



THE CURRENT

Cathedral Prep School & Seminary
Very Rev. Joseph Fonti, Rector-President, Mr. Richie Diaz, Principal

Bishop Chappetto Visits Cathedral

By: Robert Mestrandrea

On October 4, the feast of Saint Francis, Auxiliary Bishop Raymond Chappetto visited the Prep. He talked about how he used a piece of the Prayer of Saint Francis when he was ordained a bishop as part of his motto. He also told us that we should use the prayer of Saint Francis in our everyday life. Since it was his first visit of the school year, Bishop Chappetto, a Cathedral Prep graduate himself, gave us a day off, as is the tradition. Leaving the chapel, the bishop greeted all the students and teachers. Thank you for your continued support of Cathedral Prep, Bishop Chappetto!



A History of Queens Center Mall

By: Joseph Krug

Ah, the Queens Center Mall. Few buildings evoke such a wide range of emotions at Cathedral Prep. There are the timid freshmen, who dare not step a foot within the mall. The daring sophomores, willing to venture into any unknown territory for the sake of having discovered it alone. The confident juniors, who, having conquered the mall, express their dominance by going to the mall with a cavalcade of intention. And, of course, the seniors, who just don't care.

The birth of the plans which would become the Queens Center Mall were released in June of 1970, over 47 years ago. It was designed by a company from Los Angeles and would cost 60 million dollars to build. The first stores to dwell within this behemoth of

capitalism were Abraham and Strauss, and Ohrbach's (both were department stores). These both opened on September 12, 1973. The remainder of the stores opened for

business over the course of 1974.

Since it serves the millions of people living in the good borough of Queens, it is one of the most resoundingly successful malls in America. Roosevelt Field and Green Acres Mall "ain't got nothing" on QCM. However, as shouldn't be a surprise, the mall grew gross, and by the late '80s, needed a serious renovation. This included a food court being made out of a restaurant on the fourth floor.

Over time, the mall grew, shifted, and changed. In 1995, the Macerich Company purchased the mall and began a 275 million dollar overhaul. Macy's expanded, J. C. Penney's moved in, and a fifth level was added. Also new was the 14-bay World's Fare Café Food Court that we walk through looking for free samples today.

And, on November 19, 2004, the most reliable and necessary part of QCM was added: the elevators.



The Current State of Healthcare in America

By: Thomas Daudelin

In 2010, President Barack Obama passed the Affordable Care Act. The bill gave over ten million Americans coverage under federal law and immediately gained him contempt from Republican lawmakers throughout the Capitol. Over the sweltering summer months, the now-GOP-owned House and Senate made renewed pushes to try to repeal and replace Obamacare, but to no avail. Senators Lindsey Graham (R-SC) and Bill Cassidy (R-LA) tried pushing their own bill in late August. That bill would have cut billions of dollars to states that supported Medicaid expansion and would have cut federal Medicaid spending across the board. However, this failed to gain support from Democrats and moderate Republicans, such as Senator John McCain (R-AZ), and failed to pass. On the other side of the aisle, Senators Bernie Sanders (I-VT) and Elizabeth Warren (D-MA) have proposed the Medicare for All Bill. The bill proposes major tax increases on the rich and would create a single-payer healthcare system like Canada or Britain. Although the bill is unlikely to pass, if it did it would drastically change healthcare in this country. However, the process has become even more hectic with President Trump also walking into the murky Obamacare waters, passing an order to cut several of the regulations pushed by the Affordable Care Act. Whatever happens, there is no doubt that the future of healthcare in this country is certain to change.



John's Reel Reviews: The Lego Ninjago Movie

By: John Schilling



(Photo credit:
metacritic.com)

The Lego Movie Franchise takes a step back with the recent release of the *Lego Ninjago Movie*. The film offers an entertaining story that kids will enjoy, but has quirks that separates it from the success of its predecessors.

A common theme in the film is a sense of trying to be something it isn't. Instead of being a simple Lego movie, it tries really hard to be a great movie that has something for everyone to enjoy, while still keeping the Lego theme. It comes off as *The Lego Movie* (2014), but with ninjas. This is the film's downfall.

The film is about a city named Ninjago, which is constantly being attacked by a villain known as Lord Garmadon (played by Justin Theroux). His son, Lloyd (played by Dave Franco), is a part of a ninja warrior team with some of his friends, who all work to take down Garmadon. Lloyd is very bitter towards his father for not being in his life and making people not like him, but at the same time wishes his father was around. As you would expect, this causes a conflict for the young ninja, who is forced to face his father to protect the city and its civilians.

One could argue this plot sounds familiar to a variety of other films, which is not very uncommon as ideas are constantly being reused. What saves films when they do it is how they go about it, which is often discrete and limited. The *Lego Ninjago Movie*, however, constantly reminds the audience of other movies to the point where it's realized the film is relying on other films to make it enjoyable. This is seen through many subplots and scenes in the film, which have ties to movies like *Star Wars*, *Indiana Jones*, *Spiderman*, *Godzilla*, etc.

The plot is about a hero having to fight his estranged, evil father, which resembles *Star Wars*. To make it even worse, his father causes him to lose an arm, which at this point makes it more obvious. One of the subplots is that Lloyd's mother has no idea about his "ninja fighting" alter ego, which is heavily similar to Peter Parker and Aunt May's relationship in *Spiderman*. Furthermore, the plot eventually requires the group of ninjas to go on a long, threatening trip in which they encounter its threatening inhabitants, whom try to burn them to death like it's an Indiana Jones movie. In addition, the movie also has a cat destroy the town at one point, which reignites a "monster attacks the city cliche" from *Godzilla*.

Despite the heavy reliance on other films, the *Lego Ninjago Movie* does have some positive qualities. It succeeds in providing heartfelt emotion to the audience, which is a hard task considering the city and its characters are Legos. The film very rarely takes a break from the action, which prevents the audience from feeling bored. The humor is rather simple, but good enough for a young audience to appreciate. In terms of the voices behind the characters, they were nothing special, but at the same time suitable for the characters they portrayed.

Overall, the *Lego Ninjago Movie* is disappointing in a sense that it relies too much on other films, but fulfilling in a sense that you get what you came for: a movie with Legos.

The Nobel Prize Background

By: Eryk Baginski and Alexander Lomas

Everyone knows about the Nobel Prize, but not a lot of people know its origins. The awards are named after an inventor by the name of Alfred Nobel. He invented dynamite, which gave him a huge amount of wealth. In his will he stated that he wanted his money to be given to the people that made the biggest contribution to mankind. There are many Nobel categories, such international peace prize, literature, and branches of science such as chemistry, physics, physiology and medicine. The award is about 9 million Swedish krona or 1.1 million dollars. If there are three winners, half of the award is given to one person and the other two split the balance. The Nobel Prize is an international competition. Thousands of scientists from around the world nominate fellow peers who are eligible for the award. No scientist can nominate himself. The nominees for the field of chemistry and physics are evaluated by the groups at the Royal Swedish Academy of Sciences in Stockholm. A committee at Karolinska Institute, a medical university in Stockholm, evaluates nominees of the medicine or physiology fields. The first Nobel Prizes were awarded in 1901. Nils Hansson, a medical historian in Germany, states that the Nobel Prize is "reckoned the world championship of science. It's the most prestigious prize worldwide." Scientists are celebrated like superstars and receive a lot of fame for their research. It is something every scientist dreams of receiving.

Journey to Greatness 1.0

By: Sebastian Rosas

An important theme at Cathedral is "Becoming a Man of Greatness." However, I constantly ask myself, "How can I improve every day, and reach all of my goals, while still enjoying life and not having to hassle and stress constantly?" So, in this, my senior year, I wanted to begin a journey to change my life and reach my goals, and I wanted to invite you to join me in this process. In this monthly newsletter, I want to give you the most useful, PRACTICAL steps that you can begin to employ in your life to eventually attain that greatness that you desire.

1. Take ACTION: Many of you have probably gone on self-improvement websites or watched videos on how to become better in some aspect of your life. The truth is, ALL of you already know the information you need to reach your goal, but the problem is your lack of ACTION. This key step is the most important in the process of changing a person's life, and yet people continue to fill their minds with more of this "self-help" mumbo-jumbo, but don't actually DO anything with that knowledge. Reading books and blogs, and waiting for "The Right Time" to begin modifying your life will not do anything to positively change you. When you begin to form a game-plan, and actually ACT on what you know, then you will see the desired results of your efforts.

2. Change Your Mindset: The mind is the control point of your body. So if you constantly feed it negative thoughts, you will never succeed in your endeavors. There is a wise saying, "You are what you think," and this cannot be truer. Instead, constantly seek to think in a positive manner, and there are three practical ways to do this:

1. Rubber-Band Method: Put a rubber-band around your wrist, and whenever you feel a negative thought coming up, snap the band. This will train your mind to associate negative thinking with pain, and you will eventually begin to recognize and end negative thought patterns.
2. Positive Narrative: This step goes along with Step 1, and it basically involves having something that inspires and strengthens you, (be it a quote or a Biblical verse) that you repeat to yourself EVERY SINGLE TIME a negative thought comes to your mind (when you snap the rubber band).
3. The final step involves visualization, which is another powerful practice that I will discuss in the next newsletter. In this case, to end negative thinking, visualize (in detail) a piece of paper with your specific worry/negative thought written on it. Then see yourself setting that paper on fire, and watch as the words dissipate before your eyes, along with your worries.

Again, these tips are meant to help you, and it is up to you to USE them and see which one is of most benefit to you. My hope is that this information has helped you, and I invite you to speak to me personally so that we can further explore this topic. So now I ask you, are you ready to take part in this, our "Journey to Greatness"?

Andrew's Amazing Art (a.k.a. AAA) by Andrew Chalmers



HAPPY THANKSGIVING WORD SEARCH

P	C	O	W	X	Y	W	O	C	W	X	Y	W	W	
U	H	K	E	A	U	L	U	F	K	N	A	H	T	E
M	V	O	I	S	T	U	F	F	I	N	G	F	D	D
P	M	J	L	W	M	C	K	Y	J	T	W	A	C	B
K	T	A	U	I	K	N	J	T	G	U	D	M	N	R
I	N	M	H	C	D	G	M	U	M	Y	E	I	G	E
N	R	V	I	E	O	A	H	R	V	I	E	L	J	A
Q	E	B	O	R	L	D	Y	K	P	O	R	Y	D	D
F	R	I	E	N	D	S	A	E	I	P	F	P	K	D
S	Q	U	L	B	L	L	S	Y	U	L	P	B	L	L
W	A	Y	G	S	E	O	T	A	T	O	P	A	O	O
X	S	A	L	A	D	I	X	S	T	K	G	Q	I	F
D	Y	A	M	A	D	S	D	D	R	M	B	Z	U	U
F	L	T	H	A	N	K	S	G	I	V	I	N	G	Y
G	P	Q	C	H	S	E	L	B	A	T	E	G	E	V

- See how many of these words you can find in the puzzle. The words can be forward, backward or diagonal.
- | | | | |
|-----------------|-------------|-------------|----------------|
| 1. THANKSGIVING | 5. THANKFUL | 9. STUFFING | 13. PUMPKIN |
| 2. HOLIDAY | 6. FOOD | 10. SALAD | 14. PIE |
| 3. FAMILY | 7. TURKEY | 11. BREAD | 15. VEGETABLES |
| 4. FRIENDS | 8. POTATOES | 12. YAM | 16. HAM |

Assassination Attempt Foiled! Latin Teacher Okay After Attack

Last Thursday's Fall Crusaderfest saw the fraternities of Cathedral Prep go head to head, but little did the participants know there was a plan to end Latin in the school forever. Thankfully, the plan was unsuccessful, and Mrs. Rosa is doing just fine and conjugating as usual. When asked for a quote, Mrs. Rosa said simply, "Et tu, Patrice?"



The Cross Country Team Goes to Six Flags

By: Kevin Plut

On September 30th, the Cathedral Prep Cross Country team travelled to Six Flags for a fun, if untraditional meet. Mr. Medina drove the varsity team down to Six Flags Great Adventure in Jackson, New Jersey, for a 5 kilometer race, or 3.1 miles. The members of the team who went were seniors Emmanuel Ambroise and Daniel Berhan, sophomores Aaron DeLeon, Elias Diaz, and Alex Lomas, and myself. This was uncharted territory for the team as we have never been to Six Flags for a meet; furthermore, we normally run 4 kilometers, or 2.5 miles, at Van Cortlandt Park for our races. It was a unique experience. We were allowed admittance to the park after the race for a cheaper rate, and the course proved to be a challenging.

Getting in the car around 9 o'clock, we talked and slept for the approximately two hour car ride. After Mr. Medina parked the school van in the Hurricane Harbor parking lot, we proceeded to the course itself. Some members of the team would attest to the fact that it was cold out, being 53° Fahrenheit and "very cold" according to Aaron who brought two sweaters. There was a large crowd gathered around the finish line in addition to numerous teams that we never saw, before much less heard of. We stopped and watched the ongoing races while Mr. Medina checked us. The terrain of the straightaway was unusual, consisting of small rocks and a dirt/sand mixture. Eventually it was noon. It was time for us to warm-up and get ready for the race which was would start at 1:10. After stretching, eating a quick snack, and running a "light" two miles, we walked to the starting line.

Once the gun went off, everyone broke out into a run, with a few sprinting, then slowing down. I was in the back because of the cold and I struggled to breathe. I saw the other runners moving forward and keeping with the rest of the pack, as well as Daniel and Emmanuel move towards the front, while Elias stuck with Alex and I moved closer to Aaron. After finishing the first of three miles, we entered the wooded area and exited 600 meters later into the Six Flags Safari. This was where the majority of the race took place and was arguably the hardest due to the aforementioned unusual terrain. Along with grass and dirt, there were short patches of sand that slowed us and the rest of the runners down, severely taxing our legs. Although it was not viewed as bad in the opinions of others, I had a particularly tough time with the patches and sought to avoid them. Similar to the sand, there were brief segments of concrete that also made it difficult to run as our spiked racing shoes could not get as much traction when compared to dirt. The portion of the race inside the Safari was a large back-loop where the animals are normally kept, but were moved for the purpose of the race.



Results:

Event 19 Boys 5k Run CC Varsity E

7th place (out of 14) Cathedral Prep 169

Runners placed: 7th 25th 44th 45th 48th 53rd (out of 111).

Total Time: 1:34:28.00.

Average: 18:53.60



Yes, Bowling Is a Sport

By: Donal Harnett

Some people believe that bowling is not considered a challenging sport, but it is. Like other sports, bowling requires teamwork, skill, and practice. These are the main elements that make up a sport. One player cannot carry the team. It is a group effort to win a game. There are three matches in every meet and the team that wins the most matches is victorious. What makes bowling unique is that each player plays the same amount of time as every other player. So in bowling even the weakest player can make a difference between winning and losing because every point counts in a game.

During a game, your teammates are always showing their support for you even when you fail. They will be there in the settee area with a high five or a handshake waiting for you after you've bowled. Sometimes even the other team will congratulate you after achieving a strike for the first time in a game. The more experienced players on the team also provide tips and strategies to younger and less experienced bowlers. However, the best part of bowling just like every other sport is spending time with your team by making jokes and having fun. Bowling is a sport because of the brotherhood that is created by it and the effort that each member of the team puts into it.

The Current

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LOVE GURU #1

By Christopher Pham

1. Why are you still single?
Because I am too overqualified for them.

2. What book do women like the most?
Their husbands' checkbook.

"It is not a lack of love, but a lack of friendship that makes unhappy marriages"

-Friedrich Nietzsche