is really what made me flourish and gave me a stronger sense of who I am. Saint Anthony's provided me with friendships that I know will last a lifetime. My parents told me this would happen years ago, and they would know considering they still spend time with friends from my Dad's 1991 graduating class! Meeting so many different people over the years has provided me with support, companionship, and valuable life experiences. Most importantly, these people have had a profound impact on my happiness.

I am forever grateful to Brother David for creating such an amazing environment that I was able to call home for four years. The positive impact that Saint Anthony's had on my life truly is immeasurable. Gaining confidence, making lifelong friends, and feeling supported, are a testament to the value of my time here. I am excited for the next chapter, but I know how hard it will be to say goodbye, so I'll be sure to pack all my treasured Saint Anthony's memories when I head off to college next year!



How has Saint Anthony's changed your life?



Jeremy Becker

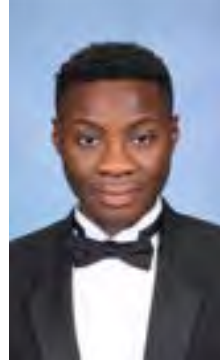
I am so fortunate to have been given the opportunity to attend Saint Anthony's High School for the last four years. There have been countless opportunities for me to grow and develop into a good human being. It hasn't always been easy, but I am grateful to all my devoted teachers and coaches for being so patient and caring

since the beginning. High School can be challenging, but I was lucky enough to form several positive relationships with faculty and staff that provided me with encouragement and a sense of belonging.

I am very grateful for being given the opportunity to join Schola at St. Anthony's. Being selected to be a part of Schola has allowed me to build friendships and a sense of camaraderie within the group. Schola is extremely rewarding and has given me so many fulfilling opportunities. It has boosted my self-confidence in a way that I never thought was possible. Most would consider Brother Joshua and Mr. Farrell to be Saints for having to deal with us and our craziness. Kudos to them!

The one experience that truly changed my life was going on the Pilgrimage to Italy with the Chorus and Band. Naturally I was apprehensive about being away from my family for ten days. I knew it would be challenging, but the itinerary was filled with one thing after the next, so I never really had the time to miss them! I came home a different person, with more confidence, independence, and excitement for what was ahead of me. I made lasting memories with friends and discovered a lot about myself. I had to handle challenges and make decisions on my own, which helped me gain a better understanding of my own capabilities. This trip was pivotal in my journey towards becoming a confident and self-assured person. I am forever grateful to Brother Joshua for the opportunity.

Saint Anthony's High School has been quite a ride. I've excelled academically and I am certainly well-prepared for college. Thank you to Brother David for fostering a strong sense of community and for always reminding us that "Brother Loves Ya"! Well, We Love Ya right back, Brother.



Andrew Agyeman-Duah

From our school's founding, Saint Anthony's has impacted all who attend, transfiguring the lives of all her students—both past and present—and instilling in each the virtues of charity, humility, and integrity. I can attest to the truth in this, for these past four years have not only

been an academic journey, but a personal one that now has the goal of maintaining these virtues.

There is a saying that hard work in its own right is a reward; this has not been made clearer to me than during my time at this school. In Sophomore year after my hectic time as a Freshman during the Pandemic, I participated in the activities accessible to me solely out of the desire of keeping busy; yet, as the months progressed, this aim changed after witnessing the Franciscan Brothers. There was no task that was beneath their dignity, with it being commonplace to find a Brother assisting a student bag a sandwich for soup kitchen or genially conversing with a student in the cafeteria. There is a beauty in lowering of self because it is the expression of affection; a giving of your abilities and your very being to serve another. It is something you shall soon discover you wish to imitate; for, it promotes a kindness and humility that will make the high school life of you and your peers an enjoyable one.

Additionally, just as I have, you will learn that to be honest does not merely constitute being able to regurgitate the Truth, for this is something already expected of you; but rather, to look into yourself and to lead a life of Truth. This means to rise above trivial matters, discern between constructive criticism and accept it, and behaving in an overall way that is right. Such life lessons, taught at home but displayed on a new level by the Franciscan community of Saint Anthony's High School, are what I draw guidance from and hope to continue this new chapter of college. To follow this model set by all teachers at this school, despite the difficulties you will encounter, shall guarantee your success not merely at this school but in the wider global community. For this and all things in your favour, I pray that the blessings of Almighty God may rest upon you. In the Fall, I hope to attend the College of Holy Cross.





Korey Duff, Jr.

Looking back on the past 4 years, I can confidently say choosing to come to Saint Anthony's was the best decision of my life. Making the hour drive all the way from Riverhead every morning is absolutely worth it. The opportunities provided at Saint Anthony's are endless and I will always be grateful for the people here

and how they have helped mold me into the person I am today.

Saint Anthony's has truly changed my life forever in many different ways. I came to this school for the well-known athletic program. Getting the chance to play on varsity as a freshman was the start of the journey. The following three years, I was named to the All-State teams and began to get recruited. After receiving 28 full Division 1 scholarships, I committed to play football at Rutgers University. I give thanks to Coach Minucci for helping me start the process and being there every step of the way. In life it's all about who you know, and the people I have been introduced to through the Saint Anthony's community have had a large impact on how I got where I am today. I am thankful for everyone involved in Saint Anthony's football for helping me achieve my dreams to play college football.

Although I came here for athletics, this school has provided me with so much more. Looking back at it I could never imagine not coming to Saint Anthony's and meeting the people I did over the past 4 years. I have met some of my best friends here and was exposed to a whole new world of people outside of Riverhead. The memories I created here will last a lifetime.



Megan Reilly

Saint Anthony's High School not only changed my life, it changed my perspective. Prior to attending Saint Anthony's High School, I was an equestrian. I trained, competed, went to school and left little room for anything else. When I arrived at Saint Anthony's I quickly saw my older brother and several

other students entrenched in everything Saint Anthony's and admired their ability to balance all the school had to offer. So, I first joined the cross country team and began to see the similarities of running to riding. I enrolled in Chorus and discovered the pleasure of singing music in different languages standing alongside 500 of my new friends.

As the months went on during my Freshman year, I discovered more activities and sports the school offered and began to learn balance. I saw that I could apply my time management skills and discipline from riding to a variety of activities that could both expand my friendships and my enjoyment. I learned that striving to be perfect at one thing was not as important as discovering new passions in many things. I found a stronger connection to my faith and became a Eucharist Minister. My parents were both Eucharist Ministers but before attending St Anthony's, it never occurred to me the peace giving the Eucharist to others could provide. I joined Claire Society and Kolbe Society and fulfilled a spiritual side that went further than attending mass on Sundays. I was selected for Schola and became an international traveler and went to Italy to sing. I had the one in a lifetime experience of standing 2 feet from Pope Francis and was forever moved by both my faith and the beauty and history of that country. I am also proud to say I learned to sing psalms and hymns in four different languages and share that achievement with both of my brothers who attended Saint Anthony's with me. I joined Friar Faithful and was selected as a Board Member and began to share my love for this school with both new and potential St Anthony's students by explaining all that this amazing school has to offer. And as a Senior, I was selected to be Captain of the Cross Country Team and saw first hand that leadership didn't mean you were the best at the sport, it meant you were the strongest for others.

Next Fall my hope is to attend Sacred Heart University's nursing program and apply all the balance and leadership that I have learned here at Saint Anthony's. It's one thing to learn math and science in high school but it is so much more to learn the joy of giving, the value of time, the love of faith and the honor of leading all in that same place.





Aelish Symonds

The other day I traded in my old phone. When I sat down to transfer my data from one iPhone® to another, I realized that it had been almost exactly four years since I went through the process. And in those four years, so much had happened. The fourteen-year-old girl who got the phone as a birthday present didn't know if she

had gotten into Saint Anthony's yet, or that COVID-19 waited around the corner or what her high school experience would be like outside of Disney Channel movies. It wasn't until that moment that it hit me how much I had changed in those four years, the fact that I was graduating from Saint Anthony's after it felt like I had just arrived, and how different I was now because of this school.

It has all gone by so slowly, yet so fast. The kid who first came to Saint Anthony's likely wouldn't have dreamed of half the stuff she got done because of this school. She couldn't have known about the amazing teachers she met along the way, the ones who she still visits in her senior year to see how their new freshman classes are doing. She wouldn't have known about the amazing clubs that she put countless hours into running because of the joy they brought her. She wouldn't have known about the direction her life after high school would take, or how much her advisors helped her find the right place for her. She wouldn't have known about the beautiful friends she would make, the ones she would lose, and how much they have helped build her over the years.

I think about what I could have said to that other girl I used to be, and all that comes up is "enjoy it." Enjoy the struggling, enjoy the learning. Enjoy the times of worry and the times of tears and the times of pure joy. Enjoy the high ups and the rock bottoms and the leveling in between. Enjoy all that this school has to offer you, because it is just as endless and your own potential. Enjoy how much this school has become a central part of her development, and how she feels ready to face this world because of it.

I can't put into words how this school has changed my life over these four years, or how grateful I am for the impact it has had on me. I am about to begin a new phase of my life, one that I feel prepared to face because of Saint Anthony's. Life after high school feels daunting, but I know I am capable and I know I will carry all that I learned from this school with me for the rest of my life. I wish to attend the University of Chicago or Providence College to pursue an English degree, and it is thanks to Saint Anthony's that I am prepared to achieve my dreams.



Sydney Walters

Truthfully, it is impossible to describe all the ways Saint Anthony's has changed me and my life. Saint Anthony's has made me into a better person. It has made me someone who helps out more, listens, and can effectively lead. Saint Anthony's has changed my outlook on life completely, changed the way I connect with others

and has changed me into a more confident person who is now ready to step out of my comfort zone and attend college next fall.

Coming into Saint Anthony's I was the same as everybody else. I was a scared little freshman, who came in during the COVID-19 pandemic and didn't know how to talk to anyone. I was quite miserable and refused to look on the bright side. Fortunately, Saint Anthony's changed my outlook. I started to truly realize how lucky I was to be able to go to private school and be given these opportunities. Whether these opportunities are through academics, or athletics, they all inspired me to be grateful and did actually change my outlook.

Saint Anthony's also helped to change my connection with others by providing me with a multitude of volunteer programs where I get to help out the less fortunate and truly see a different side of life. It is eye opening when you realize there is so much outside your own tiny bubble. Becoming a volunteer has even redefined my relationships with my classmates, because of how we bonded over helping others. Now not only was I forming valuable friendships, but I was looking outside the world view that concerned only me.

Saint Anthony's has also changed me by providing me with the encouragement to become a more confident person, and a leader, in and outside my school community. My junior year, alongside my friend Isabelle Fleurisca, we created and planned a Multicultural Day, which was a school event that showcased not only our cultures, but the multitude of cultures that make up our school community. After planning out how the event would work and recruiting students, we went to Brother David. While we could have been turned away and just told that it was a "nice idea," we were met with overwhelming support from not only him but our school's staff. The staff here at Saint Anthony's was able to properly give us the tools on how to lead, and how to confidently assert ourselves in situations where we might not have the answers to everything. Even outside of planning Multicultural Day in my classes, I was encouraged to speak up and talk about my perspective on what we were learning and contribute to the conversation. I was motivated to take on more leadership roles such as in S.A.L.T, and Global Ambassadors Club, where I helped to lead even more groups of people and contribute to defining our school culture.

Overall Saint Anthony's has changed me for the better. I now can't imagine what my life would be like without coming to this school. Without Saint Anthony's I would still be the shy little freshman, who would be completely lost on what to do next year. Saint Anthony's has changed my outlook on life completely, changed the way I form relationships and has made me into a more confident person who is now ready to step out of my comfort zone and attend college next fall. Even though I was only able to just touch the tip of the iceberg of Saint Anthony's she changed me, I could not be more grateful. Now as a senior I am ready to finally face the world due to these changes and hope to be accepted to UCLA and continue to grow and change just like Saint Anthony's has taught me.





Sophia Bellini

I vividly remember walking through the doors of Saint Anthony's High School four years ago. I recall the abundance of emotions I was filled with as I embarked on my first day. Entering a large school, one may wonder what your experience will be like or how you're going to fit in. If only I could have reassured my 9th grade

self who was combating the anxiety of transitioning into high school that Saint Anthony's was going to be my forever home.

My freshman year I was eager to immerse myself with various clubs and extracurricular activities. I immediately stepped outside my comfort zone and ran for Student Council. During the election, I made a goal to introduce myself to numerous freshmen in the cafeteria. It was through this effort that I was elected freshman representative, marking the start of my journey at St. Anthony's. This life-changing experience I had with the Student Council my freshman year propelled me to continue serving on the council in the following years.

This significant step I took during my freshman year running for Student Council eased the transition into high school. It allowed me to create lifelong friendships with the upperclassmen, fostering a sense of comfort and belonging. My initial three years on the council I always admired the President because of this individual's commitment to serving diligently to the school. I thoroughly remember my first student council meeting when the president called the meeting to order with the gavel. It was at this moment that I hoped to be in the same position my senior year. As my junior year started to come to an end, the Executive Board Elections were coming up. The election meant the world to me because of my strong desire to be elected President. The long nerve-racking election process was worth the wait when I was elected President. This was my defining moment at Saint Anthony's because it was my dream to end my senior year here with my fellow Friars as the student body president.

Through the Student Council I was able to respond to my vocation and provide service to the school and the local community. A way in which we help our community is by making sandwiches for the less fortunate that are hand delivered to St. Hugh's in Huntington Station. Another life altering experience I've had with the Student Council was cooking an Italian feast for the Veterans at the VA in Northport. Interacting with a World War II veteran during dinner and listening to the stories and wisdom he shared was inspiring. My favorite event that the council takes part in is decorating the halls for Christmas. This event is a great way for all the council members to get together and get ready for the holiday season.

I'm blessed for all the memories I have made at Saint Anthony's. All the lessons I've learned will accompany me to the next chapter of my life. I will continue my love for service locally and hopefully one day set out on a mission internationally. Thank you, Saint Anthony's, for giving me the most fulfilling four years of my life. In the fall I plan to pursue a business major at Providence College, Villanova University, Boston College, or Fairfield University.



Madalynn Bernstein

My defining moment at Saint Anthony's was sophomore year after my first AP Chemistry test. Before this class, school came naturally to me. I reviewed my notes for ten to fifteen minutes and got good grades. I was a good student but lacked a work ethic because I never had to work for good grades.

The test started great. I knew exactly what I was doing, but the class ended, and I wasn't finished. I missed the last five questions and received a 75% on that test. I was shocked and frustrated at the grade and decided I needed to study more for the next test to increase my speed, thus increasing my grade. I asked some of my peers if they wanted to study after school for the next test, hoping to get a different perspective on the material.

Creating this study group is probably the best thing I have done for my high school career. We became very tight knit, studying together for hours each night. We came up with various methods of studying, such as sharing review sheets, making review games, and working through practice problems. During this time, my work ethic grew, I learned what study habits worked for me, and I learned it was okay to ask for help. This group is also where I have met some of the most dedicated and hard-working students I know. They have inspired me to push myself to improve academically, learn what it means to be selfless, and sparked my love of service. These characteristics are skills that allowed me to be successful the rest of high school, and I will continue throughout college and the rest of my life.

Saint Anthony's has provided me with many opportunities, from the people I met to the lessons/skills I learned. I have learned how to balance academics, extracurriculars, and community service. Observing how passionate every individual at Saint Anthony's is about helping others and putting others before themselves is something I have since implemented into my life. Activities such as the National Honor Society and tutoring have allowed me to share my knowledge with others struggling academically. I am the person I am today because of all the qualities I have developed from attending Saint Anthony's. In the fall, I plan to major in nutrition on a pre-med track while attending either NC State University, Cornell University, or Virginia Polytechnic Institute.

**What was your
defining moment at
Saint Anthony's?**



Isabella Fleurisca

Throughout my time at Saint Anthony's, there has been many ups and downs. I have learned many life lessons that I will use throughout the course of my life. At Saint Anthony's I participate in many things such as Friar Media, Student Council, Kolbe Council and Lector Ministry. My favorite activity

by far would have to be Multicultural Day.

This creation of this activity is my pride and joy. Sydney Walters and I came up with Multicultural Day during a free period that we had last year. We were having a conversation about a kid in my history class who was very culturally insensitive. This conversation sparked into a greater conversation about sharing our cultural identities with people around us. What began as a casual discussion evolved into a commitment to educate others about our cultural backgrounds. With Brother David's approval, we embarked on the journey to bring Multicultural Day to life.

Multicultural day was very complex to put together because there was no format that we could reference. We had to start from scratch and convince faculty and students to help us with this process. We talked to UTP, the International Program and we got many kids on board who were eager and willing to represent different countries. It was very important to us to get UTP involved in order to make the international students in our school community feel more welcome and at home by sharing a part of themselves with people around them. Under the supervision of Ms. Ferrara and Mrs. Scubla, we slowly began to make progress. We came up with the idea to do a scavenger hunt for all the countries and give people the opportunity to further engage with the different cultures that they were experiencing. To accompany this, we designed flag stamps that we would use on each of the passport scavenger hunts to stamp every single time a student "traveled to a new country."

The process was stressful; not everybody was available at the same time. But after multiple meetings and updating everybody, we came together to make sure that the posters for each country were done at school. This was done to ensure that all the posters were uniform and with the help of all the art teachers they came out beautifully. At some point, I was ready to give it up because I didn't understand why I was putting myself through all of this, but then I remembered how it all started and I was determined to reach my goal. Step-by-step everything started falling into place.

On the day of Multicultural Day, I was very excited and nervous. All my teachers were very understanding and let me work on my last-minute planning. The second it hit 2:30 everyone had to change into their traditional clothes and set up the food on each table. The first 30 minutes a shocking wave of people came. It was overwhelming but after taking a moment to step back and look at it I was very proud of what we accomplished. Everyone who came got to experience over 30 different countries' cultures. Every second of hardship was worth it in the end. This experience taught me that hard work and dedication does truly pay off. I am very grateful that I was able to be a part of something that will continue for years to come.



Joe Mayal The decision to come to Saint Anthony's High School was by far the most influential I have made in my 17 years of life. It opened me up to a network of people who want nothing more than to see me succeed. The people I have met here have positively impacted my life in so many ways and I am eternally grateful for that. I often look back on my time at Saint Anthony's and wish I could relive it. My

defining moment came early on in my time at this illustrious school when I decided to join the Chorus.

The largest Catholic high school Chorus in the country was not what I imagined I would be involved in here. I am very proud to say that for the past 4 years I have been an officer of the Chorus as well as a member of the Schola. When I started here as a freshman, I was a nervous and introverted thirteen-year-old kid. To say I was intimidated by Brother Joshua would be a dramatic understatement. As my time went on, I have realized that there is no one else I would rather look up to every single day. His work ethic and determination are completely unmatched. When I lost my father, I spent a lot of time without a positive male role model in my life. This changed when I met Brother Joshua.

I was also introduced to Mr. Farrell, who has had an equally large impact on my life. I have been blessed by these two men with so many opportunities over the past four years to grow into the man, I am today. They have forced me to get out of my comfort zone and experience new things. I am very thankful to them for appointing me to the Student Council for my senior year. Their decision has helped me to become more involved in this amazing community and I could not be happier. I have learned to become a leader by following the example of these two amazing men.

The unwavering support from not only my teachers but also my classmates has made my high school experience so special. So, looking back on my decision, I am forever indebted to this school for teaching me not only curriculum but how to strive in society and be comfortable as my own individual. The Friar family will always have a special place in my heart. I hope to further my education at, either the University of Georgia or Clemson University in the fall.





Dean Muratore

The best decision I ever made was to attend Saint Anthony's. In some ways, my decision was swayed by the trophies and championship plaques on the wall. Our school has an outstanding reputation for athletics having won numerous league and state championships. As an eighth grader, I would never have imagined that

my experience here the past four years would have been as fulfilling.

A big part of my high school experience has been playing soccer and golf. Over the years, I have become close with my coaches who have brought the best out of me both on and off the field. They reinforce the values of being a good teammate and leader, as well as the pride that goes along with being a Friar and representing our school in the best way possible. During these years, I have also developed strong friendships with my teammates and know that we will remain friends far beyond graduation.

Playing a varsity sport at Saint Anthony's is prestigious. Each team carries its own reputation. When I was a freshman on the varsity golf team, my coach mentioned to me that in the last five years we had not beaten our rival from Mineola. When he said that to me, I hoped to change that right away. I was the number one player and was up to the challenge. We beat Chaminade in my freshman year and sophomore year to become league champions, and we were co-champions in my junior year. Personally, my junior year was my most successful year on the team, and I set a few records. I shot the lowest round in league history, which is five under par, I had the lowest scoring average at 1.44 under par, and I won the individual state championship by seven shots. I am hoping to win the league and state championship in my senior year this spring.

My defining moment at Saint Anthony's would have to be the CHSAA soccer league championship game this year and my contribution in our playoff run. Our team struggled at the beginning of this season, but with the guidance of our coaches, our team bonded and worked hard pushing each other to be better. Our goal was to make it back to the state final after having lost last year. I scored the game-winning goal in double overtime against Chaminade to secure our spot in the state tournament and was co-MVP. The excitement was overwhelming! The following day at school everyone was talking about it and congratulating me. A few days later, I scored in the state semi-final and again in the final during penalty kicks. It was truly a team effort to have won the state title and the happiness shared with my teammates and our families is a memory I will never forget.

I am so grateful for my time at Saint Anthony's. The environment and support from the Brothers, teachers, coaches, friends, and my family have contributed to my personal and spiritual growth over the past four years. I will forever cherish the relationships that I have made here at school. It has truly been an incredible journey, and I look forward to continuing my path when I attend the University of Michigan next fall to play golf.



John Oualaalou

What could be more intimidating, walking into school on the first day in September of 2020? I was filled with nerves, excitement, and so much curiosity of what the next four years would bring. When the application process began for the 2024 class, Saint Anthony's was never a thought of being the place I would spend my high

school career. What I didn't know was that becoming a part of the Saint Anthony's High School community was the best decision I ever made. In my time here being a part of a Franciscan Education, I have learned so much about myself and what it takes to be a better student, leader, and athlete. Some of the memories and relationships that I formed here at Saint Anthony's will stay with me for the rest of my life.

Throughout my time here I have been blessed with many life changing opportunities and moments that help define who I am today. But what has had the biggest impact? For me there is not one particular moment that reminds me of how great Saint Anthony's has been to my family and me, it is the people I have met, and the lessons I've learned along the way. Coach Don Corrao has had a very major effect on my time here. I have had the chance to play three years of Varsity soccer with him and I must say he has become one of my biggest role models. He has prepared me for the next level of competitive soccer and has affected my life more than he knows. But it is more than soccer. The moment when I realized that the Saint Anthony's community was a family, was during the end of my senior soccer season. My grandma hadn't been able to attend any games but was still a huge supporter of the team. Knowing this, Coach Corrao had a beautiful bouquet of flowers waiting on my doorstep and a card saying how much my grandma had been missed. This small action shows the level of family and love that Saint Anthony's has and shows to their students.

Lastly, there are many mottos that are used here at Saint Anthony's by our teachers, students, and administration, but the one that had the most impact on my life and decision making is, "Decisions determine destiny." Once again this was something created and explained to us by, Coach Don Corrao. Although being a motto of three words, it stands for a very deep meaning. The motto was on all of our training shirts so that the boys were always reminded of the slogan. Breaking it down, this motto was used for our team to teach us the responsibility that our actions are what define us and the approach we take going into something key to learning and growing. I wish that I could restart and do it all again, but my time here is coming to an end. Saint Anthony's High School is doing more than just preparing us for college, we are learning values and ideas that will help guide us through life. I will be forever grateful for the chance to attend this beautiful school and I know that the values and people within this school stay with me for the rest of my life.





Julia Perez

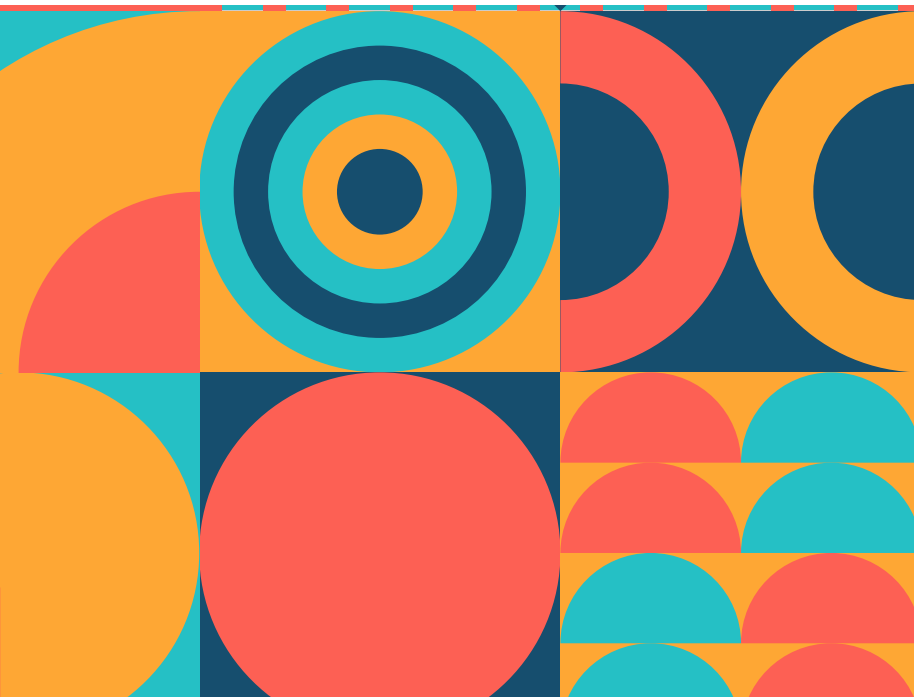
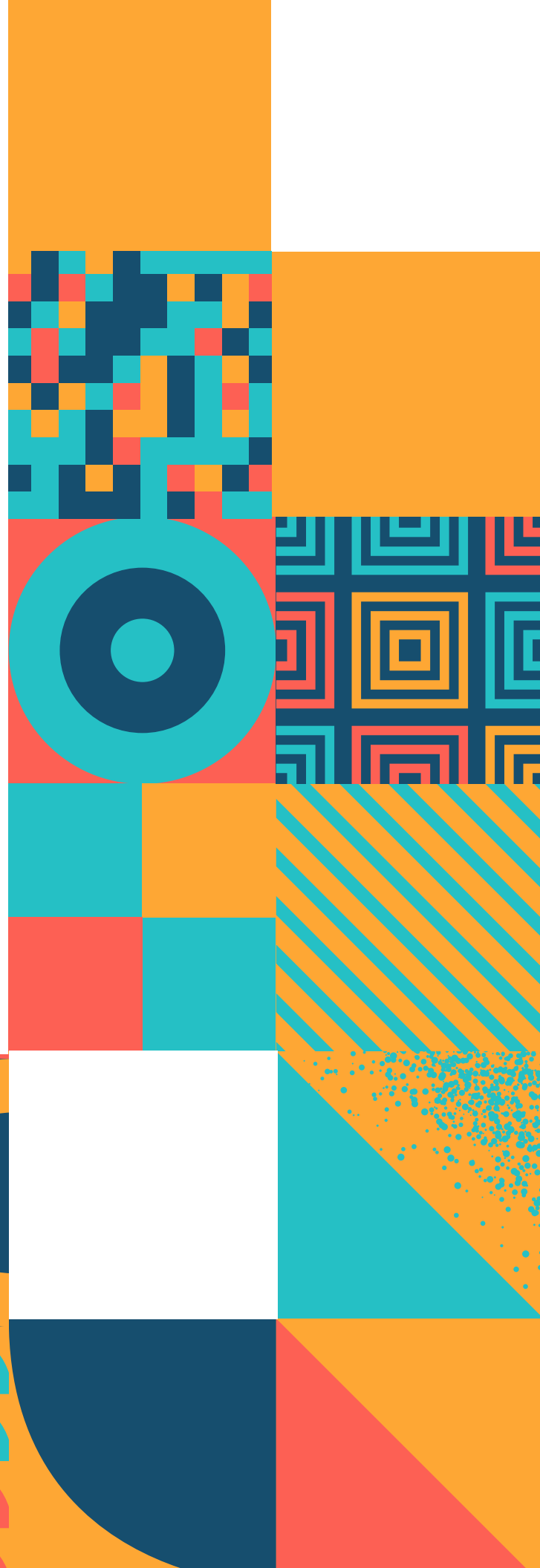
Four years ago, I would have described myself as quiet and introverted. I had previously attended a public school and the transition to Saint Anthony's was somewhat challenging for me. I was leaving all of my town friends and joining a new school, knowing only a few people. Back then, if someone asked me what I

was most looking forward to in high school I honestly don't know what I would have said. I never would have thought a school could feel like home.

My defining moment at Saint Anthony's High School was when I was elected to the student council. I remember the day, just a few weeks into freshman year, when the student council forms were released. Normally, I would not have found interest in joining, but I decided to step out of my comfort zone and run anyway. At the time I didn't have many friends so I would introduce myself to as many of my classmates as possible during my lunch periods. Two weeks later, after two rounds of voting, the results were in, and I was elected. I was very excited and proud of myself. This was my first of many accomplishments in high school.

The Student Council has changed my life forever. It showed me that Saint Anthony's wasn't just a school, but a community. I've met some of my best friends, established relationships with incredible teachers, and most importantly developed a love for service. The many soup kitchens inspired me to serve my community outside of school. For the past few years, I have volunteered at Long Island Cares, a local food bank. Whether it was sorting food in their warehouse, assisting veterans on Tuesdays in their Huntington satellite, or organizing food drives in the summer, it was my small way to help people in need.

Joining the student council was the best decision I could have made. For the past four years, I have dedicated time to ensuring that all our students have a memorable high school experience. The first three years I served as a class representative and this year I was honored to join the Executive Board as Secretary. This experience has taught me to never be afraid to try something new and to push myself to do things that may make me uncomfortable. Those are the moments that make me stronger and will contribute to my future success.





Jack Conneely

One of the best things about Saint Anthony's is that it's not your average high school. While academics are important, they also stress the importance of being a well-rounded student. Saint Anthony's offers many different elective classes to tailor your experience to your specific needs and interests. This allowed me to

take certain classes that helped prepare me for the major that I plan on studying in college. This year, the electives I am taking are Government and Economics, Forensics and American Sign Language. While these classes are topics that interest me, there are so many others that offer everyone a chance to build their own path.

A big factor in my college search is finding a program for students with learning disabilities. Because of the help the Saint Bonaventure teachers provided me, I recognize the immense value in organization and time management but also the understanding that it is ok to ask for help when you feel like you are struggling.

Another tremendous asset at Saint Anthony's is the college counseling office. This office provides excellent guidance and lots of information about each school. Mrs. Hearney is always scheduling college rep visits to give students a chance to ask questions and learn more about the school in a small group setting. Mrs. Hearney and her staff really opened my eyes to other opportunities available to me as far as what I thought I wanted out of my college experience. Brother David always says, don't go home at 2:30. Stay and get involved in a club or sport that interests you. I am so lucky to have had the opportunity to go to a high school where that is encouraged. I have gained so many friends and experiences by taking the 5:30 late bus rather than the 2:30 after school bus.

My name is Jack Conneely and I hope to attend the University of Utah where I plan on majoring in Business.

GO FRIARS!



Patrick Garvey

Saint Anthony's High School has been an invaluable cornerstone in shaping my educational journey, equipping me with the tools and values necessary for success in college and beyond. Through an abundance of extracurricular activities and a strong emphasis on faith and academic excellence, my time at

Saint Anthony's has been transformative, preparing me not just academically but also personally for the challenges that lie ahead.

One of the standout features of Saint Anthony's is its diverse selection of extracurricular activities. Engaging in clubs like Quiz Bowl, Friar Faithful, SALT, Clare and Kolbe Societies, and the Triathlon Club has not only allowed me to explore my interests but has also fostered teamwork, leadership, and a sense of community. These experiences have further developed my social skills and taught me the importance of collaboration, a skill I plan to use for the rest of my life.

The emphasis on faith at Saint Anthony's has played a pivotal role in shaping my character. The integration of faith into daily life has instilled in me a sense of purpose, ethical values, and a strong moral compass. Friar Faithful and my involvement in various religious societies have provided a supportive community, reinforcing the importance of compassion, empathy, and service to others. These values will undoubtedly serve as a guideline as I navigate the challenges of college life in the near future.

Moreover, Saint Anthony's high expectations for student performance have cultivated a strong work ethic within me. The challenging academic environment, coupled with the encouragement from all my teachers, has taught me the importance of resilience in the face of adversity. This strong work ethic is a valuable asset that will undoubtedly contribute to my success in college.

As I reflect on my personal growth throughout the past four years, I recognize the profound impact St. Anthony's has had on my development. The nurturing and inclusive community, as well as the diverse academic opportunities, has enabled me to explore and refine my interests. The school's commitment to providing various educational paths, whether in business, arts, or STEM, has allowed me to discover my passion for STEM fields and has laid a solid foundation for my future academic pursuits. In the future, I hope to attend Georgia Tech for mechanical engineering, and I will continue to work towards this goal in the coming months.

Overall, Saint Anthony's High School has not only prepared me academically for the challenges of college but has also promoted personal growth, instilled strong values, and provided a supportive community. The varied extracurricular activities, the integration of faith, and the high expectations have collectively shaped me into a well-rounded individual, ready to embark on the next chapter of my education journey. Saint Anthony's has not just been a school, but a catalyst for my personal and academic development, preparing me for the real world far beyond the classroom.

**How has
Saint
Anthony's
prepared
you for
college?**





Grace London

At Saint Anthony's, I learned what I believe is the most important thing when growing throughout your life: creating relationships. Everyone needs a sense of community with their classmates, teachers, or even someone they just met. As long as you're nice to people, treat everyone with respect, and accept

everyone around you, you will be able to succeed and find that place of happiness. For example, Dr. V taught me the importance of establishing a balance between my academics and having a sense of community. This will really help when I go to college, as Dr. V addresses balance with everything in life. Nurturing this trait now is something that will only pay dividends for me as I become more and more independent in my college years.

I've also discovered my faith here at Saint Anthony's. Going into high school, I went to church and prayed, but never had a real relationship with God. However, I created one here at Saint Anthony's. Each Theology class has impacted my faith in all different ways. I recognize the role God has in my life. I have learned how to pray the rosary and have a relationship with God. I know the importance behind beliefs in the Catholic faith, which expands my own beliefs and feelings towards God. Discovering my faith at Saint Anthony's and continuing to practice it for four years has prepared me for college. I believe if I'm faced with temptation at college, I will be ready because God lives in me, and I know I will make the right decisions.

I have been on the girls' varsity golf team since freshman year and captain since my sophomore year. This has taught me how to be a leader. During practice, I have helped each girl try and become better. Before every match, I ensure the girls are excited about the match and not nervous. Since golf is an individual sport, I try to make the girls feel like they're part of a team. I also joined the Student Council my senior year, taking on another role as leader, specifically as the historian. Helping to organize events, giving back to the community, and especially acting as a role model for my other classmates has taught me how to be a strong leader at school.

I am truly thankful to all those who have been kind to me, grounded me in faith, taught me, and impacted my life in a positive way. I truly feel that the past four years at Saint Anthony's has made me a better academic and person, preparing me for success in my next chapter at college. Thanks to all who have made my high school journey so positive and memorable.



Lena Montanaro

At Saint Anthony's High School, college is emphasized from the second you walk in as a freshman. While that may seem overwhelming, it is extremely beneficial. From day one, we are instilled with the mentality that we are striving towards a successful future. We are called to grow spiritually, academically, and socially.

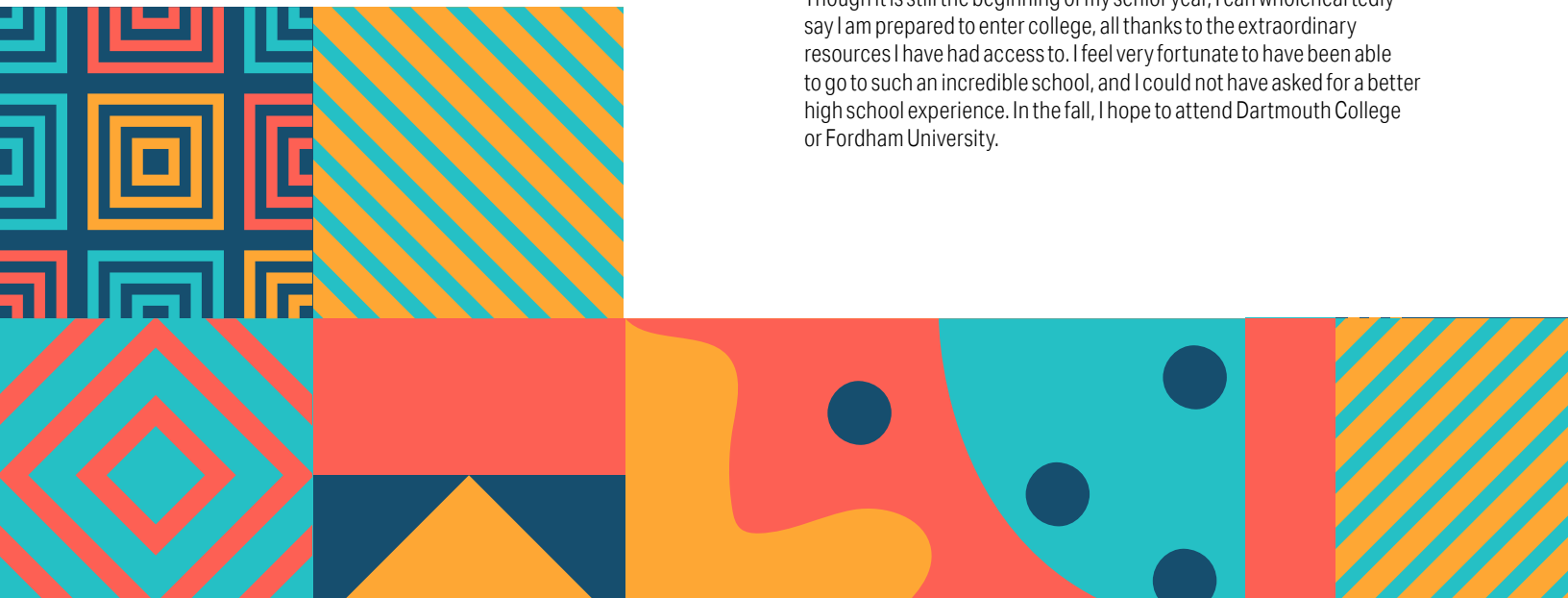
This is why I feel so confident about going away to college next year.

Saint Anthony's boasts a very enriching curriculum which consists of many different college credit classes across all subject areas. These are different from a traditional AP or honors class because you receive credits from colleges, such as LIU and St. Francis College, which can transfer to many colleges nation-wide. I have been fortunate enough to take five of these courses; this year, I am taking Modern Drama/Literature of New York, Gothic, Mystery, and Science Fiction/The Short Story, and Advanced Spanish. Previously, I have taken Forensic Science and Business Law. These courses have not only introduced me to college level coursework and course load, but strengthened my study habits, which has allowed me to excel academically and maintain my high academic standing.

Saint Anthony's has fostered my spirituality and provided me with personal skills; it has given me experiences that will differentiate me from my peers in college. I took part in the Italy Pilgrimage and Concert Tour in the February of my junior year. I performed in some of the most beautiful churches in northern Italy, including St. Peter's Basilica. We performed on the Papal Stage on Ash Wednesday, and Pope Francis came over and thanked us directly for performing. It was on this trip that I felt I really connected with my spirituality. During my four years at Saint Anthony's, I have grown in my spiritual identity. I have been encouraged to look inward and learn about myself. My spiritual growth has had a positive impact on my friendships and has contributed to my self-confidence. I will enter college knowing who I am and how to navigate an ever-changing world.

Lastly, Saint Anthony's fosters a welcoming environment in which I have made lifelong connections. Coming from a very small Catholic school, the thought of entering the second largest Catholic high school in the country was overwhelming. However, upon coming here, I have fallen in love with a group of my best friends who are my support system, my biggest cheerleaders, and the people I know I can always lean on. This extends beyond my peers; however, the relationships I have had with many members of the faculty are ones I know I would not have had elsewhere. These connections surpass college, and I feel fortunate to be entering college with a support system that has gotten to know me so well.

Though it is still the beginning of my senior year, I can wholeheartedly say I am prepared to enter college, all thanks to the extraordinary resources I have had access to. I feel very fortunate to have been able to go to such an incredible school, and I could not have asked for a better high school experience. In the fall, I hope to attend Dartmouth College or Fordham University.





Kayla Nuccio

My time at Saint Anthony's has changed me for the better in more ways than you can possibly imagine. I have grown academically, emotionally, and spiritually. I believe that Saint Anthony's High School is the best place to go for college preparation. The school is truly committed to the student's best interests

and helped me pursue my interests in so many ways. The college center, clubs, and wide variety of courses have helped me develop as a person and a student, with neither being neglected nor prioritized over the other. I do not believe that I would be where I am right now without the help of Saint Anthony's faculty and staff.

The Saint Anthony's College Center and guidance department is filled with knowledgeable staff who truly have a student's best interest in mind. They have helped me figure out what I want in a college experience and how to get there. Throughout my recruiting process, I regularly checked in with my guidance counselor and college counselor to make sure the schools I was in contact with would be able to accommodate my desired path of study and provide me with the best opportunities moving forward. Once I made my final decision as to where I would be attending college, my college counselor helped with my application. The application process was streamlined and much easier than expected due to the system put in place. The second my decision was relayed to the college center; my letter of recommendation and transcript were sent over. The counselor reviewed my application and made sure that everything was filled out correctly. I truly appreciated the help these departments provided from the beginning of the process to the end.

Another important part of my experience here at Saint Anthony's that I believe will give me a leg up going into college is the number of services, leadership, and skill-based clubs. There are clubs for those intending to go into the medical and business field such as Future Medical Professionals and Business Leaders, allowing students to begin their learning in these areas in a hands-on way early. There are also clubs such as the Culinary Club, Knitting Club, and Habitat for Humanity which teach students skills that may come in handy in their college years. Clubs such as the Greek Club, Italian Club, and many others allow students to connect with people who have similar backgrounds but also allows for students to learn more about other cultures and expand their horizons prior to college. However, the clubs that stand out to me the most are our leadership-based clubs. Clubs like SALT, Global Ambassadors, our National Honor Society, and so many more provide potent life skills. These clubs encourage students to reach out to each other and lend a helping hand. They almost force a student outside of their comfort zone. NHS events specifically have been such a big help to my confidence and made me more outgoing. They have taught me the value of helping others and how much good can come from putting yourself out into the world.

The courses offered are perhaps the most unique and beneficial aspect of Saint Anthony's college preparation. With a large range of AP and college level courses, Saint Anthony's ensures that every student can find a class that enhances their learning and prepares them for their potential career. Students have a huge variety of options to choose from in order to not only get an early understanding of their desired realm of study, but also allows the student to figure out if they actually want to pursue a career in their planned field. This provides the ability for a student to curate their college search more accurately, with the student being sure they are looking for strong programs in the discipline they settle on. For example, a student like me who is interested in medicine can take advantage of the vast array of science courses, such as Anatomy and Physiology, Microbiology, and the EMT course which takes a student through the New York State

certification. I have also taken many AP English courses that have enhanced my writing, speaking, and research abilities, skills that not only prepare me for college but are also a long-term necessity in the workforce. The school partners with local colleges such as LIU to provide students with the opportunity to earn college credit and be ahead of the curve when they enter college. Overall, Saint Anthony's has done a fantastic job challenging me academically while supporting my interests.

In my opinion, attending Saint Anthony's is the best decision I could have made to advance my learning and prepare myself for higher education. The variety of difficult courses, College Center, and leadership opportunities have not only done wonders for me throughout the college application process but also helped me grow as a person in my learning and in my character. I will be playing lacrosse at Tusculum University this coming year and I am so grateful for Saint Anthony's High School for helping me get this opportunity.





Sofia Pascarella

My heel couldn't stop incessantly bouncing on the black floor of the freshly air-conditioned bus. An ongoing stream of thoughts shot through my nervous body like lightning, as I waited to be greeted by a new environment. I then managed to get off the bus, my feet walking for me, as I approached my new

school. I sat in a gigantic room filled with turf, with all the other freshmen, as we waited to be greeted. His electric voice danced throughout the room, and I became unaware of my first day jitters, as they seemed to escape without a second thought. As Brother David spoke, I wasn't conscious of it then, but a new chapter of my life was beginning.

Throughout my high school experience, every one of my teachers at Saint Anthony's left an indelible mark on me, but most especially my Anatomy teacher. During the first period of the first day of my junior year, I sat in Dr. Capodanno's class astonished by him. My ambitions of becoming a doctor seemed within distance during the year I took Anatomy and Physiology with him. He pushed me to achieve new things I didn't even know I could accomplish. Dr. Capodanno helped me to realize I can do anything I put my mind to, and his class will forever change the outcome of my future. But, as my years at Saint Anthony's High School went on, I discovered a certain sanctuary.

The chaos of my day comes to a screeching halt in the silence of those often-forgotten, but always-captivating, Chapel walls. The chapel became a frequent route throughout my days when I felt alone in frees. As my feet walk along the marble floor, the details of the room reveal themselves. There, I give my thoughts permission to run and sort in this quiet, and by now, familiar environment. The dim lights directly contrast with the buzz of the cafeteria chit-chat next door. The crowd outside chooses not to open the big-brown doors, almost as if cognizant that I am savoring the quiet. Processing daily events in our sanctuary pushes back the seemingly constant modern need to entertain something or someone. It is here that thoughts are free to take center stage and side stage too. In the noiseless room, I begin to untangle my day and make sense of straightforward and subtle lessons alike. The ambiance speaks to my humanity. I give the colossal room permission to hug me; its familiar arms always comfort my discomposed thoughts. I would fill the silent room with my contemplations and then leave with its peace reconstructing me again.

Although I am customarily the careful observer, often hesitant to be outspoken, within the walls beyond the big-brown doors that Saint Anthony's introduced me to, I found a place to envision my thoughts and give voice to my very human need to process. Over the past three years of high school, I have given voice to my ponderings within the walls of Saint Anthony's. They in turn have provided the solitude I needed to process and fortify my sense of self. I do not dwell on the small stuff but give it the importance it needs. I feel lucky to have chosen Saint Anthony's High school for my formative years, especially for the walls beyond those big-brown doors. Now I know that the intimate conversations I have can take place wherever I need them to be. Because of Saint Anthony's High School, I am ready. Next year, I am planning on attending Clemson University.



Broderick Prendergast

Saint Anthony's starts preparing you for life beyond high school from day one. When I met some of my first high school teachers in freshman year, I had no idea that nearly four years later I would continue to visit them day after day. The one-on-one connections that students create with the faculty is not only a

college-like experience, but it also provides students with a plethora of additional resources beyond the abundance already made available to them. Moreover, by creating these connections with teachers you have credible and valuable people who know you, your personality, and what is best for advancing your education. The relationships and networking between students and faculty is a unique and fulfilling experience that prepares students for similar interactions to wherever their education takes them. These connections hold a special place in my memories from high school overall because they help me know that I do have a dynamic support system behind me that can assist me with my future endeavors beyond the classroom, and beyond my four years at Saint Anthony's.

Saint Anthony's also offers students incredible opportunities to take their education to a whole new level starting in freshman year. AP classes and honors courses are available beginning freshman year for those who want to experience the fast paced and rigorous college like class early in their Friar tenure. I personally began taking these advanced classes my freshman year, and ever since I have been thankful that I was granted the opportunity by the school to show my capability within a college environment so early on. With over 25 AP classes to take advantage of, Saint Anthony's students can feel significantly more comfortable entering that college classroom for the first time after they graduate. Additionally, Saint Anthony's students should take advantage of these courses because the supportive faculty and staff that I referred to always have your back and do not want to see you sacrifice opportunity for fear.

In conjunction with these advanced scholastic opportunities, Saint Anthony's wide variety of courses and electives gives students all four years to explore and study unique subjects in varying disciplines. From EMT certification courses or a college level anatomy class in the science department to the study of the short story and an introduction to public speaking through language arts, Saint Anthony's has one of the most diverse and opportunity granting curriculums of any high school. In recent years, the school has also added an entirely new discipline and facility to account for one of the fastest growing careers and majors in the world; that being business and entrepreneurship. With all of these opportunities waiting for prospective and current Saint Anthony's students, college readiness and a prior knowledge of whatever subject each student decides to study is almost a guarantee.

As a Friar, being a part of organizations, events, athletics, and/or the arts are critical components to taking advantage of what Saint Anthony's has to offer. I personally have immersed myself in many of the events and clubs the school has because that is how you meet new people, and most importantly make lifelong friends. For me, the school newspaper, ice hockey, fishing, and lector ministry were primary parts of my experience over my four years. However, whenever the school puts on an event, you can count on me and the Friar Faithful to be there. Saint Anthony's does not just offer this abundance of varying organizations exclusively for the enjoyment they provide. These are all similar to how you will bring yourself to be an active member of your college community following your 4 years in the black and gold. Extracurriculars at Saint Anthony's are a key part of preparing for the full college experience, as they give each student a well-rounded and pinpoint repertoire of activities suited to their likes and interests that colleges can observe to find the right students for them.



Saint Anthony's High School to me is not just an institution I have spent four years of my life at, rather I am proud to say that it will always be my home away from home. The name Saint Anthony's on any college application is an automatic positive due to the esteemed reputation the school has as a college preparatory school due to the full supply of resources available to prepare you for the years to follow. Every student has the opportunity to leave Saint Anthony's and step foot on a college campus proud and prepared for the next challenge ahead of them. As I begin the process in which I will exhibit to these colleges what I have accomplished at Saint Anthony's and with my rigorous education to date, I look forward to taking what the Friar community has taught me and putting it all together in practice. I am looking forward to advancing through college as a Chemical Engineering major with a minor in Journalism at either Sacred Heart University, Providence College, or University of Notre Dame.



Marianna Regina

Saint Anthony's High School: a Franciscan School for college education. It is without a doubt that Saint Anthony's High School upholds that title. It expands students' knowledge within its AP courses and university dual enrollment courses. The sports teams are undoubtedly some of the best with top-notch competition.

However, students are prepared beyond sports and academics.

Our principal, Brother David, has stated on numerous occasions that: faith is first, academics second, sports third, and everything else will fall into place. That is the perfect synopsis of Saint Anthony's. The strong faith and values present within Saint Anthony's High School are like no other. We learn about Scripture, Church History, Morality, Philosophy, and more in our theology classes. In addition, we learn about God Himself and His mercies. Students can open themselves up and grow. When the student body comes together for mass, united, and joined in prayer, it is truly a remarkable experience. These experiences will be joined when we graduate. We leave campus and enter our new ones with strong faith, morals, and values.

Academics. We do learn the complexities of literature, the inner workings of our countries, how to speak other languages, how to solve complex math, and understand the elements of the world around us (literally). When it comes to textbook knowledge and understanding, we are well prepared. However, it expands beyond that. Our teachers care about us beyond our GPA. They care about us as individuals and want what is best for us. Even with the large student body, you still have personable relationships with your instructors.

With the large and diverse student population of over 2,500, we learn more about the world and how it impacts people of various backgrounds differently. I have taken part in the AP Seminar and AP Research Capstone program where students research and come to a solution to a world problem. In the AP Seminar, you work with other students. Learning how to effectively collaborate with others is an important skill to carry into adulthood and Saint Anthony's provides those opportunities to learn.

No matter what a student wishes to study in college (engineering, English, and even joining the military) Saint Anthony's helps you achieve that goal. In approximately eight months I will be stepping foot onto my college campus. It is with absolute certainty I know I am prepared beyond my rigorous academic knowledge. I was able to truly step into myself and know that I want to make a difference in the world. Next year in college, I will be majoring in Computer Science. Saint Anthony's High School provided me with all the tools to help me achieve this dream. I cannot wait to see what the future holds for me.





Aidan Sanford

I graduated from a very small Catholic elementary/middle school, with a graduating class of only about forty students. From my very first visit in 7th grade, Saint Anthony's was always the obvious choice in my mind as to where I wanted to attend high school. However, as that time grew closer, I had a sense

of nervousness and anxiousness about, especially with Saint Anthony's expansive campus, and student population nearly fifteen times that of my middle school. How would I be able to navigate my way through such an unfamiliar environment? Four years later, this once foreign terrain has become my second home, and an extraordinary place that has provided me with countless opportunities, all of which have better prepared me for college and my future endeavors.

Saint Anthony's has taught me so much about myself and has provided me with vast knowledge and skills that I will continue to use throughout my college career, and for the rest of my life. These past four years have taught me how to effectively manage my time. Balancing studying, athletics, and extracurricular activities seemed like a daunting and challenging task, but Saint Anthony's has shown me that I am capable of so much more than I ever believed possible. I have learned to have confidence, to have faith in God and myself, and to push myself beyond my comfort zone. No matter what the circumstances, whether big or small, I have learned to embrace discomfort and accept new challenges and obstacles with open arms. Life is filled with unpredictability's, but Saint Anthony's has prepared me to deal with the uncertainties, change my mindset, and welcome the bumps in the road with an optimistic attitude and outlook. Saint Anthony's has prepared me not only academically, but spiritually as well. Through the influence of my Theology teachers, the faculty and staff, as well as my involvement in Chorus, I have learned the importance of faith and have developed ways that I can actively participate in Church. A healthy body requires a healthy spirit, and Saint Anthony's High School has instilled in me how important it is to center your life around God, as well as the importance of service. This school has sparked my passion for service and has made me realize how paramount and meaningful service to others truly is. With the help of Saint Anthony's, I have grown into a strong and confident individual with the courage to lead. It is my goal and my hope to use all my talents that this school has cultivated, and one day give back to this special place that has blessed me with so many valuable life lessons.

As my time at Saint Anthony's High School sadly comes to an end, it makes me so happy that I made the decision to attend school here. This wonderful school has become my second home, and a catalyst for so many academic, social and life lessons. I have learned to become a leader, push through uncharted territory, foster meaningful friendships, and become a servant of God and others in my life. As I embark on future academic endeavors, I would like to thank the

Saint Anthony's community for all they have done for me, and for the amazing memories built over these past four years. I am so blessed to be a Friar forever.



Declan Sullivan

In 8th grade, deciding where I would spend my next four years to pursue my education was a no-brainer, I wanted to go to Saint Anthony's High School. Having two older brothers, one who graduated and one who was going into his senior year at the time, I felt like I had to follow in their footsteps. This has become one of the

best decisions I've ever made and has prepared me for college more than I ever could have imagined.

Going into High School, I was a very laid-back student. Getting A's and B's effortlessly, I was never challenged in school. With that being said, I never had needed to study; in fact, I never knew how to study. However, attending Saint Anthony's was the first academic challenge I encountered. Taking harder classes, I felt like I was pummeled with work compared to my public school days where I would have max five minutes of homework. It was during these school nights where I learned to manage my time. By the end of freshman year, I went from struggling to get work in on time and being disorganized, to handing in assignments early and walking into a classroom with the knowledge that I was always ready for a test and had no missing work. Along with being given more work, I was also given more tests. These tests were unlike anything before, they were hard and were no longer something I didn't have to worry about. They challenged me. Early on I learned that I had to learn how to study quickly before my grades started to dive. This was when I felt Saint Anthony's reach out their arms for help. The school offered tutors, the teachers opened their schedule to offer extra help, and there were opportunities to retake tests if one's schedule was too busy to properly study. These luxuries were not offered at my previous school, and it was these luxuries that taught me how to study. Saint Anthony's High School taught me how to manage my time, handle an excess of work, and study, which are not only three great qualities for college, but three great qualities for life.

Saint Anthony's High School has roughly around 2,500 students. In this massive class size, people from all over Long Island attend, and some come from places around the world. Over the past four years I have met people coming from completely different backgrounds, with different religious beliefs, from different cultures, and people with different personalities. Meeting so many new and different people has taught me many lessons. The main one being that it is possible to get along with everyone. Going to Saint Anthony's, I have learned to put differences aside and have learned to communicate with everyone. Developing such skills has prepared me for college. I expect that college will have a similar population and I will have to form relationships despite our different backgrounds. Again, these communication skills that I have learned from Saint Anthony's High School are not only great qualities for college, but great qualities for life.

Deciding to go to Saint Anthony's at first was a decision based on family experiences. However, this decision has had a huge impact on my future. Saint Anthony's has prepared me for my future.





Anthem Applause: Suffolk Celebrates Schola's Talent

From the Desk of Suffolk County Legislator Tom Donnelly, 17th Legislative District:

We extend our heartfelt gratitude to you and the Gregorian Schola for your magnificent performance of the National Anthem at the Legislature on Tuesday morning. Your inspirational and talented rendition was a true highlight, enriching the event with your harmonious voices. On behalf of Legislator Donnelly and the entire District office team, we thank you once again for sharing your musical gift and elevating the spirit of the occasion.

HAMMERS, HEARTS & HOPE

The Habitat for Humanity Club at Saint Anthony's is a vibrant and impactful community group, expertly guided by Mr. Kevin Adler and Mr. Brian Flanagan, a proud alumnus from the class of '81. This dynamic club boasts a membership of 100 dedicated students, actively engaging in both external building projects and various in-house initiatives. Each year, the club organizes six outdoor building excursions, with 14 students participating in each trip. These compassionate students collaborate with other volunteers to construct homes for families in need. Their tasks range from painting and insulation installation to sheetrock work, all under the watchful supervision of Mr. Adler, Mr. Flanagan, and a Habitat for Humanity crew chief. The students' enthusiasm and commitment to helping others is not just commendable but also embodies the spirit of community service and empathy. They eagerly embrace every task, demonstrating a heartwarming zeal for making a meaningful difference in the lives of the less fortunate.



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James Slear '89: Transforming Life's Challenges into a Legacy of Learning and Service

Air Force with the ambition to become a weather observer and forecaster.

James married his high school girlfriend at the age of 19, an uncommonly young age, even 'way back' in the 90's. The two placed their faith in education and struggled to pay for one course at a time. Susan completed her teaching degree in Nebraska and the next day they moved to Virginia Tech where the Air Force offered James a full-ride engineering scholarship and a commission as an officer. They both continued their schooling in their respective fields. Ultimately, their fields merged. James and Susan each earned their PhDs in education from Auburn University. Susan went from working as a schoolteacher to instructing military educators. James became the dean at the Air Force's Squadron Officer School.

Susan and James continued their careers and welcomed two beautiful daughters into their family. Kristine was born in 1991 during Desert Storm and Katie was born in 1999. As they grew, so did the Slear Family. Both girls travelled a bit before getting married, but both returned home to Alabama to raise their own families. Katie met her husband Jonathan Doan at Montgomery Catholic School. They dated all through college and got married the summer after graduation. On September 7th, 2023 they welcomed their daughter Millie Iris Doan to their family. Kristine, who had lived with her grandparents on Long Island while attending Stony Brook, moved to California for work. However, she wanted to be present for her little sister's pregnancy. Shortly after moving to Alabama, Kristine met Thomas Anile. They got married last July and are expecting their first baby in May.

In his mid-forties, James experienced a profound calling to return to the Catholic faith. James said, "Once I did, I believe many of the lessons I learned at St. Anthony's became unlocked for me, just like the many graces I received from God would finally bear fruit once I started cooperating with them." During this time, James frequently thought about the admonitions he received from

Sister Margaret McKenna, an elderly Ursuline nun who taught geometry. James explains, "While I could fool most people into thinking I was a good guy, there was no fooling her. She recognized the insincerity of my character and saw the waywardness of my soul in ways few others could. Her great act of charity towards me was to remind me of my broken condition whenever my actions warranted it, which was quite often." On the other side of the spiritual coin was his sophomore French teacher, Brother Vincent, who demonstrated such gentleness and humility in all of his classroom interactions. He saw each student, no matter how wayward, as good. He modeled the virtues and showed his class how to live. James said, "These two spiritual figures lived in tension, buried deep in my soul. When I returned to the Faith, their truths emerged in the foreground. I finally understood that I am good but I am broken, I am made for love but often choose pride. I need God's grace but must help him break down the barriers I had built. I am not the master of my life, only its steward."

After 33 years of service, James has determined that his current assignment will be his last. He is currently finishing a graduate certificate in theology and has considered teaching math and theology at Montgomery Catholic. It looks as though Alabama will remain his family's home for some time as his daughters raise their children.

When asked what advice he might give to our current Friars, James responded, "Just as in my time, today's culture insists upon an existential worldview in which the only meaning our lives hold is one we invent. We see this in the plotline of every movie, in the relentless trope of every sitcom, and in the self-inventing narrative of every Tik-Tok video. Since this is the dominant message in our cultural landscape I would recommend, in the spirit of youthful rebellion, that you challenge this assumption at every turn. Ask yourselves what if we don't need to find our purpose so much as we need to remember who we are."

James Slear describes his high school career as "consistently performing below my potential." It seems that the messages from James' most influential teachers were not truly realized until later in life. He had minimal involvement in sports, although he did play hockey freshman year. James can also be credited with spearheading the WBAB Most Spirited High School contest. The school that wrote the most index cards with their school's name would win a Joan Jett concert at their school. Saint Anthony's did win. But Brother Peter vetoed the concert. Joan Jett was invited to come to school to speak with the students on the PA and visit in the cafeteria. Seeing this rocker, all dressed in tight black leather with her spiky jet-black hair made Brother Peter grateful that he said no to the concert.

James was a difficult student, but Brother Joshua was able to make some headway with him. James explains, "His straightforward teaching method kept me engaged in the present rather than anxious about the future." James found that his Senior year turnaround was a little too little and a little too late for admission to a quality 4-year college. Undeterred, James enlisted in the

From Caps and Gowns to Toasts and Tales

On November 25th, the Saint Anthony's Alumni from the Classes of 1993, 1998, 2003, and 2013 reconvened in the school's Dining Hall to celebrate their milestone reunions. For many, it was a nostalgic return, their first since graduation, and they were delighted to see the numerous enhancements to the building. The evening was enlivened by the tunes of DJ Michael Variale, a proud alum from the Class of '89, and attendees had a blast capturing memories in the photo booth. A sumptuous buffet dinner, catered by W&S Food Services, added to the festive atmosphere. But above all, the highlight of the night was the camaraderie and heartfelt reminiscing shared among the alumni, as they looked back on their cherished moments at Saint Anthony's. A heartfelt thanks goes out to Ms. Denise Creighton and Mrs. Cindy Merkler of the Alumni Department, whose efforts made this memorable evening possible.





GOOD NEWS

from our Alumni



1978

Robert C. Creighton '78 named to City and State Power 100! Robert Creighton focuses his practice on mergers and acquisitions and representing banks in commercial lending transactions. He has represented a number of Long Island companies in their business dealings, including last year when Holtsville-based Tower Fasteners was acquired by a larger distributor. Creighton's firm, Farrell Fritz, is expanding, adding two high-caliber attorneys to its New York City office this year. Creighton serves on the boards of the Long Island Housing Partnership, EPIC Long Island and Family Service League.



1992

Andrew Budris '92 was recently named the National Secondary Social Studies Teacher of the Year for 2023-2024 by the National Council for the Social Studies. Andrew is really grateful for the honor and especially thankful for the example set by Saint Anthony's teachers Ms. Fleming and Mr. Roche.

1996



Friar Alum Congressman Nick Lalota '96 was named as one of Long Island's most influential leaders in this year's "Long Island Power 100" by City & State.



Friar Alum David Madden '96 just received his second Emmy award for working on the Winter Olympics as an Editor for NBC Sports. David is slated to work the Paris Summer Games as well.

1998 & 1999



Friars Kelly Forman '99, Dennis McCarthy '98 and Cristina Candio '98 gather at a Compass Networking event on Long Island's East End this Fall. McCarthy is a Senior Managing Director at Compass NY overseeing Brooklyn and the brokerages expansion into Queens and Long Island, he has been with Compass for six years. Forman has been with the brokerage for over two years serving Long Island with a strong focus on Long Beach, Nassau County and the South Shore. Candio is a Founding agent of Compass Queens, specializing in New Development and resale in LIC and Astoria, as well as Long Island, where she and her family have a home, she has been with the brokerage for 6 years.

2001

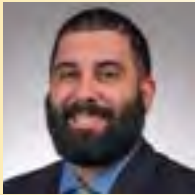
Congratulations to Friar Alum Dr. Danielle Grunert '01 who recently graduated from Liberty University with her Ph.D. in Curriculum and Instruction in Education. Way to go, Friar!

2005



Congratulations to Friar Alum Paul Lauten and his wife Renee on the birth of Riley Paige Lauten. She was born at Stony Brook Hospital on October 16, 2023 at 12:45 pm. weighing 7Lbs 15oz. Big sister Peyton is very excited about the new addition to the family!

2006



Frank Criscuola III attended St. Joseph's University in Patchogue NY and received his Bachelors of Science in Marketing in 2010, and his MBA in healthcare management in 2014. Frank currently works for Prisma

Health in the largest hospital system in South Carolina where he is the Business Operations Manager for Prisma Health Home Health and Hospice departments. He manages the business operations for three offices across the state. He volunteers in this free time mentoring high school students preparing them for college and future careers.

2009

Congratulations to Will Manny '09 and his new wife Kimber. The two were married on October 7th, 2023 in sunny Florida and they will be living in Utah!



2011

Friar Alum Alyssa Guidice '11, a Wine and Spirits Sales Consultant, was named one of the Power Women of Long Island by Schneps Media.



2020-2022

Left to right, Olivia Perez '22, Samantha Adams '20, Chiara Greco '21. They are Holy Cross classes of '26, '24, '25 respectively.



2023

Friar Alum Jillian R. Lopez is among the 13 members of The University of Scranton's class of 2027 who entered its Magis Honors Program in STEM. One of Scranton's five programs of excellence, the Magis Honors Program combines the development of STEM knowledge and research techniques with programming to further the students' understanding of the impact science has on society.

Jillian is majoring in mechanical engineering.

Mary McKenna, SA Class of 2023, was named to Team USA: National Junior Team for the second consecutive year for the Open Water 10k. Mary is currently a Freshman at Princeton University.





Dr. Claudio Franco '08 and Dr. Ariana (Frontario) Franco '10 A Friar Alumni Love Story Rooted in Education and Excellence

Although Claudio Franco '08 and Ariana Frontario '10 are both Friar Alumni, they did not cross paths at Saint Anthony's. There was a two year difference between them and Claudio was in Chorus, while Ariana was in Symphonic and Jazz Band. Ariana was also involved in National Honor Society, SALT, Track and Cross Country. The two were very busy following their passions.

The teachers that most influenced them are very different, too. Claudio said, "Mr. Bill Payoski was my most influential teacher. I still remember many of the things he taught me in marine biology class because he had a gift of explaining things so well and making everything sound so interesting." Ariana's most influential teacher was Brother Gary Cregan. She explains, "I had Brother Gary as my Western Civilization teacher. He had an incredible amount of passion for the subject and he truly kept his students more deeply engaged with the material."

Upon graduation, Claudio went to the University of Rhode Island where he majored in Biology and minored in Italian. During college, Claudio had many opportunities to shadow different types of doctors and he fell in love with dentistry. Claudio went on to the NYU College of Dentistry and he graduated

at the top 4% of his class and was inducted into the OKU Honors Society. Upon completion of dental school, Claudio immediately completed a 3 year specialty program in Prosthodontics which focuses on full mouth reconstruction. Dr. Franco said, "I am currently a Prosthodontist specialist working in Midtown Manhattan in private practice. My job is very rewarding because I have the opportunity to improve people's self-esteem, confidence and make them happy by restoring their smile."

When Ariana graduated from Saint Anthony's, she attended Stony Brook University and majored in Biology. Ariana said, "Majoring in biology gave me the opportunity to have a relevant foundation to prepare for medical school by understanding disease mechanisms and critical thinking/problem solving." Ariana then continued her education at Lake Erie College of Osteopathic Medicine (LECOM) in Pennsylvania. She is now in her last year of Neurology residency at Stony Brook. She will be starting a fellowship in Clinical Neurophysiology at NYP Cornell in July.

Both Ariana and Claudio feel that their Franciscan education prepared them for their careers. Claudio stated, "It allowed me to have the mental structure I needed

to achieve my goals and be successful in my studies." For Ariana, her "Franciscan education helped to instill the commitment to the values of compassion, humility and service."

Despite both of these wonderful people being Saint Anthony's alumni, fate orchestrated their first introduction one summer when Ariana returned to Long Island after completing the first two years of medical school and embarking on her hospital rotations. The two felt an instant connection and their journey culminated in a beautiful wedding on August 20, 2023 at Saint Joseph's Roman Catholic Church in Kings Park.

Both had similar advice to give to current Friars. "You should try to figure out what you would like to do for a career and then shadow as many people as you can in those fields to see what is the right fit for you. Once you decide what you truly enjoy doing, do it with all your heart and you will be successful and happy," said Claudio. Ariana suggested, "Cultivate effective study habits early on, and most importantly, embrace failure as a learning opportunity. Enjoy the journey!" Both Dr. Claudio and Dr. Ariana are excellent role models for our students.

Friar Nation Rises: Join The Legacy of Leadership and Athletic Excellence at Saint Anthony's High School

Every school relies on fundraising to continually improve their programs and facilities. As the largest Catholic High School in the United States, Saint Anthony's High School is proud to be #1 in many categories. From the St. Francis Hospital Medical Education Lab to the Business & Entrepreneurship Center, the Entenmann Science Center to the Susan and Gerald O'Shea Innovation Center, and most recently the Rich Reichert '70 Athletic Complex, Saint Anthony's students are provided with numerous opportunities tools to become leaders across the country.

Just as the programs and facilities provided to our student-athletes are top notch, so is the Friar Nation community. The mantra, Classmates for Four Years, Friars Forever, rings true not only for our students and alumni but also includes parents, grandparents, faculty, staff, coaches, and friends as well. As a Saint Anthony's family that started with Frank Mullady, Sr. (Class of 1973) in Smithtown and continued with Frank Mullady, Jr. (Class of 1999) in South Huntington, it would seem to be a fait de accompli that Chloe Mullady (Class of 2027) would choose Saint Anthony's. However, it was not her father or grandfather that made her decision; it was Brother David. Under Brother's stewardship, Saint Anthony's has emphasized 'student' in student-athlete. Chloe now has access to a rigorous academic curriculum, and she is also part of a dominant athletic program.

Saint Anthony's is synonymous with success. This past Fall, our Boys Soccer, our Boys Cross Country, Girls Cross Country and Tennis Teams were all Champions. Many of our student athletes go on to compete in many of the leading Division I, II, and III colleges and universities in the nation. Our alumni take pride in seeing our team and our coaches continue with their winning ways. We may be spread across the country, but we all take immense pride when we see the highlight videos & game reports of our teams. Becoming an athletic sponsor is an investment in Friar Nation and the ability of our sports teams to continue to achieve greatness on and off the field. Saint Anthony's relies heavily on the generosity of its donors. The money raised will go directly to defray expenses of our Athletic Program as well as the new Rich Reichert '70 Athletic Complex. As an Athletic Sponsor, you'll have the satisfaction of knowing you're fostering sportsmanship, leadership, discipline, and self-esteem, and your support will be showcased in front of fans all year long.

Parents of Future Friars, current athletes, & Friar alumni - this is your way to showcase your support to your team. A Friar Sports Spirit Banner with your name/family name will be prominently displayed in our stadiums and gymnasium. Sponsorships start at \$600 for one year — \$1,500 for two years and \$2,500 for three years. Please make your check payable to Saint Anthony's High School.



SAINT ANTHONY'S HIGH SCHOOL ATHLETIC SPONSORSHIPS SUBSCRIPTION FORM

Name: _____

Email: _____

Address: _____

Telephone: _____

- One Year Sponsorship \$600
- Two-Year Sponsorship \$1500
- Three-Year Sponsorship \$2500

Please make checks payable to Saint Anthony's High School and mail to:

275 Wolf Hill Road, South Huntington, NY 11747

Att.: Development Office

For additional information email: dcorrao@stanthonysrhs.org or call 631.271.2020 ext. 284.

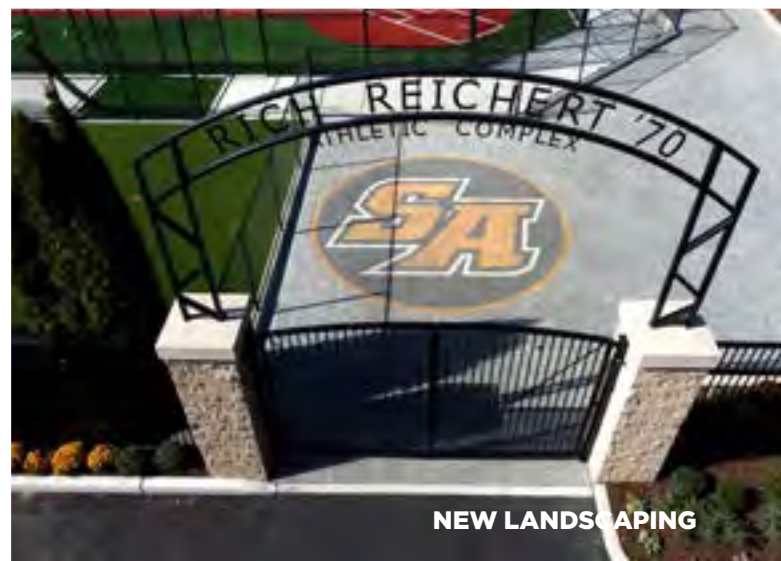
THE NEW RICH REICHERT '70 ATHLETIC COMPLEX



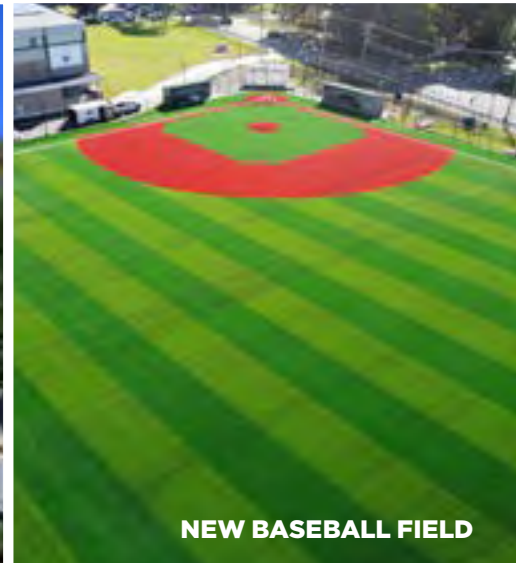
Please join us in honoring Coach Rich Reichert '70, an iconic member of Saint Anthony's High School.

The Complex is a \$5 million project that, when completed, will feature the following new facilities to the west side of the campus:

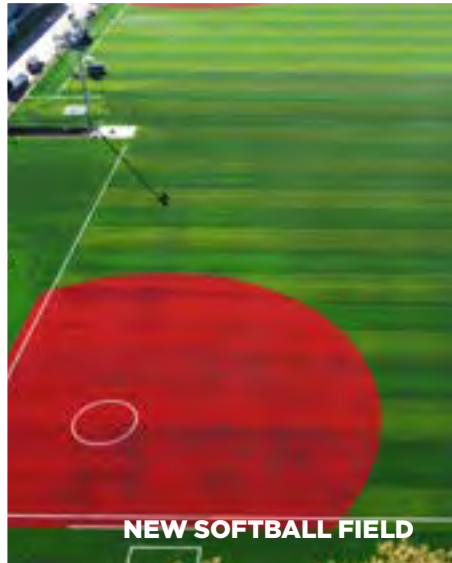
- > New Grand Entrance: 1 @ \$50,000
- > The Brother Joshua DiMauro Canteen/Concession: RESERVED
- > New Outdoor Covered Dining Area: 1 @ \$50,000
- > Dining Area Tables: 2 RESERVED 8 @ \$2,500 ea.
- > Walkway of Champions: 4 @ \$25,000
- > New All- Turf Baseball Field: 1 @ \$100,000
- > New All- Turf Softball Field: 1 @ \$100,000
- > New All-Turf Multipurpose Training Area: 1 @ \$25,000
- > New Baseball Scoreboard: RESERVED
- > New Softball Scoreboard: RESERVED
- > Lacrosse Shot Clock: 1 @ \$15,000
- > New Team Store: RESERVED
- > Walls of Honor (Recognition of All Saint Anthony's Championship Teams) 10 @ \$25,000 ea.
- > Dedication Benches: 5 @ \$10,000 ea.
- > New Landscaping: 1 @ \$50,000
- > Stadium American Flag: RESERVED
- > Stadium Saint Anthony's Flag: RESERVED
- > Stadium Papal Flag: 1 @ \$10,000
- > Stadium Field Center Logo \$10,000
- > Football Goal Posts: 2 @ 15,000 ea.
- > Football Endzones: RESERVED
- > Lacrosse Goals: 1 RESERVED 2 @ \$15,000 ea.
- > Soccer Goals: 2 @ \$15,000 ea.
- > Baseball Field Pitcher's Mound: RESERVED
- > Baseball Field Home Plate: RESERVED
- > Baseball Field First Base: RESERVED
- > Baseball Field Second Base: \$3,000
- > Baseball Field Third Base: RESERVED
- > Softball Dugout: \$10,000
- > Softball Field Pitcher's Mound: RESERVED
- > Softball Field Home Plate: \$3,000
- > Softball Field First Base: RESERVED
- > Softball Field Second Base: \$3,000
- > Softball Field: Third Base: \$3,000
- > Walkway of Champion Bricks: \$1,500 ea. (9x13)
- > Walkway of Champion Bricks: \$1,000 ea. (9x9)
- > Walkway of Champion Bricks: \$500 ea. (4.5x9)



Phase One Complete. Phase Two Coming June 2024.



NEW BASEBALL FIELD



NEW SOFTBALL FIELD



WALKWAY OF CHAMPIONS



CONCESSION | RESTROOMS | COVERED PATIO | TEAM STORE

The Rich Reichert '70 Athletic Complex Table of Gifts

Necessary To Raise: \$2,500,000
Total Amount Raised To Date: \$1,501,474

Gift/Pledge Amount	# Needed	Received
\$200,000+	1	1
\$100,000+	3	4
\$50,000+	4	2
\$25,000+	6	4
\$10,000+	25	14
\$5,000+	200	26
\$3,000+	150	7
\$2,500+	120	16
\$1,500+	100	21
\$1,000+	150	49
\$500+	300	95
\$100-\$499	Many	61

Yes! We want to do our part for the completion of The Rich Reichert '70 Athletic Complex.

Name: Class:

Address:

Office Phone:

Home Phone:

Cell Phone:

E-mail:

Commemorative Brick(s) \$500 \$1,000

To read: Two lines maximum

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BLANK/FAMILY

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Name on card:

Card #:

Expiration date: CCV:

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Development Office
275 Wolf Hill Road, South Huntington, NY 11747

Should you need any additional information or have any questions, please feel free to contact Don Corrao at 631.271.2020 ext. 284 or email dcorrao@stanthonyshs.org

RISE TO COLLEGE

Captured in this moment are some of our remarkable students as they officially pledge to the higher education institutions that will be the next stage in their journey of excellence. We couldn't be prouder of their achievements and look forward to seeing them flourish in their new academic and athletic endeavors.



Luke Aasheim | Lacrosse | Bryant University



Kevin Baez | Baseball | Jefferson University



Kyle Bilello | Lacrosse | Brown University



Jena Binkis | Lacrosse | University of Southern Florida



Luke Breslin | Lacrosse | Lehigh University



Tess Calabria | Lacrosse | University of North Carolina



Kayleigh Corr | Lacrosse | Binghamton University



Bella Cruz | Softball | University of Cincinnati



Sophia Dorsey | Soccer | Marist College



Emily Dvoskin | Soccer | Florida International University



Milana Fiordalisi | Softball | Cornell University



Sean Forde | Lacrosse | University of Utah



Faye Gorman | Lacrosse | Siena College



Ashley Greene | Lacrosse | Old Dominion University



Holly Hardwick | Lacrosse | The College of the Holy Cross



Emily Haugen | Lacrosse | Johns Hopkins University



Erin James | Lacrosse | UNC Charlotte



Megan Kenney | Lacrosse | University of Maryland



Quinlan Langton | Lacrosse | West Point Academy



Brooke Long | Lacrosse | Pennsylvania State University



Valentina Lula | Softball | Providence University



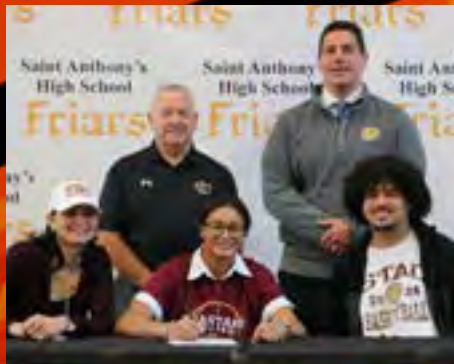
Kate McConnache | Lacrosse | Columbia University



Olivia McCue | Lacrosse | Hofstra University



Michael Moon | Lacrosse | Brown University



Iyana Morel | Basketball | St. Thomas Aquinas



Jaclyn Morra | Softball | Villanova



Madeline Morris | Lacrosse | University of South Florida



Dean Muratore | Golf | University of Michigan



Kayla Nuccio | Lacrosse | Tusculum University



Amanda Paci | Lacrosse | Duke University



Stella Quilty | Lacrosse | Rutgers University



John Riglietti | Lacrosse | Iona College



Emma Sieger | Crew | Fairfield University



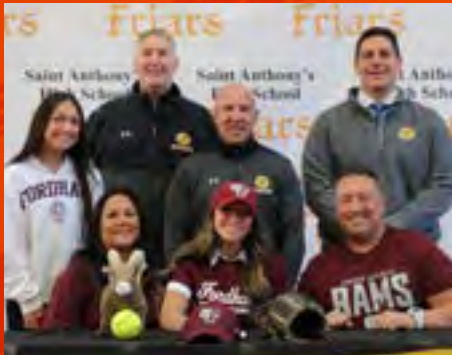
Sofia Smerechniak | Swimming | Fairfield University



Tommy Snyder | Lacrosse | University of Virginia



Ajani Valerio | Lacrosse | Adelphi University



Ava Vandernoth | Softball | Fordham University



Dante Vardaro | Lacrosse | University of Pennsylvania



Alexandra Zenk | Lacrosse | University of North Carolina



Riley Zusil | Lacrosse | University of Florida

Meet Brother Richard



Brother Richard Contino is not only a Freshman Theology teacher here at Saint Anthony's, but he is also a published author, a spiritual director, a teacher at The Seminary and an adult retreat leader. Brother Richard is always on the move! We sat down with Brother, to try to get to know him a little better.

Q. What is your favorite TV show?

BR: I am a BBC fan and I love *Midsomer Murders* and *Grantchester series*.

Q. Where did you grow up and how many brothers and sisters did you have?

BR: I was born in Brooklyn and lived in Bushwick where Saint Barbara's was my parish. In the 4th grade we moved to Maspeth and I attended Holy Cross School.

I lived in Maspeth until I joined the Brothers. I have 3 other siblings; an older brother, a younger brother, and a twin sister who is a retired NYC Police Sergeant. All my siblings are retired and now live in Florida!

Q. What high school did you go to? And where?

BR: I went to Monsignor McClancy High School in East Elmhurst, where I was taught by the Brothers of the Sacred Heart.

Q. What is your favorite movie?

BR: I love historical; drama movies and my favorites are *Becket*, *The Lion in Winter*, and *A Man for all Seasons*.

Q. What is your favorite meal? Favorite restaurant?

BR: My favorite meal honestly would be a bag of potato chips and a Hershey's chocolate bar....but for a real meal, it is always pasta with chicken. I miss my mom's pasta and we say 'gravy'! Growing up it was Jim's Pizzeria and Italian Restaurant in downtown 'Maspeth' and now it is La Piazza in Huntington! My all-time favorite, though, is Ciro's in Kings Park!

Q. Who do you live with?

BR: I live with the power duo Brother Joshua and Brother David, along with Brother Warren and Brother Owen. We all live at the Saint Anthony's High School Friary. A wonderful group of Brothers to live with.

Q. What would be your idea of a perfect day?

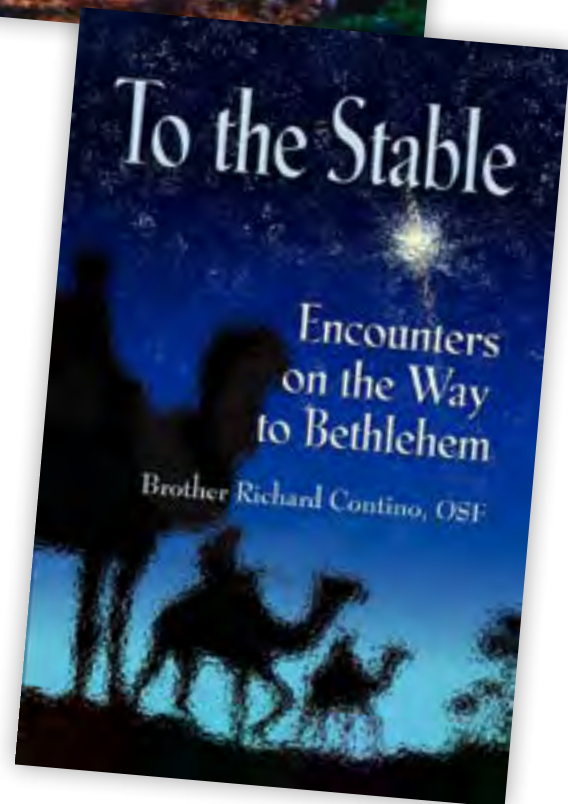
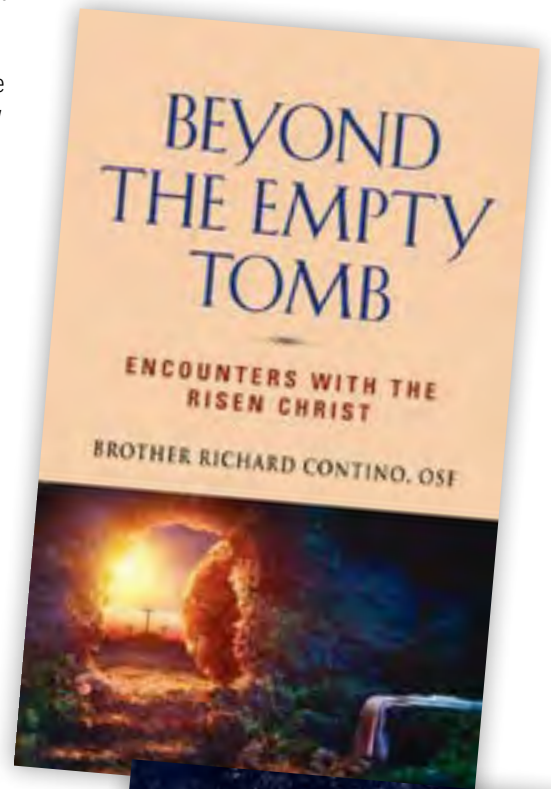
BR: My perfect day is a snow day! Staying in bed late, getting up for some praying and then just sitting in a comfortable chair and reading a good novel! And of course eating chips!

Q. If you could sit down and have an hour long conversation with any person living or dead who would it be and what would you talk about?

BR: Really! It has to be Jesus and Francis... who else would I want to talk to? What would I talk about? Nothing. I would just want to listen to the two of them have a

conversation and I would have my mom and dad come in just to visit and hug and kiss them one more time!

Thank you, Brother Richard, for taking the time to let us get to know you a little better!





Championship Teams

Congratulations to the following varsity teams on their championships!
Go Friars!



Boys Cross Country | League Champions



Girls Tennis | League Champions



Girls Cross Country | League Champions



Boys Soccer | State Champions

“
*God alone is
my strength*”
—St. Paul

Memoriam

John “Jack” Harkins | Father of John '91, Kera '93, Patrick '00 and Janice

Jessica Lewis '15 | Sister of Nick '25, TJ, Courtney and Bryce

Bill Lehecka | Father of William '96

Kelsey (Alvarez) Pokalsky '09

Joseph Reid | Father of Tim '83 and Luke '86

Pat Smith | Mother of Katherine Smith Ventura '88

Brother Larry Mafkoske

Kerry Mahoney '95

Dan O'Neill | Father of Susan Sutphen '01

Philip Schleede '06 | Brother of Cara '07, Julia '12

Brendan Weir '98 | Brother of Roisin '89

Dennis Gilbride | Father of Lauren '03 and Colleen '04

Matthew Tuttle '87

Frank Restmeyer | Father of Jared Restmeyer '18

Patricia Schadelbauer Sheahan | Beloved Mother of Richard Schadelbauer '80



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