

The Gospel

Coleman's number one source for 'the good news'

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JAC News

French Club

Helena Waterous

Bonjour! Come join Coleman's newest club, the French Club! You don't have to take French to join—anyone can appreciate French culture, and doors are open to one and all! We are looking forward to a year full of fun activities, and hope to take some trips as well. Right now, French Club is creating Halloween and Thanksgiving pumpkins using a method called "decoupage". Come by the office and take a look at our fancy pumpkins, and don't forget to order a few before the holidays! Order forms can be found in the office. Meetings are usually on Tuesdays, but we try to make them whenever it is convenient for members, so don't worry if you have a busy schedule—we will work around it. So, come on down to Room 1 and join Madame Schirmer and the French Club in some French-filled fun, and have a croissant while you're at it! We are looking forward to new members, new ideas, and a great year!

The Boyfriend

Anna Jankowski

The discussion about the Coleman fall show starts long before anyone would expect. Theatre kids sit in huddles at lunch, after school, on buses, and at each other's parties trying to crack the mystery. Having been in these conversations in all of these places ever since the spring show closed, I can honestly say *The Boyfriend* never came up.

When asked what the expectations were for the fall show, freshman and ensemble member Thomas Netter began to say "Something fun and..." then he sighed and said "*Gypsy*." *Gypsy* was what we all assumed would be our next show. It's one of the greatest American musicals, ranked among *West Side Story*. It only made sense that *Gypsy* would be our

follow up to *The Phantom of the Opera*. I was at a sweet sixteen when I heard that *Gypsy* was out of the question. I was disappointed, but not heartbroken. Like any good performers, the cast did not let rejection stop them. And thus, *The Boyfriend* was chosen.

"I didn't know what it was!" junior and ensemble member Colleen Sickles says of finding out the fall show was *The Boyfriend*, "I had to go and look it up online!" She wasn't the only one. After spending some quality time scrolling through the pages of Google search results, we found out that it was a 1920s era show taking place at an all-girls school on the French Riviera.

"'20's shows are always fun." Thomas Netter says with a smile.

"I was happy that it was a comedy. I'm kind of sick of doing depressing shows and comedies are really upbeat and happy," Colleen continues.

The biggest worry amongst the cast was living up to last fall's performance of *The Phantom of the Opera*. Since that show had already been conquered, there was the false notion that "nothing could be as hard as *Phantom*."

"*Phantom* was really complex and I didn't really think anything could be as challenging as *Phantom*." Freshman and ensemble member Molly Brown says.

A major roadblock the cast failed to observe was something the majority had never dealt with before: intense choreography. Long numbers set to allegro tempos of 152 beats per minute (That's really, really fast, over two beats per second) threw nearly everyone for a loop.

"Difficult, really difficult." Tamara Tramelli says of the dancing. Tamara is a junior and plays a schoolgirl in the show.

"Being a dancer, some of it is coming to me, and other stuff I have to work on," Thomas Netter says.

Rehearsals ranging from three to four hours long have been highly physical and more stressful than usual. The senior class is the only class that has ever been in a bonafide dancing show (*Anything Goes* 2008) –the others have either partaken in more vocally-demanding shows, or are newcomers. A total of ten hours a week are spent in rehearsal, mainly practicing dancing or learning more dance steps. Sweat and frustration are constantly present during these sessions. Five-minute breaks are one of the only things that keep the cast sane.

"During rehearsals, some of us are focused on what we're doing and during break we're kind of less focused. It's sort of a free for all," Molly Brown explains.

The whole process sounds absolutely miserable, so why bother? While it is overwhelming, theatre at Coleman has an unmatched payoff: the

opportunity to be a part of such a talented group of performers and have them become your closest friends.

"All the camaraderie between the actors and my love of singing, music, and acting." Those are some of junior Helena Waterous's reasons for loving to participate in the shows at Coleman. Helena plays the role of Hortense.

"It's the sense of community or looking to achieve a common goal." Matt Hagerty says.

The show itself is hilariously written. The casting of certain roles is particularly brilliant i.e., senior David Schillinger as an old man with a wandering eye and junior Abbey Ressa as an over dramatic, affection-seeking headmistress.

"[There is] a lot of humor carefully placed throughout the show," Tamara Tramelli notes. Matt Hagerty adds with a smile,

"People should see the show if they are from Coleman or related to someone from the show. People can expect to see a level of high school theatre that is unparalleled by anyone in our area. We are known locally and nationally - or so Ms. Hopson tells us."

Instrumental Lessons

Helena Waterous

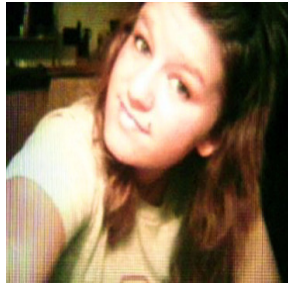
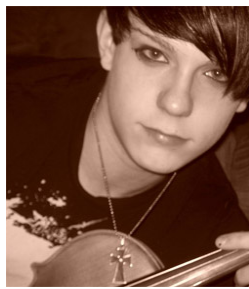
Have you ever wanted to learn to play a musical instrument? Now is your chance to learn! Sue Lichtenberg, experienced band director and instrumentalist, gives lessons at Coleman every Tuesday. She teaches students from beginner to advanced on any instrument (except piano) and holds afterschool rehearsals most Tuesdays until 3:15 for the entire ensemble. Instrumental lessons are a great experience for anyone who enjoys music, and are, most importantly, fun. Students will have the chance to perform at the Coleman concerts, and can choose to participate in NYSMMA as a soloist. Private or group lessons are available. If you are interested or would like more information, contact Sue Lichtenberg at SLichtenberg@hudsonvalleyyouthwindensembles.com

Note from the Editor

Gina Vargas

I have recently been informed that there is some confusion over the title of this newspaper, 'The Gospel'. I feel it necessary to inform you that,

although inspired by Coleman's status as a Catholic school, this newspaper has no religious affiliation. The title is merely a play on words. The word 'gospel' does indeed mean 'the good news', as is indicated in the subtitle. The Gospel encourages religious tolerance, which shown by the 'Coexist' banner featured on the last page of every issue.



Something to Keep in Mind

Anna Jankowski

All of these teens were between the ages of 13-18 when they committed suicide due to bullying.

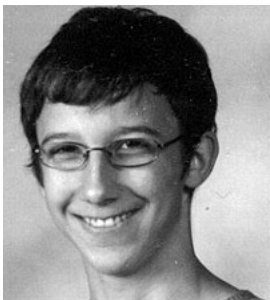
National Suicide Prevention Lifeline: 1-800-273-TALK (8255)

Trevor Project Hotline (for LGBTQ youth contemplating suicide): [866-488-7386](tel:866-488-7386)

Both hotlines are completely confidential.

Please remember to be kind to your classmates!

From top left: Alexis Pilkington, 17 (at age of suicide), Brandon Bitner, 14, Samantha Kelly, 14, Michael Blosil, 18, Phoebe Prince, 15, Eric Mohat, 17, Jamie Hubley, 15, Jessica Logan, 18, Jamey Rodemeyer, 14., Megan Meir, 13



Opinion

The Guilty in Innocent

Gina Vargas

I got a text the other day from a friend of mine. In it, she relayed to me an upsetting story about how someone had made a comment to her intended to be harmless ribbing, but one that she was nonetheless wounded by. Although I assured her the best I could, the happening made me start wondering about how supposedly 'innocent' teasing and other such things can actually be hurtful to the people on the receiving end. Sometimes people are more vulnerable than we realize. Sometimes they laugh it off and pretend not to be bothered. The fact is, we can't know what someone's emotional world is like, so I'm of the opinion that it would be wiser not to test it.

One of the tenets of Coleman high school is respect for other people. If you have a friend you know tends to take things personally, don't joking call them an idiot. I'm amazed how often I hear friends treating each other in a way that, if taken out of context, would be considered downright hostile. There's no point in recklessly experimenting with the limits of another person that way. Or in any way, for that matter. Anyway, it's much more fun to build someone up than to tear them down, even if you don't mean it like that.

Along with avoiding unnecessary antagonism, it is also important to emphasize extra kindness toward those we consider close to us, and even to those we don't. Now I'm not saying we have to go crazy –no place full of teenagers is going to be transformed into happy happy fairy-princess land with a smidge of magic powder and an editorial. But going out of your way to show someone who's feeling down a kindness can be just what they need to feel better. Seriously. Picking up a pencil for someone else can turn their whole day around.

Hope and happiness are elastic things --they fluctuate like the stock market. For some inexplicable reason, being nice to other people also makes us happy. Sometimes it's because we feel like we're earning 'points' for our good deed, and sometimes it's because we feel we're fulfilling our faith or set of morals. Whatever it is, it sure feels good, doesn't it?

My resolution for this month is to try to be sensitive to the emotional climates of others and to treat them accordingly. I'll censor myself more, be a pencil-picker-upper, talk to the quiet kid, pay a compliment, the whole bit. I suggest you do the same. Just try it.

I dare you.

You Go to a Catholic School...

Amy Marie Malik

One of the many privileges we students have here at Coleman, is the opportunity to go to mass. Although it is only once a month, it is still something we should take seriously. Mass is something we students of a Catholic school need in order to have a stronger faith. It has come to my attention that the majority of students take it for granted. I don't want to sound like I'm preaching, but is thirty minutes a month too much time to give to the Lord?

Of course there are the factors of other faiths. Whether they're Christian faiths or not, we still attend a Catholic school and need to show respect to those who want to get something out of mass.

The thing that gets me, and I know I'm not the only one who feels this way, is when students openly *complain* about having to sit through a so called 'boring mass'. As a Christian, it actually hurts me to hear that my friends are just so turned off by worshiping the One who made them. I mean, you're paying to go to a Catholic school, do you really expect there to never be any mention of God?

The next thing I'm going to say applies truly to Catholics only. Someone who I see as a very strong Catholic once said to me, "We as Catholics need the Eucharist to have good spiritual health, as we as people need food like pasta to have good physical health. It really hit me to see how focused some students can be while others whine about mass. Personally, I think we should have mass more often since we only have religion classes every other day.

Perhaps asking to have mass more often is too much to ask, but is it too much to ask for respect towards the Lord? Or at least during mass while other students are trying to enjoy something that means a lot to them...Again, I don't want to sound like I'm preaching, but the point I'm trying to make is, if you're going to complain about mass, maybe you shouldn't be attending Catholic school.

Creator and Editor

Gina Vargas

Issue Contributors

Helena Waterous

Anna Jankowski

Gina Vargas

Amy Malik

Advisor

Mrs. Stopczynski

The Arts

Redefined

Gina Vargas

A friend of mine asked me to define the word 'woman'.

So I looked it up in Merriam Webster's Collegiate Dictionary and this is what the entry said:

An adult female person.

I felt that was a poor definition, so I came up with my own.

Woman: a complex, effective individual possessing intelligent awareness, often with an empathetic spin.

An arresting goddess, she has harnessed personal power and uses it first for herself, then for others.

This everyday being has the ability to transcend provincial expectations and unleash her potential in order to mold the ordinary into something magnificent. This entity can live passionately, reach spiritually with every breath, and design her own glory—

She's nothing short of a warrior within nature, in touch and connected, independent and collected --she is not helpless.

And now you know.

