

# the raiders' arrow

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## Blood Drive

Read the moving story of the start of Central's annual blood drive. If you donated this year, find out the reason behind the tradition.

» Page 4

## Art Club

Find out more about what the art club does around campus to promote fine arts.

» Page 4

## Contents

Coach Wilson .....	1
Raider of the Month...	1
St. Jude's Garden .....	1
Crab Feed.....	2
Book Review .....	2
Ask Alice .....	3
Comic .....	3
Blood Drive.....	4
Art Club.....	4

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## Basketball Homecoming Edition

### Coach Wilson's Playbook

By Jessica Ferlmann

This Friday, our Central Catholic Raiders are playing the Hilmar Yellow Jackets for our annual basketball homecoming game. During an exclusive interview, head coach Mike Wilson answered the following questions:

**Q:** "What are your offensive keys to victory?"

**A:** "The first thing we have to do is knock down open shots. If we take care of [our free-throws], do a better job defensively, and rebound, we should be able to win."

**Q:** "How do you plan to stop their offense?"

**A:** "Well, Quentin McGown is their best player, and we have to do a better job at screening him out while keeping him off the boards. Number two, we can't let [Hilmar's] guards penetrate."

» Page 3

### St. Jude's Garden

By Megan Fraser

An occasional glance is usually the most attention anyone pays to St. Jude's Garden located at the front of Central Catholic. This sanctuary, however, is more than just a garden; it has an interesting and inspiring history, starting with a simple sophomore playing football and ending with a huge impact on our school.

Andrew Dignan ('02) was a sophomore varsity football player, when he was injured during a football game and became paralyzed from the neck down. While recovering in the hospital, many friends prayed in the name of St. Jude, the "miracle saint." Andrew's story of perseverance, courage and faith was an inspiration to many people not only at Central Catholic, but the in the larger

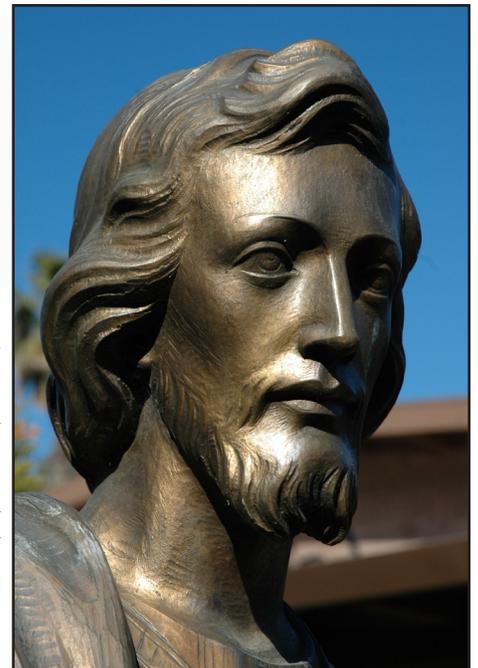
» Page 3

### Raider of the Month: Steel Rocha

By Emma Keller

From balancing his academics to dominating on our football field, our Raider of the Month, Steel Rocha, is one force to be reckoned with. A lively member of our "Blue Crew" Steel is one student who can be found at games cheering on the sidelines. He is an ASB rally commissioner and his spirited nature is evident as well as contagious. When he's not cheering for his fellow students, he enjoys hunting, hanging out with friends, and tearing up the golf

» Page 2



Statue of St. Jude looks over the garden at the front of the school.

# Features

## Crab Feed

By Monica Trejo

Central Catholic sponsors many fundraisers for various organizations and school activities. Among the most notable of these fundraisers is the Italian Crab Feed, most recently hosted on January 16. Coupled with a Wind and Cheese tasting, this event helps provide for the many sporting programs at central. Several of the benefiting sports were volleyball, wrestling, cheer leading, and boys' and girls' soccer and basketball.

The night started off with the wine and cheese tasting, and by seven, the crab feed was in full swing. Serving the customers were the athletes from each sport. Additionally, a silent auction for a variety of desserts was held throughout the dinner. The desserts ranged from Mrs. Alamo's famous cookies to Mrs. Luis's scrumptious brownies. Following the auction, the adults participated in a scavenger hunt with the objective to find things ranging from licensed drivers born in the 1970's to a square pieces of toilet paper. Finally, the Crab Feed ended with a dance. Indubitably, the night was filled with constant fun and excitement. This past year's Crab Feed was a raging success!  $\Omega$

## The Road Review

By Marites Seitz

For the month of January, Book Club decided to read and discuss *The Road* by Cormac McCarthy, a post-apocalyptic novel that explores major themes such as hope in hopeless circumstances and the strength of the bond between parent and child.

The novel, set in the future, is about a father and child on their journey to the coast, evading dangers while following "the Road." The world described is lifeless and ravaged. The majority of the few human survivors have resorted to horrendous activities to stay alive, one of which is cannibalism. However, the novel does not dwell on the causes of this tragedy, nor does it explore solutions. Instead, the focus of the story is on the struggle of this man and boy to survive for each other's sakes and the love that drives them to hope in the midst of complete hopelessness.

The novel's lack of character names, proper grammar, and almost all punctuation reflects the deterioration of humanity, a central theme in the story. Although this book was not one to brighten my day, the hope presented through the main characters particularly impressed me and left me thinking about the point at which we live only for the person we love.

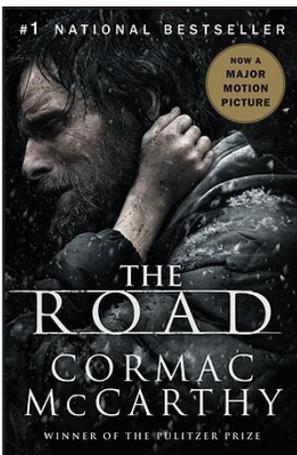
I would recommend this novel to anyone interested in a story full of suspense. And, although it is a bit bleak, it is a wonderful tale of perseverance and struggle.  $\Omega$



Steel Rocha, the Raider of the Month

## Raider of the Month (con't)

course. When asked how it feels to be a senior at Central, he replied, "It's hard to believe sometimes that high school is almost over. I am looking forward to moving on to college but certainly will miss parts of Central Catholic." He hopes to attend the University of Oregon, where he will study either Kinesiology (the science of human movement) or Marketing Management. He adds, "I would like to get a good job and eventually start a family, but ultimately, be happy."  $\Omega$



Features (con't)

Ask Alice Advice Column

By Madison Oliveira

Dear Alice,

My school is having its annual blood drive this week, and I really want to give blood. All my friends have signed up to give blood, but I am a little scared to do it. This is my first time giving, and I don't know what to expect. Those needles look really intimidating. Do you have any suggestions on what I should do? Should I just suck it up and donate, or should I just not give blood at all?

Sincerely,

Deathly Afraid of Needles Girl

Dear Deathly Afraid of Needles Girl,

First of all, I think it's really awesome of you to consider giving blood. Just one donation from you can save up to three peoples' lives. I know how you feel about the needles because I really don't

If you need advice and you would like to ask Alice a question, email it to [raidersarrow@gmail.com](mailto:raidersarrow@gmail.com). Your question may be featured in the next edition of the *Raiders' Arrow*.

like them either. But when you give blood, all you feel is a little prick when the needle goes in. The people who draw your blood get the little amount they need, then pull the needle out (which you barely even feel) and you're done.

Quick as that! I know it seems scary going in, but it really isn't all that bad. In fact, many people say that the finger prick before giving blood is the worst part—it stings a little afterwards. I hope this makes you less scared, and I do hope that you end up donating. But make sure that if you do, be fully hydrated and make sure you have a balanced meal before.

Sincerely,

Alice Ω

Homecoming Royalty:

- Freshman Lord/Lady: Ryan Zeppa and Mariah Navarro
- Sophomore Count/Countess: David Benn and Tonee Cobb
- Junior Duke/Duchess: Robert Gallo and Meghan Crumm
- Senior Princesses: Allison Lenzora and Jenna Noeller
- Senior Princes: Byron Lutz and Liam Smith
- Senior King/Queen: Dustin Killian and Nicole Green

St. Jude's Garden (con't)

Modesto community. Andrew, a paraplegic, not only came home to Modesto but came back to CCHS and graduated with his class.

Andrew's story impressed an anonymous local businessman who donated funds for a statue of St. Jude.. The area chosen as the site for the statue was transformed from a patch of dirt and grass



View of the entire St. Jude Garden

to a landscaped garden featuring the St. Jude statue. This peaceful corner of CCHS gives students a place to think and relax while enjoying the St. Jude Garden.

Andrew graduate from UC Berkeley and has gone on to become a successful lawyer . He lives and works locally, and enjoys coming to

football games from time to time. Andrew Dignan's example of faith has left a lasting impression at Central. Ω

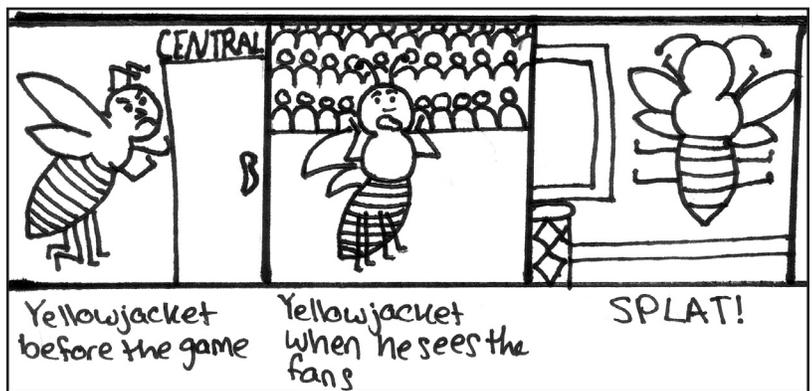
Coach Wilson's Playbook (con't)

Q: "Who is going to have to come out big to help you win?"

A: "I need my senior leaders to step up...and lead by example. Hulst, Killian, and Smith. If they lead, the others will follow."

Q: "Would you like to say anything to the attending fans?"

A: "Have a lot of fun and come support us...The more people, the more intimidating it is for [Hilmar]. It's also more fun for my guys and gets them excited." Ω



Comic by Jessica Ferlmann

Final Basketball Scores:

JV: 35:59 Central  
Varsity: 57:63 Central

# Student Life

## Blood Drive

By Byron Lutz

Donating blood is a unique way to help other people—every pint of blood you donate will be distributed to up to three people, saving their lives during vital moments.

Every year, Central helps to save lives by hosting a blood drive during “Central Cares” week (basketball homecoming week). This tradition started six years ago when Mrs. Paris’ mother, Shirley Henderson, was diagnosed with leukemia. To maintain health, she required a bone marrow transplant and frequent blood transfusions. During her illness, students from Central donated at multiple blood drives and also registered to donate bone marrow.

Shirley Henderson, who has since passed away, had one request: Central Catholic must continue the blood drive, not only for her sake, but also for the thousands of others who have also been diagnosed with leukemia. In essence, she stated that if we were to host a blood drive, we should shape it into a tradition, even when she is no longer in direct need. This would not only save many more lives, but also encourage students from Central to donate blood even after they graduate.

Every year, we are proud to follow through with her request. We have been so dedicated, that we hosted two blood drives last year and were presented with the “Blood Drive of the Year” and “Greatest Increase Over Previous Year” awards by BloodSource.

This year, we were challenged to conduct a better and larger blood drive than last year. Our goal was to obtain at least one-hundred complete donations. When the blood drive finished Thursday afternoon, we had collected 123 donations.  $\Omega$

## Art Club

By: Lesley King

Art Club is one of the most engaging clubs Central Catholic has to offer. It lives up to its purpose of promoting fine arts in our school and community. Art Club’s more visible efforts have been seen each year in decorating the campus hallways and gymnasium for Open House and Eighth Grade Day, to name just a few recent events. Catholic Schools Week is just around the corner (the first week in February). Club members have been hard at work crafting artful decor inspired by the Catholic Schools Week theme to decorate our campus.

Club members are also looking forward to the annual “Art Walk,” a club-sponsored field trip providing students the opportunity to visit various art galleries in downtown Modesto. In keeping with its commitment to art in the community, the recent earthquake in Haiti has inspired many creative members to brainstorm unique, artistic ideas that could help raise money for the Haitian relief effort. Guided by Ms. Vance, Art Club members will continue to spread appreciation for art and creativity throughout our community.  $\Omega$



Erin Stueve stands next to Breann Adelman as she gets ready to give blood.



Poster in the front of the school advertising the blood drive.