

Wolftracks Magazine



Mr. Joe Dickens

New Lasallian Leadership

Saint Paul's School is pleased to announce Mr. Joe Dickens has been appointed to be the school's next President. He succeeds Mr. Trevor Watkins, AFSC, Interim President, who was first appointed by the Board of Trustees when Brother Raymond Bulliard stepped down due to illness, and he continued in this role upon the death of Brother Ray in April 2023.

The announcement comes following a comprehensive nine-month search by the Board and its Search Committee.

Chairman of the Board of Trustees for Saint Paul's School, Mr. Paul J. Mayronne '88, noted, "Mr. Dickens received the unanimous recommendation of the Search Committee and was unanimously approved by the Board of Trustees after a comprehensive search process. While the search was truly nationwide, and other impressive and qualified candidates were considered, we believe the best person to lead Saint Paul's happened to already be on campus. The Board of Trustees is grateful to Mr. Dickens for his willingness to serve Saint Paul's in this important role, and we are confident that he possesses the vision and skills to build on the leadership traditions established by Brother Ray, Mr. Watkins, and other Lasallian leaders before them."

Mr. Dickens began his tenure at Saint Paul's in August 2003. He has served in several capacities during his twenty years at the school, including football coach, English teacher, English Department Chair, Assistant Principal for Academics, and, most recently, as the principal of Saint Paul's School. Mr. Dickens' academic credentials include a Bachelor of Arts degree in history and a Master's degree in educational administration, both earned at the University of New Orleans. Significantly, he also is a graduate of two Lasallian Programs: the *Buttimer Institute for Lasallian Studies* and *Discerning Leaders*. Both programs are designed to indoctrinate lay partners into the history, pedagogy, and spirituality of the Brothers of the Christian Schools. He also holds state certifications in English, Social Studies, and K-12 Administration. Mr. Dickens' experience before joining the faculty at Saint Paul's includes a 7-year stint as a teacher, coach, and athletic director at Holy Cross School in New Orleans.

Congratulations to Mr. Dickens on being selected to be the 18th President of Saint Paul's School. He will begin his new role June 1, 2024.

[\(Chairman of the Board of Trustees, official announcement\)](#)





Mr. Lee Pierre

in Kansas. Like Mr. Dickens, Mr. Pierre is a graduate of two Lasallian Programs: the *Lasallian Leadership Institute* and *Discerning Leaders*.

Dickens also will name Mr. Matthew Pinero as the new Assistant Principal. Mr. Pinero began his Saint Paul's career in 2014. He has worked closely with the administrative team for the past several years and currently serves the school as the Curriculum Coordinator and the English department chair. Mr. Pinero is also dedicated to Lasallian Catholic education at Saint Paul's and has completed the *Buttimer Institute of Lasallian Studies*. He earned his Bachelor of Arts in English at the University of New Orleans and completed a master's degree in Lasallian Leadership at St. Mary's University of Minnesota.



Mr. Matt Pinero

In Principal Dickens' announcement of the appointment of Mr. Pierre and Mr. Pinero to the Saint Paul's School community, he stated: "I assure you that this time of transition will go smoothly and will only advance the Lasallian Catholic educational Mission at Saint Paul's School. In a word, Saint Paul's will continue to feel and look like Saint Paul's."

Echoing Mr. Dickens' comments, Interim President Mr. Trevor Watkins, AFSC noted, "While this is a time of transition for Saint Paul's, it is certainly not a time of disruption. In fact, the new leadership team, trained and mentored by Brother Ray for many years, has already begun to coordinate and plan for the formal transition this summer."

"May God continue what he has begun in you."

Letter 46 - to Brother Robert in Darnetal, just outside Rouen, 1709 Med



Lasallian Leadership Team Cont'd.



Mr. Mick Nunez '88

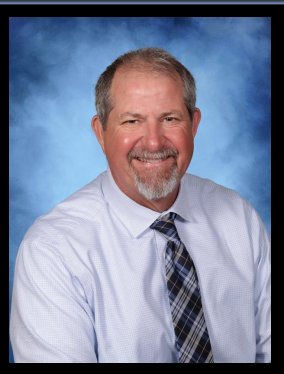
Principal Joe Dickens announced that Mr. Mick Nunez will assume the role of Dean of Students for 2024-25, replacing Mr. Ken Sears (see article below). Mr. Nunez, a Class of 1988 alum, has served Saint Paul's School in various capacities during the past 28 years. He will complete his tenure as head baseball coach at the end of this season before stepping into his new duties. Mr. Dickens noted, "Mick enjoys a great rapport with our students, faculty, and parents, and he embodies all of the leadership qualities to be highly effective in his new role."

Additionally, Saint Paul's is blessed to have Mr. John Morvant, AFSC return to his Lasallian roots at Saint Paul's School to assume the new position of Advancement Director. Prior to his 14-year tenure as headmaster at Christ Episcopal School, Mr. Morvant served Saint Paul's School for 32 years in numerous capacities: teacher, guidance counselor, and coach. During the last 20 years of his service to Saint Paul's, he worked alongside his long-time friend and colleague, Principal Bro. Ray Bulliard, FSC, as his Assistant Principal. Mr. Morvant rejoined the staff in October and has been busy restructuring the Advancement Department in preparation for important upcoming events.



Mr. John Morvant, AFSC

Leadership Change



Mr. Ken Sears

Mr. Ken Sears, who has served Saint Paul's School as the Dean of Students for 23 years, has decided to step down from that position next year. Mr. Sears, who has spent his entire 34-year professional life at Saint Paul's and is an alumnus of various Lasallian formation programs, will continue as head football coach and will serve the school in another capacity next year. In sharing this announcement with the Saint Paul's School community, Mr. Dickens stated, "I would be remiss if I did not thank Kenny for the effective job he has done . . . and for the incredible amount of time he has given to the school . . . He has helped to maintain a safe and disciplined environment and mentored innumerable students to be able to meet our expectations."

Interim President Mr. Watkins, AFSC '79 added, "Mr. Sears has been instrumental in many positive changes that enhanced the safety and discipline that we take for granted today at Saint Paul's. He has been tireless in its efforts in a position that, frankly, is perhaps the least rewarding among the administrative tasks. Yet, he has persevered with grace, always keeping in mind the needs of the individual student, his family, and the school, often a difficult balance to achieve."

Alumni News

Alumni and friends of Saint Paul's School,

In association with the plethora of recent press releases, I felt compelled to recycle a few words of continued relevance from last year at this time.

Now more than ever, it is imperative to appreciate that the Saint Paul's of today is a byproduct of all us that have stepped foot on this campus, have held Saint Paul's School in such high regard and who have called this place home. Each and every administrator, faculty member, staff, student, family, and community supporter has left an indelible mark on the fabric of this institution. Brother Ray's omniscient, omnipotent and omnipresent leadership for nearly the past four decades has guided us to once unimaginable heights.

We truly look forward to furthering the Mission and to a bright and prosperous future led by the capable hands of our new formally appointed leadership team. And as we continue to commemorate our sense of community, please peruse the following upcoming opportunities and initiatives for engagement.

SAVE THE DATES:



Thursday, March 21, 2024 - Saint Paul's and SSA Alumni Bingo Night at the Covington Beer Garden - All Saint Paul's and SSA Alumni are invited to join us for Bingo Night at the Covington Beer Garden. Come early to reserve your spot and socialize. Bingo will start at 7, and cards are \$2 each. Prizes will be awarded.



Saturday, April 20, 2024 - 13th Annual Crawfish Cook-Off/Reunion Weekend

This event has once again sold out for boiling teams who are eager to showcase their best recipes. Tickets are on sale now. Visit www.spscco.com for more information



August '24 - Alumni Fishing Rodeo- presented by the Boyce Family. We are eagerly anticipating another installment of our annual Fishing Rodeo. Many thanks to the Boyce family for their continue lead sponsorship and support. Stay tuned for the exact date and further detail, but in the meanwhile please contact Al Nastasi at aln@stpauls.com with any interest or questions.



Friday, September 20, 2024 - Joseph A. Champagne Jr. / Gene Bennett Memorial Golf Tournament

Alumni Gear Store: [Shop Now!](#) Check out our new online store which has a large inventory of quality items to fit your needs.

Annual Fund: Our Annual Fund is an integral part of making the Saint Paul's experience so impactful for generations of young men. Your perpetual partnership and investment in Saint Paul's School have contributed to numerous enhancements which benefit our faculty, staff, students, parents and alumni. If you are inclined to support at this time, please click [HERE](#).

Campus Tours-Welcome Home: If you have not been back to campus in a while and would like a closer look at the Saint Paul's of today, please contact Al Nastasi to schedule a tour.

If I may ever be of any assistance to you here in the Alumni Office, please do not hesitate to contact me at 985-892-3200 ext 1971 or aln@stpauls.com.

Sincerely, and Saint Paul Our Patron...Pray for Us!

Al Nastasi '91



Michael Seal '84



Education: BS in Communication; Minor in Business Marketing from Southeastern Louisiana University.

Family: Married to Heather Seal, Children: Sarah Beth (24), Matthew (17)

Occupation: Director of Sales - Gulf Coast Region with Cemex Corporation

What is your favorite memory at Saint Paul's?

Without a doubt, some of my favorite memories at Saint Paul's were during baseball season. Looking back, it wasn't so much playing the actual games but more so the practices that went on forever, the locker room ribbing, the bus rides (especially after a win) and the time right before the game when we came together as one.

What do you value most about Saint Paul's education and experience?

One of the things I value most from my time at Saint Paul's is the ongoing brotherhood. I have the privilege of living in Covington, and it's always a pleasure to run into former classmates around town or at Saint Paul's events where they are watching their sons participate. There is a camaraderie among Saint Paul's graduates that exists well past graduation.

Do you have any other family members currently attending or who have attended Saint Paul's?

My two older brothers attended Saint Paul's, Ricky ('74) and David ('78). My son Matthew ('27) is a freshman in the CORE Pack Program.

What advice would you give to current students or young alumni?

You have been given the privilege to be part of a special group. Your parents are or have made sacrifices to not only provide you with a quality education but also to be part of a unique brotherhood that will last a lifetime. My advice is to work hard and be active within the school community. Saint Paul's offers so many extra-curricular activities that there is something for everyone.

Why do you continue to support the Saint Paul's mission?

I always knew that the mission of Saint Paul's was unique and important. I suppose I took the mission and Five Core Principles for granted during my tenure as a student. I simply knew that my school was a great place to grow up. When my son was born blessed with Down syndrome seventeen years ago, I had to face the harsh reality that my legacy at Saint Paul's would end. Matthew would not be able to attend my family's school. Little did I know, that in true Lasallian spirit the CORE (Catholic Opportunity for Responsive Education) Pack Program was initiated, and Matthew is currently a full-fledged member of the Saint Paul's brotherhood. I will always support this school because its mission is ever evolving and true.

Why would you encourage young men to consider attending Saint Paul's?

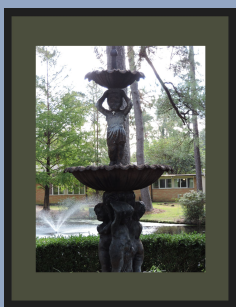
Saint Paul's is a wonderful school that prepares you for college as well as life. The education received here goes far beyond the classroom. Lessons are learned, modeled, and taught every day by upperclassmen, faculty members, staff members and peers. The brotherhood created at Saint Paul's will last a lifetime.



What would you describe as your greatest takeaway from Saint Paul's?

My greatest takeaways from Saint Paul's are the friends and relationships created during my time as a student. There is an instant connection among Saint Paul's graduates. This connection also extends to teachers, coaches and staff members who supported me and others along the way. They have made an impact on me that I will always cherish.

Rise Up 'O Men of God



Mr. Michael Donovan '10

Mr. Melvin Peter Hyman Sr., Father of Mr. David Hyman and Grandfather of Cullen Hyman '27

Mrs. Evelyn Peltier, Great-Grandmother of Brayden Ford '28 and Grandmother-in-law of Dr. Randy Ford

Please pray for the repose of the soul of Mrs. Jan Neumann, former Saint Paul's School math department chair, who passed away on February 5th surrounded by her family members. Mrs. Neumann was known as an innovator at Saint Paul's and was instrumental in raising the level of math achievement of all of her students through her teaching and leadership as department chair.



Upon her untimely retirement due to illness 25 years ago, the school chose to honor her by naming the annual math award, given to the overall best math student at Saint Paul's, after her. Despite moving to Houma after her retirement, Mrs. Neumann kept in touch with her former colleagues and remained interested in all that transpired here at Saint Paul's. She will be remembered for her warmth, humor, and optimism. Please pray for the consolation of her family.

*Eternal rest grant unto them, O Lord, and let perpetual light shine upon them.
May they rest in peace! Amen!*



As an adjunct to the Saint Paul's experience, ten of our current students recently participated in a Close Up trip to Washington D.C., which held several unique opportunities including a visit to the offices of our representatives and senators. While learning what it is like to work on Capitol Hill, they united with a member of the pack from the Class of 2012, Zach Barnett.

Pictured left (L to R): Ashton Adamcewicz, Christian Lueg, Jacob Trosclair, Grant Voyles, Harrison Powell, Myles McCormick, Luke Ward, Thomas (Max) Toomey, Braden Magliolo and Vincent Picou in front.

Standing are Civics Teacher Paul Scoriels, Ben Wisniewski Staff Assistant for Senator Kennedy and Zach Barnett '12, Communications Director for Senator Roger Wicker of Mississippi.



Career Day for Juniors

On Thursday, February 1, members of the Class of 2025 engaged in Career Day in our Briggs Assembly Center obtaining relevant information regarding some popular career choices. Our veteran panel of alumni presenters generously gave of their time to enrich the students in regard to the nature of their respective careers and their journey to the present, including the role of Saint Paul's in their preparation. Mentoring opportunities were discussed along with a Q & A component which afforded our juniors insights which may possibly impact their course/activity selection while still a student here and certainly in association with major and college discernment. Afterwards, the alumni speakers enjoyed some fellowship and a delicious lunch provided by Keith Frentz '96 of LOLA. While there are innumerable ways to host such an event, the objectives of our advisors, the eagerness and retention of our panel, and the efficiency of the event continue to serve the students well. Many thanks to all involved for a successful day!

Pictured from L-R: Justin Greenleaf '04, Greenleaf Architects; Adam Martin '06, President, Martin Building Group; Michael Sciortino '03, Sciortino Financial, LLC; Phil Nuss '72, Harvey Gulf International Marine, LLC, & Gulf Coast Yacht Center; Trey Henderson '05, BSN at Saint Tammany Parish Hospital; Dr. Joel Burvant '99, Burvant Family Dentistry; Monty Fontenot '84, Mathematics instructor and head boys basketball coach at Covington High School; Chris Simpson '95, Fire Captain at Mandeville Fire and EMS; Jason Kauffman '90, Chief of Fire Prevention at Mandeville Fire and EMS; Chad Danenhower '92, Danenhower Law Firm



Crawfish Cookoff!



SATURDAY, APRIL 20
EVENT 1:00-7:00 PM

Crawfish served from 1:00 - 6:00 PM

Join us for a day of food, fun, and family at
SAINT PAUL'S SCHOOL

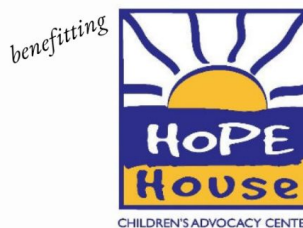
Admission includes
ALL YOU CAN EAT CRAWFISH

Beer and refreshments are available for purchase

TICKET INFO

WWW.SPSCCO.COM

Pre-Event:	At Gate:
\$40 Adult	\$45 Adult
\$30 13-18	\$35 13-18
\$15 7-12	\$15 7-12
Children 6 and under FREE	



This is a rain or shine event. In the event of cancellation due to extreme weather, thank you for your donation.

Join us on Saint Paul's beautiful campus for our 13th Annual Crawfish Cookoff, a charitable event which raises funds for Hope House of Saint Tammany, Saint Paul's School, and the Alumni Association, while providing an entertaining event for all to enjoy. Tickets are on sale now. Visit www.spsscco.com for more information



Join Us!

Only 2 Weeks Away from the

Royal Gold Gala

Saturday, March 16, 2024

Briggs Assembly Center

7:00pm

RAFFLE ITEMS
AVAILABLE NOW!

SILENT AND LIVE AUCTION ITEMS
ARE READY FOR PREVIEW

Join our Top Sponsors for a

Roaring Good Time!

Check out our website



Participating Restaurants



School News



Marching Wolves in Action - Inclusive Community

Every year, the Saint Paul's Marching Wolves entertain hundreds in the crowds along the parade routes bringing their Southern Style show band to numerous parades on both shores of Lake Pontchartrain. In fact, this Mardi Gras season, Mr. Andrew Moran, the Marching Wolves Band Director, achieved the hallmark of having marched in 1,000 miles of parades during his 15-years as the musical leader of the Marching Wolves -- an impressive accomplishment!

Despite a busy schedule of marching engagements, the Marching Wolves made the time to lend their lively brand of entertainment to two notable parades on the Northshore. Over the years, the Marching Wolves have become a fan favorite at the Walmart Special Needs parade held in the Walmart Supercenter in Covington. Additionally, the Marching Wolves “laissez les bon temps rouler” as they joined forces with the St. Tammany Parish Sheriff’s Office and Fire District #13 to bring their one-of-a-kind moves to Krewe D’Ava, a unique parade held in honor of five-year-old Ava Thomas who had recently received her “princess lungs” and, as a result, could not participate in Mardi Gras.

Thanks, Mr. Moran, Marching Wolves, and the numerous parade chaperones for a spectacular Mardi Gras season and for animating the Lasallian Mission in our community.



Marching Wolves
Sights & Sounds
Mardi Gras 2024



Check out the video of the Marching Wolves & 610 Stompers entertaining the crowds!





Three Saint Paul's School seniors have been named National Merit Finalists in the scholarship program and will advance in the competition. The Saint Paul's School Finalists are: William Coles, son of Robert and Jenny Coles of Mandeville; Joseph Mire, son of Michael and Susan Mire of Covington; and Preston Olivier, son of Brian and Nanette Olivier of Covington.

These academically talented high school seniors will compete for scholarships worth more than \$28 million. Beginning in March and continuing to mid-June, the National Merit Scholarship Corporation (NMSC) notifies approximately 7,250 Finalists that they have been selected to receive one of three types of awards: National Merit \$2500 Scholarships, Corporate-sponsored Merit scholarship awards, and College-sponsored Merit scholarship awards.

Over 1.3 million students entered the 2024 National Merit Scholarship Program sponsored by the NMSC. Sixteen thousand were named Semifinalists and only 15,000 have met all requirements to advance to Finalist standing in the competition. The mission of the NMSC is to recognize and honor outstanding student scholars throughout the United States. Congratulations on this recognition!

by Jeaneen Schmitt



William Coles



Joseph Mire



Preston Olivier

Also, congratulations to William Coles for being selected as a candidate for the United States Presidential Scholars Program. The program was established in 1964, by executive order of the President, to recognize and honor some of our nation's most distinguished graduating high school seniors. Each year, up to 161 students are named as Presidential Scholars, one of the nation's highest honors for high school students. Well done, William!



Wolves Making Tracks

Wolves were on the move in early February exemplarily representing Saint Paul's School



Anti-Defamation League, Unity Day

Pictured above: Aiden Underwood, Andrew Dunne, Andrew Danenhower, Jude Romeo, and Matthew Gay. The group traveled to New Orleans representing Saint Paul's at the 24th ADL Unity Day at Loyola University Law School.



Pictured above (L -R): Kaiden Klebba, Harrison Murr, Bennett Barreca, Parker Emery, Benson Greer

Catholic Schools Week

Catholic Schools Week culminated with a mass held for all Archdiocese of New Orleans Schools. Saint Paul's representatives pictured below: Hunter Fahr, Ethan Ward, Noah Rea, Esteban Chicas, Andrew Kraus, Jack Ziifle, Luke Ward, Jacob Strecker, Damian Rea, Nathan Baham and Dominic Muguira



The Ethical Wolves

The Ethical Wolves traveled to Houston to compete in the regional Ethics Bowl competition against numerous teams from Texas and beyond. They analyzed the ethical implications of AI-generated art, nuclear deterrence, terminal illness, and returning gifts. The team represented Saint Paul's well in thinking through complex issues.

Congratulations and thanks to Kaiden Klebba for representing Saint Paul's School in the Archdiocese of New Orleans Catholic Student of the Year competition.



Inclusive Community - Costa Rican Exchange



Saint Paul's recently hosted a group of students from our Lasallian partner from Colegio La Salle in San Jose, Costa Rica. Over the course of two weeks, Saint Paul's students had the chance to introduce their guests to a variety of activities. In addition to experiencing the warmth and hospitality of the Saint Paul's community, the students enjoyed a swamp tour, a Pelicans game, the World War II Museum, and a variety of other activities organized by their host families.

On May 24th, a group of Saint Paul's students will be going to Costa Rica to enjoy the incredible biodiversity, beaches, and culture. If you are interested in having your son take advantage of this opportunity, please contact Dr. Shawn Mullet at s.mullet@stpauls.com.

by Shawn Mullet '92



Concern for the Poor & Social Justice – Habitat for Humanity

Concern for the
Poor & Social
Justice



After a disappointing cancellation due to the weather in January, the Habitat Club was back in action in February for the first time in 2024. Moderator Mr. Richard Pichon stated, "Some members were at the Literary Rally, but we still had 8 great guys come out to make a difference, including some new members. The weather was perfect, too." The group cleaned up a jobsite on 6th Street and built several lattice panels and hung them under the house. Afterward, they walked a few blocks to clean up another jobsite in preparation for their next work day, Saturday, March 23rd.



Pictured (L-R): Justin Melancon, Adam Fields, Connor O'Quinn, Chris Roberts, Jacob Cresson, Gray Cartier, Joshua Pichon, Moderator Mr. Pichon. In front is Nathan Fegan.



Faith in the Presence of God – Retreats

Faith in the
Presence of
God



The month of February was full of retreats for our junior class, freshman class, and our faculty and staff. First up, our junior class! One half of the group traveled to the National World War II Museum while the other half embarked on their retreat day. The groups switched locations on the second day. The focus of the junior retreat was "Identity, Mission, and Vocation" and allowed the students to take a pause to ponder life's big questions in the context of God's unique call to each of us.

While the student body enjoyed an early start to the beginning of Lent holiday, the faculty and staff took part in their annual retreat. The theme of the retreat was "Opening our Stories." Br. David Caretti, FSC joined our faculty to help facilitate the retreat. Br. David serves as the Director of Vocation Ministry for the District of San Francisco New Orleans.

Lastly, the freshmen took advantage of the extra day in February for their annual retreat day. The day was focused on building Christ-centered relationships in our lives. The freshmen were also accompanied on their retreat by groups of senior leaders who led small group conversations. *by Jeff Ramon*



Above: Juniors listen to Mr. Marcel, WWII veteran and museum volunteer, on their recent trip to the museum.



Above: Saint Paul's faculty participate in retreat lead by Campus Minister Jeff Ramon



Senior retreat leaders



Freshmen play a game of Catapults Away -- teamwork!



Seniors Austin South and Preston Olivier talk about friendship with the freshmen.



Congratulations!



Congratulations to Benjamin Jacob Strecker '24 on being named the 2024 male Catholic Youth Leader Award recipient for the Archdiocese of New Orleans in recognition for his service to his church, school and community. This recognition comes with a \$1K scholarship award and advances Strecker to the state competition. Strecker was also named the St. Benedict-Covington Knights of Columbus Council 3061 male CYLA recipient at the local level, which made him eligible for the archdiocesan competition.

Congratulations to Scouts Eddie d'Hemecourt '25 and Dominick Giaconiere '28 who were named youth MVPs for their volunteerism at Cub Scout camp.



Congratulation to Jackson Picone '25 who was awarded 3rd place in the local Voice of Democracy contest sponsored by VFW Post 8720.

The Voice of Democracy essay program provides high school students with the unique opportunity to express themselves in regards to a democratic and patriotic-themed essay.



Soccer Wolves Complete a Season of Wins!

Congratulations to the Varsity Soccer Wolves on a tremendous season. The Wolves gave up the fewest goals of any team in Louisiana and tied for the fewest with the 2015 SPS squad (giving up only 6 goals in 29 games). The Soccer Wolves won another district championship and have made it to the semi-finals the last 15 years straight including 12 appearances in the championship game. Despite heading into the semifinals with confidence, having reeled off a 15-game win streak and 18-0 goals in the 1st three rounds of the playoffs, the season came to an end late in the game and concluded with a 1-0 loss, to Catholic High of Baton Rouge. Congratulations also to the coaching staff of Sean Moser (head), Kyle Smith, Matt Jaques, Cam Robinson, and Hector Vasquez on outstanding seasons for the 8th, 9th, JV, and Varsity soccer teams.



8th & 9th Soccer Teams

The 8th Grade team finished with an impressive record of 8-2-1. The freshman team also completed an impressive season with 12 wins, 1 loss, and 1 draw. They won the 9th Grade division of the Brothers of the Sacred Heart tournament to begin the season and won the Saint Paul's 9th Grade tournament to close the season. Along the way they scored 37 goals, and allowed but 7, with 8 shutouts. Nicholas Gristina led with 9 goals, Harrison Wall scored 5 and 11 different players scored goals in various games, showing the depth of talent in this young group.



Wrestling Wolves Finish a Successful Season!

Congratulations to the Wrestling Wolves who finished 6th in State at Bossier City. Three Wolves finished as State Champions in their weight class! Read more: [nola.com article](https://www.nola.com/article).

Winners at the tournament:

Caleb Shartle -5th

Rhett Nastasi – 6 th

Scott Cascio – State Champion

Conlan Enk – State Champion

Jackson Peak – State Champion

Pictured right: Junior Jackson Peak (35-4) pinned opponent in the third period to win the 190 lb. state title.



State Champions pictured below with Coach Pinero: Jackson Peak, Scott Cascio and Conlan Enk



Pictured right: Freshman Scott Cascio wins a 9-6 decision over his Jesuit opponent to win state in his weight class.



2024 Wrestling Wolves: Junior High State Champions



Pictured left: The Junior High Wrestling Wolves State Champion Team: Charlie Kingrea, Eli Ulfers, Oliver Scarpelli, Grant Badon, Adrian Lachin, Bennett, Calderaro, Alexander Hebert, Bateman Green, Brennan Mills, Gustavo Gascot, Caden Rogers, Anderson Padilla, Carter Landers, Ethan Foret, Henry Jones, Roman Tarasov, Ryder Caston, Zachary Yazbeck, Tristan Moore, Tristin Hauptmann, Patrick Hamby, Payne Weileman, Houston Dugas, Greyson Armentor, Ethan Sable, Mark Lamere, Dominick Giacontiere, Ian Smith, John Harvey, Owen Pierce, Eli Hadley, Jackson Carrey, Ryder Cambre



What Does It Mean to Be a Champion?

A Coach's End of the Season Reflection

by Matt Pinero

What does it mean to be a champion? Sure, being a champion requires technique, strength, talent, toughness, resilience, and heart. Undoubtedly, it takes discipline and dedication and an unwavering desire to do whatever is necessary to accomplish one's goals. It takes the fortitude to do things that most people aren't willing to do at the times that most aren't willing to do them. But a true champion extends far beyond victories in sports. True champions inspire and uplift others, recognizing that success is not solely measured in titles, but in the positive impact they leave on the world. A true champion strives for excellence not



only in their chosen discipline but in the character they exhibit, making a lasting mark on the hearts and minds of those around them. We were fortunate enough to have three state champions this weekend, and all three are champions in life. This was made abundantly clear over the last few days as I have been inundated with comments from people telling me how glad they that each of our men won because of the quality of their character. I am grateful that our team is filled with individuals who are all men of character. While we only crowned three champions on the mat, they are all champions off it, and for that, I am proud.



Robo-Wolves

Three Saint Paul's Robo-Wolves teams competed at Holy Cross in their first competition of the year. The teams competed and conducted themselves in an exemplary manner. The C-Team (Larry Beachler, Max Gremillion, and Jackson Lorenz) achieved quarterfinalist standing and the D-Team, (Davyn Hoover, Cullen Hyman, and Damian Rea) received the VEX Inspire Award.

The VEX award is presented to a team that has inspired judges with their approach to the VEX Robotics program, effectively communicated their passion for the VRC program and maintain a positive attitude throughout the event, participated with both a high level of integrity and good sportsmanship, and demonstrated that they believe they can achieve what they set out to achieve through their diligence. The judges were most impressed by the team's ability to assemble such an effective robot in less than two weeks before the competition and their eloquence during the interview process.

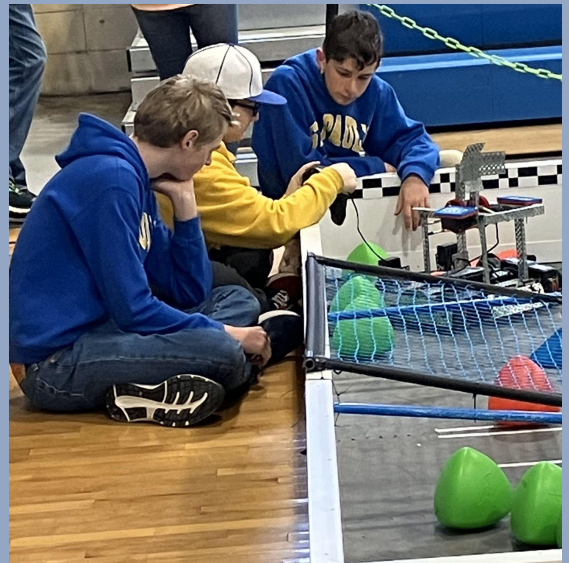
In the final competition of the season, two select Robo-Wolves teams (Jackson Lorenz and Quad Mulligan) and (Cullen Hyman, Gray Davis, and Noah Taylor) traveled to Springfield High School.

Both teams showed up to work making some clutch adjustments to their bots in order to pass inspection and then modifying between each match. Once again, the teams represented Saint Paul's exemplarily. Clearly, the young Robo-Wolves have a bright future ahead.

by Emilie Travers



Pictured above: RoboWolves at the Holy Cross competition: Brayden Ford, Matthew Harmon, and Jude Nunenmacher, Larry Beachler, Max Gremillion, and Jackson Lorenz, Davyn Hoover, Cullen Hyman, and Damian Rea





[Shawn Cooney](#)

Hidden Trauma, Exposed Impact: The Teen Mental Health Crisis

High schoolers are facing the worst mental health crises in history. For generations, society has trained teenagers to either bottle up their emotions or channel them into unhealthy, self-destructive habits. These philosophies are now manifesting substantially harmful effects.

The crisis stems from previous generations' stigma around the very thought of mental health. They were taught to simply "suck it up," "be a man," and "just keep going." This was passed on to today's generation, but there is a disconnect among them; modern generations are more compassionate and more open to different ideas and views.

What the older generations fail to understand is that "being a man" does not mean ignoring one's emotions and being a cold, aggressive brute. It means learning to live with one's emotions and finding a balance between being kind yet strong and gentle yet firm. Real men are not simply physically strong; they are mentally, emotionally, and spiritually strong as well.

Saint Paul's senior Jacob Strecker, someone who battled with anxiety and depression himself, argues against the older generational philosophy against mental health: "I think that the older generation's belief that our community is soft is far from right. I believe that our world has evolved, and the new technology that we use allows for many different types of mental illness to occur."

In response, some may call today's generation soft; however, the benefits of "sucking it up" are completely outweighed by the detrimental effects it can leave on people. A study conducted by the Harvard School of Public Health and the University of Rochester provided evidence that people who bottled up their emotions had a 30% higher chance of premature death, with a 70% higher chance of cancer diagnosis.

The newer generations have more issues mentally to deal with that the previous ones did not. Previous generations found it easy to trudge on because they simply did not have the time to worry about anything other than world war, economic depression, or simply getting by. With these issues subsided, the youth of today have been left with the time to consider their mental health. This has caused teens to understand the need for mental health, but their parents simply have not gotten it.

This disconnect between teens and their parents leaves teens frustrated, depressed, and lost. For instance, the rates of teen depression increased from around 8% to almost 16% in 2019, a significantly larger increase compared to an examination of the rates from 2005 to 2014, according to Sylvia Wilson, Ph.D., and Nathalie Dumornay, BS, in the United States National Library of Medicine.

The rate of teen depression is increasing, according to Statista.com. The rising rates of depression and anxiety leave teens not knowing how to open up, or not wanting to seek help at all, feeling as if they have to bear their problems on their own. However, when few actually decide to open up, the results may not be favorable. For example, teens who seek help are often ridiculed, insulted, or left feeling unheard; this, in turn, compounds the need to keep feelings inside.

Holding in one's feelings grows increasingly tiring, exhausting the core until no strength is left. When someone gets to that point of exhaustion, he either lets someone in to help him pick up the broken pieces or lets himself waste away.

Unfortunately, more high schoolers than ever are choosing the latter.



Suicide is the second leading cause of death for the ages of 15-24, with more than 9% of high schoolers reporting at least one attempted suicide. Between 2000-21 the suicide rates for this age group more than doubled, according to the Centers for Disease Control and Prevention (CDC).

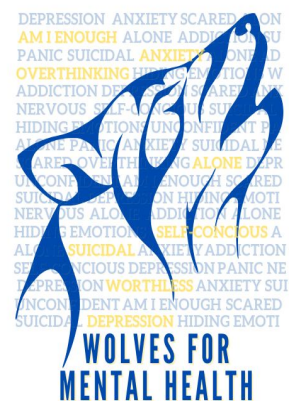
One in 10 high schoolers attempted suicide in 2021. More than one in five (22%) students seriously contemplated the same. These CDC statistics should shock the system. Suicide deaths are increasing, defined per 100,000 population by gender, per the CDC. These figures alone should be cause for concern, but concern itself is not enough. Action is required.

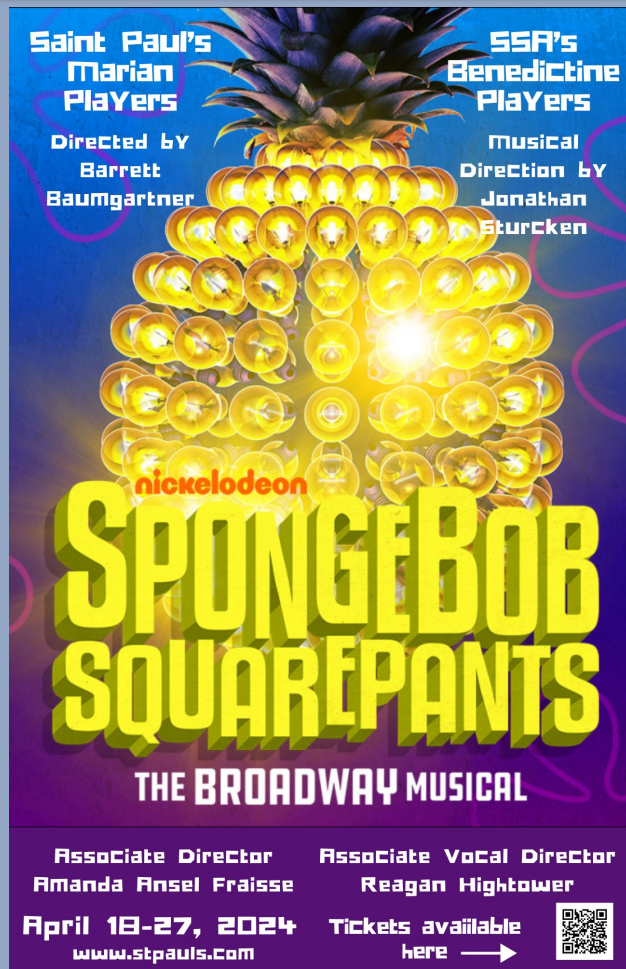
Suicide should not be anywhere near the leading cause of death for any age; there should be better programs in place to help those in crisis. Even where there are outlets for help, those in need have been taught that it is better to suffer alone, driving themselves to suicide, rather than to simply talk to someone.

According to the CDC, males are significantly more likely to die by suicide. This may be due to the aforementioned pressure to "be a man," which is exacerbated by the fact that men are significantly more violent than women. The issue is that when people hide their feelings instead of finding healthy ways to let them out, they fester until the load is too much to handle. At this point, men are more likely to follow through and commit suicide, trying to get rid of the pain they have been feeling. However, this only transfers the sorrow to their loved ones.

Strecker recounts the effects of losing one of his closest friends, Cooper Hall (also a Saint Paul's student), to suicide: 'In my freshmen year, I did not think that mental illness could affect anyone that I knew. Going into my sophomore year, my perspective changed when I almost lost my life, and one of my close friends lost his due to mental illness. Ever since Cooper's passing, I have realized how precious life is, and that no matter who you are, everyone matters. I believe that we need to implement high school courses that provide individual or class counseling, which would allow students to express themselves and feel safe.' Click [here](#) to read the entire article.

Wolves for Mental Health is a newly formed group at Saint Paul's which typically meets on Wednesday at 6:00 PM on the first floor of Benilde Hall. The next meeting is Wednesday, March 6th. Contact [Shawn Cooney](#) for more information.





Saint Paul's Marian Players
Directed by Barrett Baumgartner

SSA's Benedictine Players
Musical Direction by Jonathan Sturcken

nickelodeon


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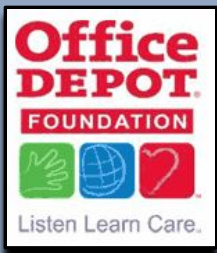
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*The Strength of the
Wolf is the Pack*



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Publisher: Jeaneen Schmitt jeaneens@stpauls.com
985-892-3200 ext 1974

Contributors: Trevor Watkins '79, AFSC, Mimi Monteiro, Shawn Cooney '24, Dr. Shawn Mullet '92, Al Nastasi '91, Matt Pinero, Emilie Travers, Joe Dickens, John Morvant, Richard Pichon, Jeff Ramon '08, Lee Pierre



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