



THE LANCE

Holy Cross
High School
Flushing, NY

March 2021
Winter
Semester

Interviewing Class Presidents

By Briana Tola & Alexandra Lynch

We had the opportunity to interview our student council presidents: Jianna Davnerio Freshman Class President, Briana Tola Sophomore Class President, Carmelo Delorme Junior Class President and Samuel Lee our Senior Class President.

The Student Council has been busy this year. They decorated the 9/11 memorial, held student council elections in November, planed fun spirit days, and organized the Valentine's grams sale. In addition Student Council has also been helping Sophomore Class President Briana Tola plan the Autism Awareness event that will take place in April. Now let's learn more about who our Student Council Presidents are.

Freshman Class President - Jianna Davnerio



Q: Are you in any other activities besides student council?

A: Other than Student Council, I am involved in the basketball team and running cross country.

Q: What made you run for class president?

A: I ran for class president because I want change. I want students to feel as if they have a reason and

speak up for what they believe.

Q: Do you have any goals as class president?

A: Some goals I have for class president would be for students to have a great time while being a part of Holy Cross and I am willing to do whatever it takes to make it fun and enjoyable.

Sophomore Class President - Briana Tola



Q: Are you in any other activities besides student council?

A: Other than student council I'm involved in Campus Ministry, The Lance, The Autism Awareness Committee, HCTV and Noble Knights.

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The Lance

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Interviewing Class Presidents continued...

Q: What made you run for class president?

A: I ran for class president because I wanted to help others and be a good leader. I wanted to help make changes to Holy Cross that I felt needed to happen and I wanted to be the voice for all students. I wanted to help not only my grade but the whole entire school.

Q: Do you have any goals as class president?

A: The goals that I have as class president is to make sure that everyone feels that their voice is heard. I'm also planning an Autism Awareness Shirt Drive that will take place in April. My goal is that all students can have more awareness of what autism is. During the month of April we will have informational videos that will explain more about Autism during homeroom.

Junior Class President - Carmelo Delorme



Q: Are you in any other activities besides student council?

A: Other than Student Council, I am a member of the National Honor Society. I haven't done any other activities this school year due to the pandemic but I wanted to try out for the basketball team.

Q: What made you run for class president?

A: I ran for class President because I wanted to exemplify myself as a leader; not only for the Junior class but for the Holy Cross school community. I want to be the best president I can possibly be while also having as much fun as I possibly can for our 4 years as a school family.

Q: Do you have any goals as class president?

A: My goals as class President are to make school fun for everyone and for everyone to feel like they belong to something. Everyone is unique in their own way and I want everyone to voice their opinions on certain matters. Although there are 4 class presidents in total, we all make a difference together.

Senior Class President - Samuel Lee



Q: Are you in any other activities besides student council?

A: Other than Student Council, I am a member of the Science Research Program, a player on the Golf team, and member of the National Honor Society.

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Interviewing Class Presidents continued...

Q: What made you run for class president?

A: I ran for class president to give everyone in the Senior class a voice. I want to represent and be a leader for the school. Even in the pandemic, I believe that we can still have an enjoyable year.

Q: Do you have any goals as class president?

A: My goals as class president are focused on giving back to the community. There should be more food drives and events for donations. I believe that by doing this, it would be an inspiration for others in the community to give back as well. The school should host more events that build a better relationship with the surrounding neighborhood.

Valentine's Day During A Pandemic

By Alexandra Lynch

As the pandemic and effects of COVID-19 continue to drag on, more and more experiences are altered to fit pandemic precautions. It seems that as we approach one year since the massive lockdown began, we have experienced almost everything slightly different. With gatherings limited and restaurants being prohibited from indoor dining every so often, holidays are celebrated differently than normal. We have been through Christmas, Halloween, New Years, and multiple other holidays with the exception of one widespread holiday; Valentine's Day.

Valentine's Day has been considered a romantic holiday, filled with giving your loved ones chocolates, stuffed animals, flowers, and other gifts along with an extra special reminder that you love them. When thinking back to Thanksgiving and Christmas, the way we celebrate these holidays was not completely shifted because of the pandemic, but Valentine's Day is sure to be quite different. While it is still possible to give and receive small gifts on Valentine's Day and maybe go out to eat for some people, the typical image of this holiday is what is most altered this year. It might not be as dramatic as movies portray it, but often on Valentine's Day

there are a good amount of couples hugging along with other PDA. While I am sure that there will still be many couples out and about, it will most definitely be greatly limited because of the circumstances we are in. Last year at Holy Cross there were many people exchanging gifts and hugging one another, but it's very possible that Valentine's Day at any high school will look different this year. With many kids doing remote learning, there are less kids in school as a whole, not to mention the fact that the students who do hybrid learning are split up between cohorts A and B. This means that not everyone gets to see their friends when they are in school, alluding to the fact that there will likely be much less gift giving on the Friday before Valentine's Day at Holy Cross. When we think about Valentine's Day, we think of couples hugging and kissing, but this year some are forced to celebrate a contactless Valentine's Day.

Though there are many downsides to a COVID-19 Valentine's Day, when looking at all of the new options for giving gifts it is clear that the pandemic has fostered creativity and new ideas. Long distance couples, or even people who live far away from any loved one during this time are some of the people who have it the hardest. Anyone who is away from the people they love even without the pandemic must have a difficult time, but to be in a long distance relationship while travel restrictions exist is even worse. While it is possible to travel,

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Valentine's Day During A Pandemic continued...

there is a large risk involved along with the requirement to quarantine before or after in many states. Unfortunately, this means that many couples might not have gotten to see each other for the holiday season and may not get to see each other for Valentine's Day either. However, one upside to the chaos COVID-19 has is that there are so many new services for gift giving and date ideas for those who cannot see each other. For example, services like SendAFriend allow people to send a cute stuffed animal to a loved one along with a personalized message. There are many more websites like this, including ones that make beautiful flower bundles and so much more. Along with this there are so many articles on how to do a movie night through video chat and many other creative ways to spend quality time with your loved ones even if you cannot be next to them. These ideas might even be worth it for people who can see each other this Valentine's Day, as restaurants are only opening to 25% capacity in the city and in this freezing weather there is not much to do. It might seem hopeless with nothing to do this year, but it is worth it to use these restrictions to foster creativity and find new ways to spend quality time with your loved ones this Valentine's Day.

With all of this being said, it is an understatement to mention that this Valentine's Day will be unique this year. Some people might actually enjoy the solidarity experienced during a holiday that many consider "cheesy" or unnecessary if they have no one to spend it with. These people groan to see everyone happy and in love on Valentine's Day, so at least the pandemic gives the opportunity for these people to stay home without the burden of watching everyone receive candy hearts and flowers. For older couples or married couples, the pandemic has allowed for a new level of intimacy after being stuck home together. A COVID-19 Valentine's Day gives an opportunity to celebrate this intimacy through a rough time. Though Valentine's Day might be different, it is important to celebrate relationships with your loved ones through this difficult time. Happy Valentine's Day!

Science Research

By Kat Mavromichalis

The Science Research in the High School Program at Holy Cross allows students to create a research project on a topic of their choice with the help of an outside mentor. There is a significant variety among students' topics; they can range from computer science to environmental science. Students enjoy this program because it gives them the opportunity to work under a doctor or professional. Holy Cross' extensive alumni network is clear in the research program. Alum Dr. Anthony Paratore is essential to the program as he oversees the students' work and teaches along the way with Mrs. Kenny. Several members of the program have had the opportunity to work under an alum, one being Alexis Wirta '23' whose mentor is Dr. Mario Haritos. Four of the thirteen Science Research members were interviewed and asked about the status of their projects and their experiences in the program.

Alexis Wirta '23

Q: What is your research project about?

A: My research project is about the use of platelet rich plasma injections in the shoulder (specifically in a rotator cuff injury). PRP is a form of regenerative medicine in which patients use their own plasma to repair their own injury. Studies have shown mixed conclusions; it works for some patients and doesn't for others. There are many factors that go into this, such as age and level of activity. The primary goal is to eliminate the need for surgery

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Science Research continued...

Q: What made you want to join Science Research?

A: I joined the Science Research Program because I knew that it would provide me with more opportunities for college. I have always been interested in becoming a professional in the medical field, and thought that if I participated then I would have a better idea of what career path I would want to take."

Q: How do you feel about having a mentor who is an alum?

A: Having a mentor who is an alum makes me feel more confident. I feel that because we are both part of the Holy Cross community, it connects us. It makes it more comfortable to work with him because he knows Mrs. Kenny and the administration."

Gabriella Aordkian '22

Q: What is your research project about?

A: My research project is about how the chemicals we expose ourselves to influence our risk of breast cancer over time.

Q: Has the transition to virtual meetings with your mentor affected your work?

A: I'd say the transition to virtual meetings has affected my work. During the virtual meetings my mentor gives brief updates to me on the research projects she is participating in at the moment, which is different than being able to actually go and see how she researches.

Q: How do you plan on fulfilling your lab requirements during the pandemic?

A: My mentor has a lab program that takes place over the summer with a few of her colleagues that work at University of Tufts and Columbia University. Right now, it is still unclear if it is virtual or in person. Either way, I intend to fulfill my lab requirements through that program.

Thomas Graham '21

Q: What is your research project about?

A: My research project focuses on the use of nanoparticles which are small particles made of a specific metal (in my case Iron nanoparticles) that can be loaded with cancer killing drugs and radioactive elements to kill and view cancer at the same time.

Q: Has any aspect of your project been affected by COVID-19?

A: COVID-19 has really stopped my research as my lab has been completely closed to outsiders which made my research much harder. I had to do all of my research online, reading about what researchers across the world were studying about my topics and the new findings that they had come to. So even though I couldn't get into the lab, I made the most of my research over quarantine.

Q: Do you have any advice for prospective Science Research members or for current members?

A: If I were to give advice to any prospective members or even current members, I would tell them to make sure that they pick a research topic that they enjoy but can be challenged by so that even though you are working hard, you won't feel like you're doing all the work you're accomplishing.

Christopher Chan '21

Q: What is your research project about?

A: My research project is the following of the clinical trials run by the FDA for drugs pertaining to disease control.

Q: Has any aspect of your project been affected by COVID-19?

A: COVID-19 has greatly affected my project because now, with the pandemic, many new drugs are being rushed through these trials, having to be approved ASAP. Much of my focus has shifted towards these drugs. However, there is a negative side to the pandemic, as many of the labs and trials have been shut down due to precautions.

Q: Do you have any advice for prospective Science Research members or for current members?

A: My best advice for prospective Science Research members is to choose a topic that interests you. You're going to be following the topic for 4 years, working until 2 am some nights and it should be something that you won't fall asleep reading. Many people choose a subject that has a close relationship to their personal life, so make the information that you're telling everyone information that you could also use yourself.

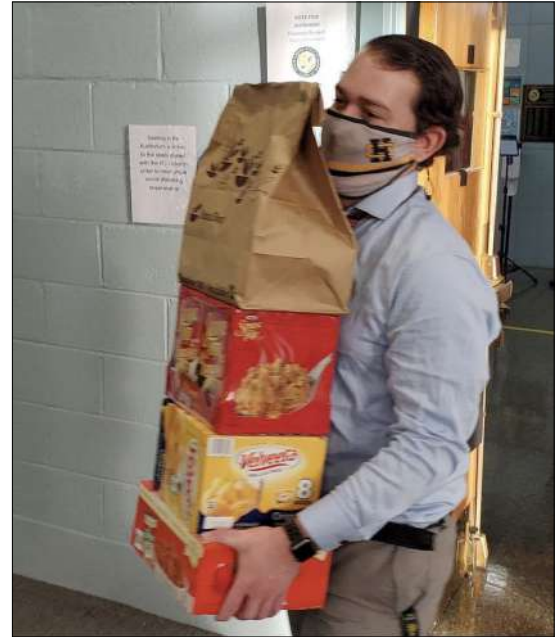
Thanksgiving Food Drive

By Irene Mavromichalis

Service has always been deeply embedded in the Holy Cross community. Our Annual Food Drive is a service opportunity that many students participate in. This year our Annual Food Drive was held on November 17th and 18th and remote students were also able to bring their donations to school to participate.

Students brought canned soup, canned yams, pasta, instant mashed potatoes, rice, dried beans, canned tomatoes, turkey stuffing, canned peas, canned green beans and juice as their donations to the less fortunate. Mr. Brolly organized the drive and said, "This thing really is a whole school effort, with over 500 students contributing food items. The food itself is going to be delivered to St. John's Bread and Life in the Bronx. They help out anyone in need of some assistance, no questions asked. The people who receive the canned food items, especially this year, are regular people who just need a helping hand in order to feed themselves and their families. The pantry also provides hot meals daily."

Being that service opportunities are limited due to the pandemic, the Food Drive was successful and many people participated. In previous years many students went to St. Mary's Children's Hospital and St. Joseph's School for the Deaf in addition to the Food Drive, however due to restrictions there are still ways to fulfill service requirements.



THE LANCE SPORTS

Bowling Team

By Briana Tola

The bowling season is officially over, and after a year of tremendous obstacles with Covid-19, Holy



Cross JV and Varsity were able to overcome all obstacles and finish 3rd in the league. It is a tremendous accomplishment, and took a lot of hard work, dedication, and patience from the players. In the last game of the season, freshman Michael Palmisano broke a league record with the highest combined scores in a single series. He bowled a 266 the first game, a 235 the second game, and a 274 the third game to combine for a 775 score. A record for the league and Holy Cross. The team shows a promising future with Michael leading the Varsity.

Student Athletes During Difficult Times

By Olivia Giakoumas

Whether used as an after school hobby, a future career choice or a simple recreational activity, many student athletes need sports to thrive. Though, due to COVID-19, a variety of high risk sports have been cancelled or altered for health and safety precautions. As a student athlete myself I can safely say this has been negatively impactful on many people. This has affected the lives of students who view sports as a key component

in their futures. Sports are also a getaway for many kids, to take time from reality and focus on what they love. This can ultimately affect the physical, mental and even academic situations for many kids. So understandably it is hard to get through these times without having a consistent season. So what do student athletes do in times like these to stay active?

Whether it is offseason workouts or modified practices, teams, coaches and students have all been trying to adapt to these new challenges. Getting small groups of students together to practice and train is a common solution for teams during their cancelled seasons. Though when students aren't given that option there are still ways to stay active such as going to the gym, going on a run, or training safely for the sport when it comes. To get a feel of these situations in a more personal way, I have interviewed a few students to get their personal take on it.

Q: What is your name, grade and sport?

A: My name is Tiffany Chen, I am in eleventh grade and I play softball and volleyball.

Q: What has your team or you personally done to stay active during your cancelled season?

A: For softball we just had a few safe team practices even though our season has not come yet. But it is less than what we would've done in a normal situation.

Q: Has high school sport seasons being cancelled affected you negatively or positively and in what way?

A: High school sports being cancelled has affected me negatively because I feel like we are losing time to play in our high school years. The seasons this year are much shorter.

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THE LANCE SPORTS

Q: What is your name, grade and sport?

A: My name is Remington Wray and I play football at HCHS. I'm finishing up junior year and preparing to be a senior.

Q: What has your team or you personally done to stay active during your cancelled season?

A: Sports not being in full affect has taken a toll on me and probably most of my team. To counteract this we've done workouts and practiced as much as we can for the undecided season.

Q: Has high school sport seasons being cancelled affected you negatively or positively and in what way?

A: It has affected us negatively since it is uncertain whether or not we will be able to play with our senior teammates for their last season, which is hard for all of us. We all just hope that they give us the go and we can play this season. Let us enjoy this last ride.

Q: What is your name, grade and sport?

A: My name is Olivia Scotti, I am in tenth grade and I play volleyball.

Q: What has your team or you personally done to stay active during your cancelled season?

A: The volleyball team has not really done anything to stay active. It has been hard to have safe and precautionary practices after our season got cancelled in the fall.

Q: Has high school sport seasons being cancelled affected you negatively or positively and in what way?

A: Sports being cancelled has affected me negatively. Volleyball was the way I stayed active and exercised. Without volleyball I felt less productive and lost motivation to stay active.

From student athletes themselves, the change in high school sports has affected them physically, mentally and even in their relationships with senior student athletes. It is uncertain when things will truly be normal, but there are temporary solutions that can occur to outweigh the challenges while being safe at the same time. Having zoom practices, doing at home workouts or meeting with teammates to stay in touch are all safe options to engage in when sports are not in play. Staying active is important for mental and physical health so supplying students with options and sources to participate in sports is truly important. It may not be possible for things to be "normal", but having temporary solutions can truly help the lives of student athletes feel like it. During these times make sure to be there for your friends and family who participate in sports when they can't have that outlet. Until things change for the better, try to engage in other solutions for now to stay active and healthy.

Exciting things are happening on our campus as we continue to move ahead with the plans for our new Athletic and Convocation Center!



Photo credit: @holycrosshsny on Instagram