



The Cardinal Flyer

Student Edition

FEBRUARY 25, 2009

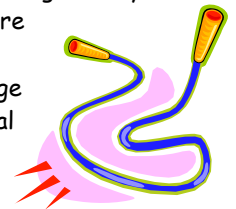
VOLUME 2, NUMBER 5

Jump for the Heart

By Jennifer Hernandez

Do you know what Jump Rope for the Heart is? If you don't, it is okay. Jump Rope for the Heart is a program for elementary school children. While these children are having fun jump roping, they are raising a lot of money for people with heart problems. They do this by asking friends and family for pledge donations to support them in the jump rope competition. It is a fun event. The Heart Association is known as a community service program for people who don't have heart problems. This program also helps people learn about how to prevent heart disease, and it helps children become interested in physical education. This is a great activity for children and it raises money too!

The heart is so important to the body; it is astounding! There are many things that you should know about the heart. First, you need to check your blood pressure regularly. Next, don't smoke; smoking doubles the risk of heart disease. Limit your fat intake also and maintain you're over all body fat percentage of less than 26% to stay healthy. Try to get 30 to 60 minutes of physical exercise three of four times a week. Physical activity will give you more energy, better circulation, strong muscles, bones and joints, and lower blood pressure. It also makes your heart healthy and happy!



St. Charles Borromeo School had a chance to do this wonderful fundraiser! We were able to participate in this event because the Physical Education teacher, Coach Sandoval, and the nurse, Nichole Sandoval, got the Heart Association to come to our school and help us to make a difference in our world. We had a wall of hearts and every time someone donated money they were put on the wall of hearts. Every week Heart Ambassadors were chosen. These people were the ones who donated the most money to the cause among them where Elijah Griego, Montana Sandoval and Mrs. Wheeldon. As well as raising money, we had jump rope competitions. Coach Sandoval had every class jump for 15 minutes straight and judged who jumped the longest in every class. She also had the kids work as a group for another competition where they choreographed a routine to jump to. The best jumpers were then sent to the gym to compete against each other. Makayla and Sara (4th graders) won the individual competition. Four seventh graders won first place, four second graders won second place, and three fifth graders won third place in the group competition. This is a great experience for St. Charles to help save lives! We loved it!

So, as you can see this, association is amazing. It is fun for children and saves people's lives. It does so many things to get people, young and old involved in charity. This is a great organization not only because it helps people that have heart problems, but in the process of saving lives you can have fun and stay fit too! Along with all of these absolutely incredible things, Jump Rope for the Heart teaches kids about how to stay fit, how to take care of their health, and have awareness of people in need! Jump Rope for the Heart is the charity that we need everywhere. The kind that not only gives to those in need, but gives back to everyone!

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Faith Challenge Bowl

By: Christopher Monjaras



Did you know that there is a contest that tests your knowledge as well as your agility? It is called the Faith Challenge Bowl and it is coming soon!

This is your chance to prove that you know the facts of the church. Here at Saint Charles, each grade has a completion to see who knows their religious information the best. We are given the questions. We research and study answers. There is one representative for each grade (3rd-8th) chosen. When the school competition is over, the seven people that made the cut will start practicing with Mrs. Donato. They not only practice their religion facts, but they also need to practice the relay race too.

The final contest is held at St. Pius High School. There you will compete against others schools. You will go out onto the football field and the people will ask you questions. When you think you have the right answer you must run the answer to the judge's desk before the other schools do. This is what makes it fun. This fun day it during a regular school day, so it is like a field trip where you get to answer religion questions, exercise, and meet people from other Catholic schools!

Why should you enter this contest? Well, because there is not a better contest that is more fun than the Faith Challenge Bowl. You will not regret entering this contest. If you enter and end up part of the seven that go to St. Pius you will have the time of your life. Even if you don't win in your class, you will have the pride of at least trying. Plus, you will learn a lot of facts about the Catholic religion. You defiantly should enter this exciting contest of Catholic knowledge.

Teacher Feature

By Megan Benavidez

Have you ever wondered what your teacher's childhood was like, what he or she does outside of school, why they wanted to become a teacher, or what they like best about the school? Well, you will find all these answers to these questions regarding Mrs. Menicucci.

She didn't grow up in Albuquerque. She grew up in a small town named Los Alamos, New Mexico. She said that when she was a kid, she liked to play baseball out in the street of her neighborhood. She also enjoyed sliding down the snow covered hills in the winter time, playing outside, and hiking in the forest. Mrs. Menicucci had a wonderful childhood.

Just for fun, and when Mrs. Menicucci is not in school, she likes to go to the movies and she sometimes likes to go out to dinner. She said that she enjoys traveling. As well as traveling, Mrs. Menicucci is a treasurer and a board member for a solar energy nonprofit group. She enjoys work but, that doesn't mean she doesn't like having some fun. When Mrs. Menicucci is in school, she enjoys teaching students new things.

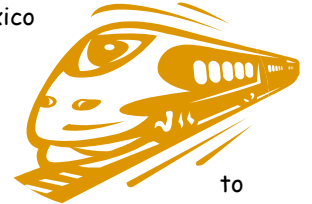
Mrs. Menicucci wanted to become a teacher because she enjoys middle school students and she likes when they discover something new. Over all of the other schools that she could have chosen to teach at, she chose St. Charles because she likes the environment. Mrs. Menicucci thinks that the students are the best thing about the school because they are all fine people. She also believes that they have the potential to become leaders.

Mrs. Menicucci is a wonderful teacher and makes a difference because she helps students learn new things every day. As you know, Mrs. Menicucci has done a great job teaching computers and being the 6A homeroom teacher. Mrs. Menicucci has been teaching for twenty-three years and has enjoyed every minute of it. For all the fifth graders that will be sixth graders next year, you will definitely look forward to having Mrs. Menicucci's class and maybe you will even be in her homeroom!

Rail Runner

By: Elliot Espinosa

Can you hear the whistle blowing as you race down the tracks with everything speeding by you as fast as light? You can feel this rush by riding the New Mexico rail runner. I experienced this wonderful form of transportation with my dad. We had many adventures just riding this local transportation. It was absolutely remarkable!



My dad and I went on an adventure when we rode the rail runner Santa Fe, New Mexico. When we bought our tickets for the rail runner its one dollar per zone (train station)! My dad and I rode our bikes to the rail runner station, and got our tickets. It took about twenty minutes to get there from my house. When we got to the rail runner station, we were about one hour early so we went to go get something to drink because we were both thirsty from the bike ride. We went to a nearby café and got a couple of hot chocolates. When we got back to the station, we boarded the train to Santa Fe! It took about an hour and a half to get there because on the way, we had to stop at some other railroad stations. When we got to Santa Fe, we forgot where we were going! Luckily, my dad's friend was there to help navigate where we were at. We stayed the night at the La Fonda and visited the cathedral. The cathedral is being renovated right now so I just got to see the front through the plastic covering that is over the building. We also saw the miracle stair case while we were there. At the end of the day we went to dinner, and spent time at the hotel.

When we got up the next morning we went to the restaurant in the hotel. It was excellent. Then we went back to our room gathered our belongings and checked out of the hotel. When we were riding our bikes back to the station we got a phone call from my grandma and said that the rail runner doesn't run on Sundays. We were trapped in Santa Fe! It turned out that she came to come pick us up. We got to go see my grandpa grave site at the Santa Fe National Cemetery.

I would recommend this trip to everyone who loves trains. It only takes about an hour and a half to get from Albuquerque to Santa Fe. Every zone (train station) costs a dollar. The maximum price you have to pay is about eight dollars. I liked the experience because you get to spend time with your parents or relatives. I think everybody should try this because it is really fun. I hope, if you ride the rail runner, you'll enjoy this mini adventure. The rail runner is a good way to travel whether you just want to have fun or you're commuting from Albuquerque to Santa Fe for work. This is a great addition to Albuquerque's transportation system in my opinion!

Pope Saint Pius X

By: Alysia Hernandez

Many eighth graders have been thinking about and hoping to get into Pius High School next year. As I considered what the school was like, I wondered why it was named after Pope Saint Pius the Tenth, so I decided to do some research.

Pope Pius X was a scholar. He strived to make himself more educated not only in everyday studies, but also our Catholic faith. Learning was a large part of Saint Pius' life. He was forever learning new things and taking more theology classes. Some people asked why he wanted to learn so badly. I think that part of it is that he felt that when you learned so much about your faith and its history, you would be improved by it; you might even get closer to God in the process. He also wanted to help young people learn. Saint Pius established many schools. He wanted every young adult to love and cherish learning as much as he did.

Saint Pius demonstrated many saintly values, but two in particular stood out greatly. He had a strong belief in charity. Along with his charitable attitude, Pius was a simple man; he only had what he needed. He never had materialistic items nor had a need for them. Whatever he didn't need, he gave to the less fortunate. These qualities were not only important in his spiritual life, but they also boosted his popularity among the people. The people found that in his simplicity and charitable attitude that he was a better pope. He could help the people that he was governing as well as help himself. In fact, during the earthquake of Calabria, he asked for Catholic's assistance around the world. In the end, he raised over 7,000,000 francs in which he donated to help rebuild schools, churches, and homes!

Saint Pius X also had a strong sense of pastoral zeal. He was always looking for ways to make his church better in the traditions of worship and faith. Because of his theologian background. Even with these new ideas, Pius still had trouble. During his 'term' France wanted to break away from the Catholic Church, creating the Church of France. Pius was the man that had to deal with that argument! Although Pius had to carry on painful struggles, he handled all of them with diplomacy.

In a few years, Pius X secured great, practical, and lasting results in the interest of Catholic doctrine and discipline, and that in the face of great difficulties of all kinds. Even non-Catholics recognize his apostolic spirit, his strength of character in that of scholarship, pastoral zeal, simplicity, and charity, and the precision of his decisions. Pope Pius X was an extraordinary man because he not only strived to learn more about his faith, but he followed it. He is truly an example of how to live and show what you believe in by your actions. On his tomb stone there is an inscription written by Saint Paul:

"Born poor and humble of heart,
Undaunted champion of the Catholic faith
Zealous to restore all things in Christ,
Crowned a holy life with a holy death."

Saint Pius did just that in his life time; not only a pope, but as a humble priest. What a wonderful person to name a school after!

