

THE ACADEMY

# TORCH

A CHRISTIAN BROTHERS ACADEMY NEWS PUBLICATION

APRIL 2018 ISSUE

OLYMPICS AND  
THE USA

CHRISTIAN BROTHERS  
ACADEMY

PLUS  
RPGs  
as Digital Books

AND  
Cleveland Browns  
Can Bounce Back



# Letter from the Editor / The Academy Torch

*Fourth Issue / April 2018*



LETTER FROM THE EDITOR  
**JACK COLEMAN**

**A**s we near the long-awaited spring, change is in the air. You may have felt this change when the clocks jumped forward an hour and the sun reared its ugly head earlier in the morning.

Or maybe you felt this change in the weird weather patterns, where the conditions fluctuate from a sunny mid-June day to the coldest of wintry, January nights. Or maybe, the change is within yourself spiritually as you endured the sacrifice of the Lenten season. Or maybe, just maybe, the change you feel is the newfound sense of hope.

This hope is new, because at last you have reached it: the End. For seniors this end is defined as an end to high school and their time at CBA. For juniors it is an end to a surely strenuous year. For the sophomores it is an end to being the underclassmen as they assume the role of being a man of the Academy. For freshmen it is an end to first-year jitters as they continue on their journey through the halls of Christian Brothers Academy. Now with all of this change, you may be afraid or excited, but one thing I can say is that you should enjoy it. Change like this only comes once a year and in four short seasons of change you will be experiencing your last here at CBA.

Below photo and cover photo by Larry Levanti



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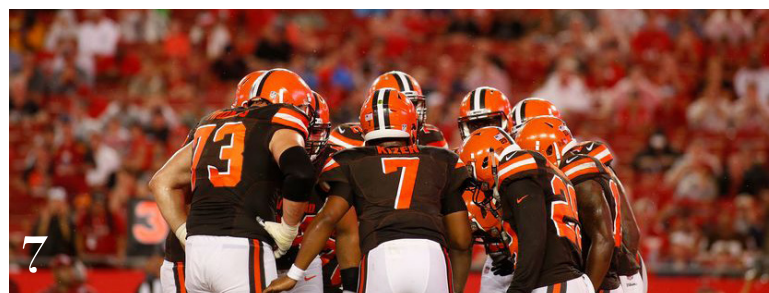
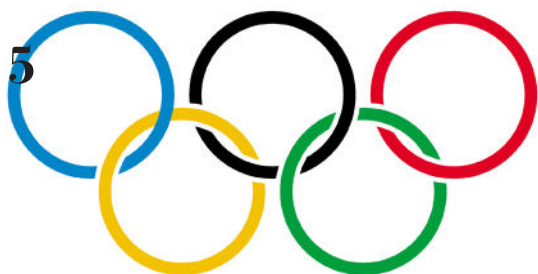
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#WE ARE CBA

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# South Korea: Technological Marvel

Conor Morris '21



Before this year's Winter Olympics, South Korea appeared to be an unremarkable country to me, but with the spotlight on the Olympics, surprising facts about the country have been spotlighted. "South Korea has been transformed since the Korean War from a very poor agricultural society to an urbanized, high-technology economy with a highly skilled workforce," explained Rajiv Biswas, the Asia-Pacific Chief Economist at the Global analytics firm IHS. South Korea has always come across, to a typical American as a regular country, but what many people did not know is that the country is one of the most technologically advanced countries in the world. The country has made mind-blowing advances in the areas of robotics and internet connection.

South Koreans have become experts in the area of robotics, using them in schools and prisons. In 2010, the government launched the "R-Learning," program which put robo-teachers in schools. These robots help students with speaking skills and are even able

take attendance. On the screens of the robots, a teacher is projected for the students who may be in a completely different country. Aside from the robotic teachers, South Korea has become the first country to have a prison with robotic guards. These robots are controlled by human guards on iPads who can even speak to prisoners through the robots. If there is a suicide attempt or a fight between the prisoners, the robots detect the situations and call for human back up. Along with the countries advances in robotics, the country has developed high speed, accessible wifi which is hard to come by nowadays. Internet users know that wifi can be extremely slow and irritating at times in the United States, but South Koreans do not experience these wifi problems. In the country's capital, Seoul, wifi is available anywhere, even in the airport, and not only is the wifi accessible, but it is also free! In addition, this wifi has much higher speeds than that of the US. An American conducted an experiment on the wifi in South Korea and found that

the downloading speed was 47 megabits per second which is five times faster than a typical download speed in the United States. At that speed, two MP3 songs can be downloaded on a device within a second! The speed it takes for a computer to upload something, or transmit data, is fifty times faster than a regular cable modem connection. These high wifi speeds along with the significant advancements in robotics are what put South Korea at the top for one of the most technologically advanced countries in the world.

Internet Speeds In South Korea Really Do Blow Away The Rest Of The World  
<http://www.businessinsider.com/internet-speeds-korea-2014-4>

Why innovation is king in South Korea  
<http://www.dw.com/en/why-innovation-is-king-in-south-korea/a-19038625>

10 Awesome facts about South Korea  
<https://listverse.com/2013/09/06/10-awesome-facts-about-south-korea/>

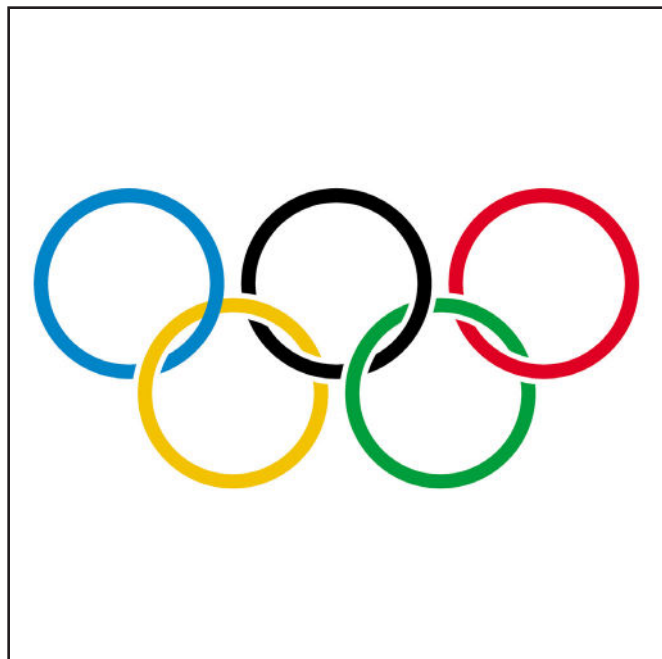
# United States Olympic Outcomes

Michael Sullivan '19

This past Olympics was not a strong showing for the United States. In Sochi, we came in second to Russia with a strong score of 28 medals. We totaled more gold medals in history in bobsled than any other nation and overall we ranked third in golds. First timers who would soon become breakout stars, such as Jamie Anderson, won their first gold in 2014. In 2010 we brought a record setting performance to Vancouver with 37 medals. Skier Lindsey Vonn was the first woman to win gold in the downhill. Bode Miller also became the single most successful alpine skier in history. Short track speed skater Apolo Ohno became the best and most accomplished winter athlete in History. The Olympics are often dominated by the USA, in both the summer and the winter, but this winter we had our worst performance in 20 years.

The 2014 Olympics seemed like an Olympics team the US could build upon and strengthen, but this did not occur. There were few categories which we excelled in some being women's ice hockey and men's curling. Men's curling was an underdog this year, as nobody thought they had a chance. With John Shuster's Olympic team being an underdog, they took on the best. They won a tight match against Sweden, beating them 7-5. The women's hockey team who hasn't beat their arch rival Canada in over 20 years finally did. In 1998 they won the gold, and they brought it home in 2018 in the shootout. The team knew it was an enormous triumph with Hilary Knight gushing, "It's going to be part of our legacy..." Knight scored the first goal. She also stated, "The things we have gone through together on and off the ice, the characters, the group of women we have in this room, it's quite incredible." The Lamoureux twins were an integral part of the victory. One scored the goal to bring the US to the last round of shootouts where Rooney scored the game winner. Similarly, Shaun White did what he always does and won Gold in the halfpipe. White won his third gold medal in his final Olympic games. Recovering from injury and bringing back the gold is an impressive feat for the USA. Showings during this Olympic Games were either great successes or paltry defeats.

Still, the United States came out fourth overall, not horrible compared to the front runner, Norway. Norway sent 109 members and won 39 medals, while the US sent 242 and had 28. Although those wins were big for the US, there were heavy favorites who fell through. Skiers such as Lindsey Vonn who were the favorite in their category fell short. The USA was expecting to win or at least place in certain events. According to the associated press the women's figure skating team showed their worst in the modern era. Team USA as a whole turned up about 10-15 medals short of their goal.



These results however can be a learning experience. Just as the results for speed skating were a disaster in 2014, the results in figure skating were a disaster this year. However, in 2018 the speed skaters bounced back and improved greatly since Sochi. Figure skater Nathan Chen headed to the games as a favorite, but his first event went South. The USOC chief of sport performance, Alan Ashley said that although they did not have as many as they hoped in the top three they had many in fourth and fifth just falling short.

The Olympics is often said to not be all about medal count.

The games are about country pride, and showing off the skills of immensely talented athletes. There is much to look forward to towards the next Olympics, and I for one can't wait to support team USA in 2022.



# NO AMERICAN DOMINANCE IN THE 2018 WORLD CUP

Jack Butterfield '18

2018 marks the first time that the United States Men's Soccer Team failed to make the World Cup since 1986, when the tournament was held in Mexico. This year, Russia will be missing some American soccer fans, and here in America, we will be watching the World Cup, that won't include the boys in red, white, and blue. Unfortunately, I have to say the quality of soccer from USA will decline in the upcoming years, and here's why.

American soccer has seemed to pick up strength in the early 2000's, with talent from Landon Donovan, Michael Bradley, Clint Dempsey, and Tim Howard. However, Howard is the oldest member at age 39, and Bradley is the youngest at age 30. Their ages are only growing, with Donovan already retired from the game (before recently coming back), and Dempsey's play decreasing over the past few years. While Bradley is still young and they have Jozy Altidore, a huge threat up top, I do not really see a mature, experienced leader on this men's team in the next eight years. Now, I really do like the young superstar Christian Pulisic, who plays overseas in the Bundesliga. He has incredible talent and he is only nineteen! He sets everyone up and can score with ease, but I do not think he can carry this team to success in the World Cup. He can definitely bring this team to a World Cup, but it will be a tough task for him to do on his own, assuming Dempsey isn't there in four years.

The other concern and the largest reason why I do not think the US Soccer team will dominate in World Cups in the future is because soccer is not the main sport in the USA. If you go to Germany or Brazil, soccer is taught at a young age and is the only sport you play. It's the main sport in almost every country, and in the United States, soccer is third to baseball and football. When was the last time you heard how great Germany's men's baseball team was? It's just not the same here in the US as it is in most countries around the world. Soccer is a way of life, even a religion to some around the world. All they do is practice soccer and watch soccer, while here, we do play soccer and watch soccer, but we focus more on baseball and football.

In the USA, we aren't putting our best athletes into soccer, and unfortunately, that is why the United States Men's National Soccer Team will not dominate in any upcoming World Cup, until soccer is the main sport of focus.



# THE CLEVELAND BROWNS' IDEAL OFF-SEASON

Aidan Broderick '18

What's the first thing you think of when you hear the words "The Cleveland Browns"? Do you think of how the team is the laughingstock of the NFL? How they finished 2017 with a winless record of 0-16? Maybe you visualize the infamous jersey with countless names of former quarterbacks that could not lead the Browns to success.

No matter what your answer is, you most likely associate failure and disappointment with this team, and for good reason. Despite being a member of the NFL since the Super Bowl era began, the Cleveland Browns have never won the Vince Lombardi Trophy. Since 1999, the Browns have started twenty-eight different players at quarterback, and this astonishing stat shows the team's failure to find a cornerstone player at the most important position in football.

But let's move away from the negativity that hangs over this cursed organization because new general manager John Dorsey has an incredible opportunity to re-shape the Browns through the NFL Draft and set the team on track to becoming a top team in the AFC North division. While the Pittsburgh Steelers' core continues to age and the Baltimore Ravens and Cincinnati Bengals continue to rot in mediocrity, the Browns hold six of the first sixty-five picks in the 2018 NFL Draft (including the first and fourth overall selections), meaning they will bring in plenty of top young talent on April 26th and 27th. Additionally, the team has the lowest payroll in the entire league, so if Dorsey decided he wanted to sign a few free agents as well, the Browns would have the financial flexibility to do so. Finally, Cleveland's defense is led by the first overall pick of the 2017 NFL Draft, defensive end Myles Garrett,

who had 7.0 sacks last season.

In my opinion, the Browns need to prioritize finding their franchise quarterback in the 2018 NFL Draft; however, a generational talent named Saquon Barkley also makes sense for Cleveland. Barkley will immediately be a top running back in the league when the 2018 season begins, and I believe the Browns should use their first overall pick on Barkley instead of selecting a quarterback. If Cleveland did not also possess the fourth overall pick thanks to a previous trade with the Houston Texans, the team would need to draft a quarterback; however, because this draft class has multiple promising QBs, the Browns will be able to select one of them with the fourth pick.

The New York Giants pick second, and with Barkley off the board, they will either draft a quarterback or trade their pick away; for this scenario, I will predict that they choose QB Josh Rosen from UCLA. Next, the Indianapolis Colts will most likely select defensive end Bradley Chubb from Texas A&M, leaving three QB options for the Browns to choose from: Sam Darnold from USC, Oklahoma's Baker Mayfield, and Wyoming's Josh Allen. While I am not sure which of these players are most favored by John Dorsey and the Browns, I do feel all three have the potential to be the franchise quarterback that Cleveland so desperately needs.

By adding Barkley, a new quarterback, and four more rookies selected in the first three rounds of the 2018 NFL Draft, the Browns will add a ton of talent to the young core they are currently constructing.



# The Bright Future of the Brooklyn Nets:

## Free Agency Edition Alistair Hackett '19

It is no secret the Brooklyn Nets have been a laughing stock in the NBA the past two years. Finishing 21-61 in the 2015-16 season and 20-62 in the 2016-17 season, things have been grim in Brooklyn, especially when one factors in the fact that they haven't have their draft picks to show for it. With the 2018 NBA Free Agency coming up, there are many free agents that the Nets could target. Young restricted free agents, like Aaron Gordon, Jabari Parker, and Clint Capela should all be on the Nets radar. The Milwaukee Bucks failed to negotiate a contract extension with Jabari Parker, as they would not give him a max contract extension, citing health concerns. Parker has stated that he is seeking a max contract, and if the Nets

offer him one, the Bucks likely won't match it, which would make him a Net. But why else would Parker want to sign with the Nets?

Putting aside the max contract, New York is the biggest market in the country and stars like to play in big markets. In addition, there is the Jahlil Okafor factor. Parker and Okafor grew up playing together in Chicago, so he could recruit Parker to the Nets. And most importantly, this is a team with young talent, an excellent coaching staff, and an excellent front office. But all together, a starting five of Spencer Dinwiddie, D'Angelo Russell, Jabari Parker, Rondae Hollis-Jefferson, and a rapidly developing Jarrett Allen could be devastating for teams to deal with.



## Champions League: The Strongest Year Ever Kieran Leister '19

Soccer is the world's sport. Even though it is not as popular on television in America, the sport of soccer is viewed around by millions around the world. The most popular among these televised soccer matches is the UEFA ran tournament known as the Champions League. This tournament began in 1955, but it was known as the European Cup up until 1992 when it was renamed the Champions League. This tournament takes all of the best clubs from around the top leagues around the world and places them into 8 groups of 4 teams. The top 2 teams advance from each group advance. The final 16 teams play in a drawn bracket until the final 2 teams meet in the Champions League Final.

Over the years we have seen the best players in the world and of all time with their clubs battle against one another to see which club is the top in the world. While the World Cup may be a more celebrated event, the Champions League is the best display of soccer in the world. We have seen the best of the best with individual talent in all the years of Champions League with talents like Ruud van Nistelrooy, David Beckham, Raúl, Wayne Rooney, and of course Cristiano Ronaldo and Lionel Messi. While all of these greats have contributed to some great years of Champions League soccer, this year is something special. This year, like many, we have the privilege to watch the two best players of all time, Cristiano Ron-

aldo and Lionel Messi in their prime. We get to watch them surrounded by some of the best players they have had around them. Ronaldo's club, Real Madrid, and Messi's club, FC Barcelona, are not the only teams that make this year's Champions League special. Paris St.-Germain has made news this year with record signings of the next generation of star players in Neymar and Kylian Mbappé and were dominating the tournament up until the Round of 16 matchup with Real Madrid. Manchester City has been having the one of the best seasons the world of soccer has ever seen within the English Premier League and this has translated into the Champions League as well. This year in soccer will be one to remember.



# FIVE NEW YORK BASEBALL PLAYERS TO WATCH

Connor Cassidy '18

As the snow (hopefully) starts to melt and graduation approaches, New Jersey sports fans look to the New York Yankees and New York Mets to jumpstart their seasons with young, home grown talent. Here are some rising stars to keep an eye on.

## 5. Dominic Smith (1B- New York Mets)

Last season, the New York Mets brought up 1B Prospect, Dominic Smith. The addition of Smith did not go as well as the Mets would've liked as he struggled greatly with his stint in the Majors. Smith batted .198, had nine home-runs, and drove in 26 runs. As of now, Smith has been listed as questionable with an on-and-off quad injury. If he is to return in time for the beginning of the season, Smith would most likely start on the bench and play a few game when Adrian Gonzalez, newly acquired Met, would need a break.

## 4. Jordan Montgomery (LHP- New York Yankees)

Heading into the 2018 MLB Regular Season, it looks as Jordan Montgomery will be filling in the final spot for the Yankees Starting Pitching Rotation. Montgomery is a tall left-handed pitcher who has a fantastic slider and deadly fastball. This past season, Montgomery impressed many as he finished the season with a record of 9-7, a 3.88 ERA, and 144 Strikeouts. Montgomery has been talked about a lot by scouts who have viewed him as a top pitching prospect in the MLB. Earning his first official position without being called up should be interesting and I for sure would recommend keeping an eye on him to see how he progresses in New York.

## 3. Brandon Drury (3B-New York Yankees)

The New York Yankees newly acquired 3B, Brandon Drury has already been making a name for himself at Spring Training and will probably earn the starting 3B job. Drury is a right-

handed hitter as well as a versatile infielder built with a perfect frame for the infield which is the reason why scouts fall in love with this man. Drury is considered by most scouts as "more of a gap hitter rather than a home-run hitter" which will probably change when playing at Yankee Stadium, one of the smallest ballparks in America. Last season for the Diamondbacks, Drury batted .267, slashed 13 dingers, and drove in 63 runs. Drury was a great late addition to the Yankees roster and should make an immediate impact for the Baby Bombers.

## 2. Gavin Cecchini (2B/SS- New York Mets)

When injuries plagued the 2017 Mets, Gavin Cecchini was given a small stint in the Majors. Like most prospects, Cecchini didn't do so well, as he batted .208, had one homer, and drove in seven runs. With that being said, Cecchini had limited time so it was obvious why he didn't do so well. Heading into the 2018 season, Cecchini will most likely (once again) start the season on the Triple-A Mets squad. If this does occur, it most likely will, Cecchini will probably make another Major League stint in late April or early May once other fielders become injured or begin to struggle. Cecchini can easily win the job over multiple starters in the lineup right now. Time will only tell...

## 1. Gleyber Torres (2B - New York Yankees)

Gleyber Torres is the future of the New York Yankees infield. He is a quick, versatile, and strong infielder that can do literally anything on the ballfield. Last season in the minors (AA and AAA), Torres batted .287, hit seven homeruns, and drove in 34 runs. If Torres can work his way onto the roster whether it being injury or just his production is so great in the Minors that he has to be moved up, Torres will make a huge impression in the Majors. Watch out for Gleyber Torres.



# WHY EVERY SENIOR SHOULD SEE LADY BIRD

Quinn Kiernan '18

As we inch closer to the April 1st college acceptances, I have observed, in myself and in my classmates, the undeniable stresses and worries we have. Maybe some of us are still discovering who we are; overwhelmed that we have to decide where we want to spend the next four years when we do not even know if we will fit in. Maybe some of us are counting down the days to escape Monmouth county. Or maybe we are struggling with relationships in and out of the family.

There is no better way to find comfort than entering a world that resonates with you: it assures you that you are not

alone in anything. "Lady Bird" offers a genuine experience of one girl's senior year of high school in Sacramento. Like many of us, college decisions and financial burdens trouble her. Relationships build her up only to subsequently tear her down. She just wants to escape. I found that "Lady Bird" gives me solace from my own high school anxieties. While I related completely to her personality, every senior can identify with the daily burdens she endures.

Outside of finding comfort, "Lady Bird" gave me a greater appreciation for home. For the past two years, I had been counting down the months to

graduation. The film enabled me to understand that my hometown is a large part of who I am: it has defined who I have been the past eighteen years.

"Lady Bird" is mandatory viewing for high school seniors. We can all learn something about ourselves through "Lady Bird."

# Welcome to the Jungle: The Newest Members of the Animal Kingdom

Matthew Vaccaro '19

Though we are only a few months into 2018, the scientific community has been bustling with new discoveries in the Animal Kingdom. The scientific community discovers an average of 15,000 to 18,000 new species each year, the majority of which are insects, although occasionally these new species are renaming of previously discovered subspecies. Thus far 2018 has been no different. When the year had hardly even began, researchers at the California Academy of Sciences had classified 85 new species.

Perhaps the most deadly discovery was the Atlantic sixgill shark. Though the *Hexanchus nakamurai*, grows to a measly six feet in length, its relatives from the Indian Ocean can grow from fifteen to twenty-six feet! Though its saw-like teeth and overall form cosmetically resembles its eastern relatives, after examining 1,310 base pairs of the shark's DNA, it was discovered that molecular, the two Lurking thousands of feet below the depths of the ocean,

the six-gill family, as their name implies, have an extra gill compared to other more common sharks. The ancestors of the Atlantic sixgill sharks, according to current research, go back as far as 250 million years, predating both humans and most dinosaurs.

Meanwhile in the Philippines, a new species of sea slug was named after a classic Disney character. Dispelling the stereotype of their slow-slithering relatives, *Siphopteron dumboswim* by flapping their bat like wings, not unlike their cartoon namesake.

February brought the discovery of a new breed of tardigrade, a microscopic species with eight legs like a spider, which scientists believe not only will outlive the human race, but could conceivably survive the death of our sun. It is believed that these resilient critters can survive an asteroid strike, severe gamma ray bombardment, or the energy from a supernova. Additionally, they are known to withstand temperatures as high as 300°F and as low as -328°F.

Finally, in the realm of nightmare inducing insects, there is the parasitic slasher wasp. *Dendrocerus scutellaris* comes equipped with its own bone saw, which the 0.1 in parasite utilizes to rip its way out of its host body from the inside out, after depositing its eggs inside an unwitting host, usually a caterpillar or aphid.

Humans currently inhabit every corner save for Antarctica. Nonetheless, the field of taxonomy shows how much we as a species have to discover about our planet. There are currently 1.2 million species that have been formerly identified, and it is estimated there are over 7 million more yet to be discovered.

Sources

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# ROLE-PLAYING GAMES: THE DIGITAL BOOK

Brian Hack '19

In today's day and age, younger generations have almost given up on reading books. It is seen in schools, where kids dissuade themselves from taking the time to read a book. In the age of technology, every part of life must adapted to the new systems at our fingertips, including books. To that end, Role-playing video games (RPGs) have provided to many the aspect of story and immersion to a generation that has rejected traditional reading.

There are two types of RPGs that are available currently: self-made RPGs and self driven RPGs. I have used this terminology based on the action that are performed in each type of game. Self-made RPGs are where a player makes a character and that character's story. As many people like to see themselves in literature, self-made RPGs literally set a player in his/her own story. Games like "Star Wars: The Old Republic," "Guild Wars 2," and "World of Warcraft" offer a variety of customization and story options to let players craft their own stories. Specifically in "Guild Wars 2," there is what is called the "Personal Story." This feature lets players created their own backstory and history similar to classic Dungeons & Dragons pen-and-paper games from the past. On the other hand, self-driven RPGs are games in which the story is set in stone, but the player gets to influence the journey of a character. Games like "The Witcher 3: Wild Hunt" and "The Elder Scrolls V: Skyrim" are such examples of self-driven RPGs.

To better explain, take "The Witcher" series for example. In all three games, the character Geralt of Rivia is controlled by the player in decision and action. There is a plotline to follow, but the player influences how the plot unfolds. With all of these, there is a wide variety of different stories, characters, and environments to explore, just like in novels. Want a fantasy story? Play "The Witcher 3." Seeking a cool science fiction adventure? "Play Star Wars: The Old Republic."

With the popularity of video games in general, 68% of Americans play video games. The RPG genre itself makes up 12.9% of the industry as the third most popular genre. Although books still have their nostalgic elements, RPGs may be taking over some of America's classics.

What's your story?



# Why New Jersey is Not a Blue Zone

Joseph Sandbach '18

New Jersey is a great state. It experiences all four seasons, has beautiful beaches, and is relatively quite wealthy. Still, New Jersey remains absent from the list of Blue Zones in the world. Why is this, and what actually is a blue zone? Why should we care?

Well, a Blue Zone is one of five places in the world where people live the longest, most fulfilled lives. Ranging from Costa Rica to Italy, there are nine common factors that constitute a Blue Zone. These are secrets only revealed in a book authored by Dan Buettner, but there are still many things revealed on the Blue Zones website that can explain why New Jersey could never have one. Blue Zones tend to be in areas where there is little stress, lots of activity, and incredibly healthy food sources. This is not to say New Jersey does not have all of these things in some way, but the lifestyles led by the centenarians in Blue Zones is wildly different from those led in our home state.

So what else contributes to living a longer, more fulfilled life? Making family and friends a priority is one recommendation. Each of the five original Blue Zones has their own little description of how deeply they value communication. This emphasis on support and laughing is viewed as a key factor to longevity and happiness. One of the best examples of a strong support system comes from Okinawa, Japan. The women in this town have a social networking system called a "moai". This word is meant to describe friendships built between people that last an entire lifetime. It's not only about having people to talk to and rely on, but also to relieve stress and provide a sense of security on all fronts that everything will be okay. Relating back to New Jersey, often times this type of lifelong friendship between a circle of friends is not commonplace.

People keep in touch with their childhood friends, but there is not a daily or regular interaction.

Communication skills are not the only reason New Jersey could not have a Blue Zone. Diet plays a major role in how human beings age and the people in these zones manage to eat far greater than any of our standards. Not only is there an emphasis on eating predominantly plant-based diets, and fasting, but the people in these places grow their own food. The people of the Okinawa community grow medicinal herbs such as turmeric and ginger, and the Ikarians -from Greece- collect a variety of different wild herbs to store. Studies show that the consumption of these foods can aid in lowering blood pressure, reducing cholesterol levels, and preventing heart disease. New Jersey simply does not have space for every person to cultivate a garden of herbs. As the most densely populated state in the United States, it would be an impossible task trying to make this aspect of Blue Zones a reality. The last detail worth noting is the stress-free lifestyle many centenarians live. In Loma Linda, California the community is one of Seventh-Day Adventists. Wildly different from our own CBA community, and much of New Jersey, this group follows the 24-hour Sabbath religiously. No rigorous activities are completed and family is supposed to be the main focus of the day. They also cite an increased emphasis on being in nature during this time, promoting further health benefits. New Jersey does not have this type of attitude towards life. In our area, we are constantly trying to move faster and push forward. Taking an entire day off just to relax on mountainous landscapes isn't realistic here.

Overall, New Jersey's absence of a Blue Zone does not diminish its greatness but point to a difference in priorities.

Should we try to adopt more of the traits Blue Zones embody? Absolutely. Can we adopt them all, or do we even need to? Definitely not. Blue Zones are hidden communities in the giant world that happen to have a little something special. While New Jersey will most likely never have one, there is nothing stopping any individual person from following the advice given from centenarians. The Blue Zones website contains a host of different information on how to improve your life and even has different types of quizzes to figure out where you can try to improve. To find out more simply google Blue Zones, and get reading!

<https://bluezones.com/about/history/corem-solor-as-sandandi>





### ACADEMY OATH

We the men of  
Christian Brothers Academy; do solemnly  
promise before God  
To live always with honor and integrity  
To serve and to stand for those in need  
To strive for wisdom in our  
pursuit of knowledge  
To uphold the legacy and proud  
tradition of our Academy  
St. John Baptist de La Salle  
Pray for us  
Live Jesus in our hearts  
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