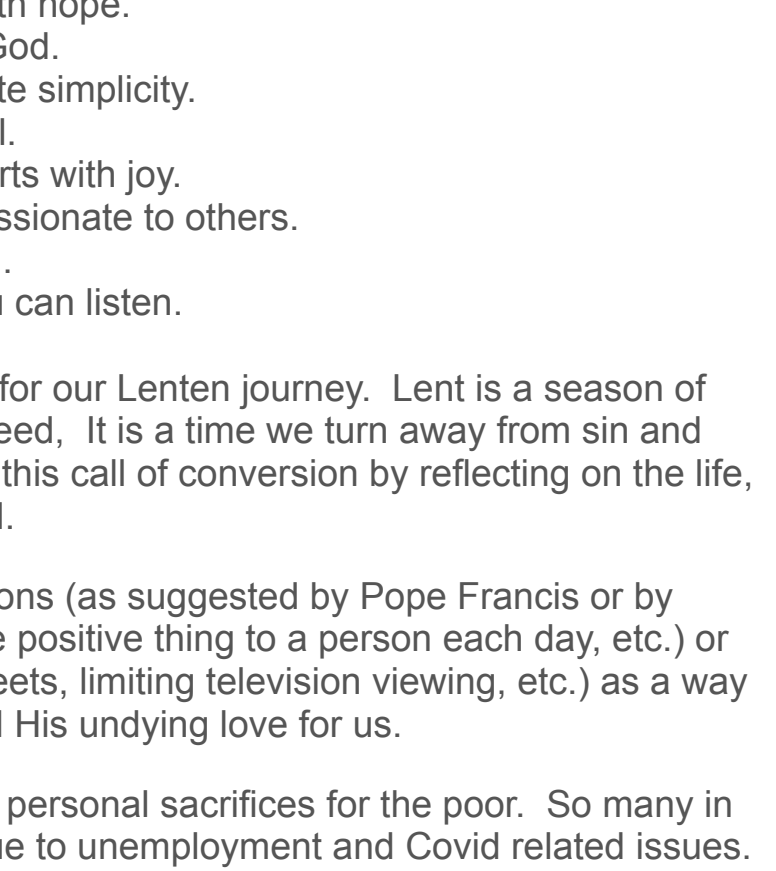
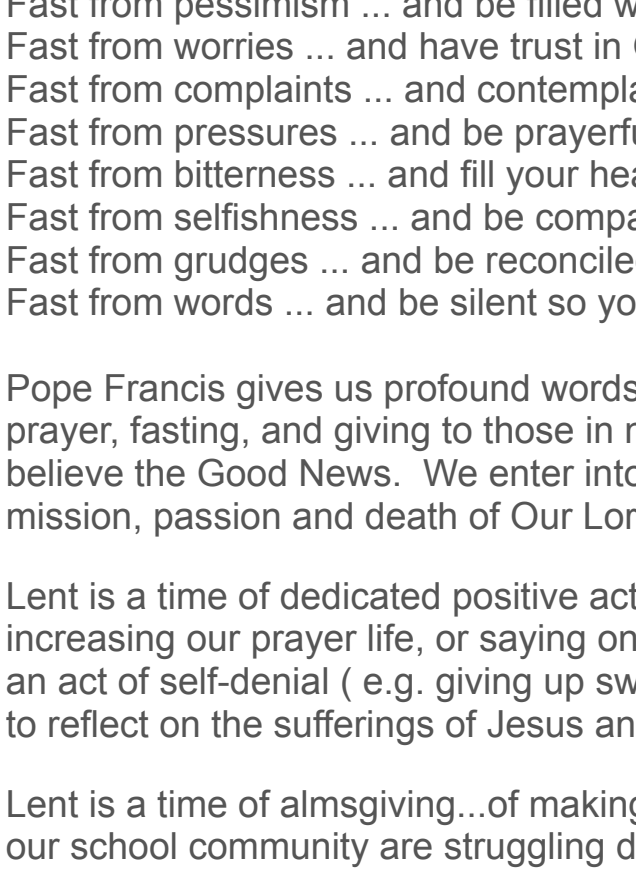
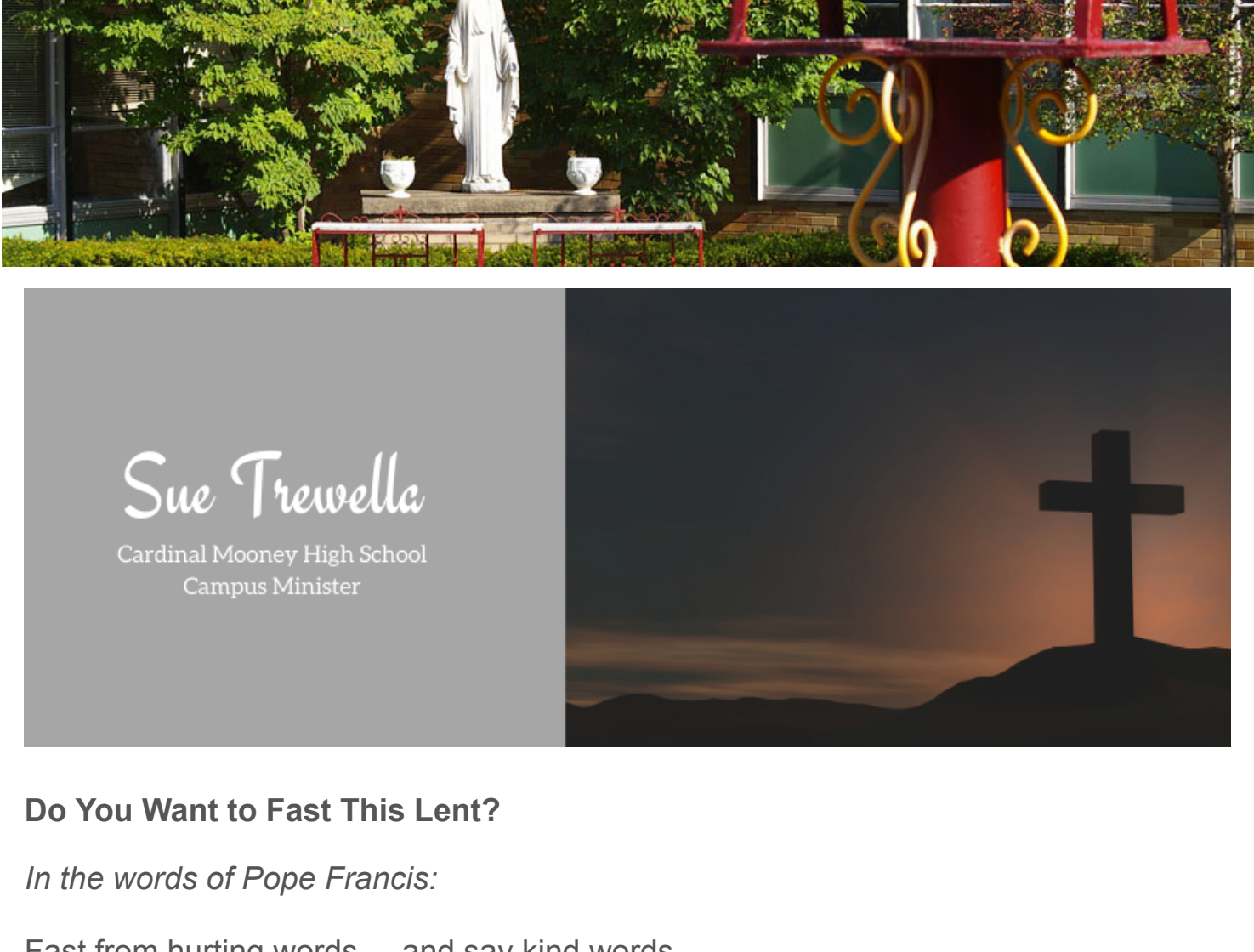




Cardinal Mooney High School CMHS



Do You Want to Fast This Lent?

In the words of Pope Francis:

Fast from hurting words ... and say kind words.
Fast from sadness ... and be filled with gratitude.
Fast from anger ... and be filled with patience.
Fast from pessimism ... and be filled with hope.
Fast from worries ... and have trust in God.
Fast from complaints ... and contemplate simplicity.
Fast from pressures ... and be prayerful.
Fast from bitterness ... and fill your hearts with joy.
Fast from selfishness ... and be compassionate to others.
Fast from grudges ... and be reconciled.
Fast from words ... and be silent so you can listen.

Pope Francis gives us profound words for our Lenten journey. Lent is a season of prayer, fasting, and giving to those in need. It is a time we turn away from sin and believe the Good News. We enter into this call of conversion by reflecting on the life, mission, passion and death of Our Lord.

Lent is a time of dedicated positive actions (as suggested by Pope Francis or by increasing our prayer life, or saying one positive thing to a person each day, etc.) or an act of self-denial (e.g. giving up sweets, limiting television viewing, etc.) as a way to reflect on the sufferings of Jesus and His undying love for us.

Lent is a time of almsgiving...of making personal sacrifices for the poor. So many in our school community are struggling due to unemployment and Covid related issues. As a school, we are gathering food and personal hygiene items to be distributed to those in need.

Lent is a time of prayer. It is a time to reflect on our own spiritual journey as we walk with the Lord during these forty days of Lent. Our school Lenten schedule includes:

Morning Prayer — Lenten Scripture readings/prayers
Ash Wednesday Liturgy — Grades 9 and 12
Ash Wednesday Liturgy — Grades 10 and 11

*The Congregation of Divine Worship and the Discipline of the Sacraments has modified the method of distributing ashes for this year only in light of the pandemic. The priest or Eucharistic minister will say the formula: "Repent and believe in the Gospel" once for all present. Then they will take the ashes and sprinkle them on the head of each person without saying anything. This change minimizes the necessity of physical contact between the minister and recipient and removes the need to speak in close proximity.

During Lent, we will also be scheduling these opportunities for prayer.

Class Mass — Grade 9
Class Mass — Grade 10
Class Mass — Grade 11
Class Mass — Grade 12
Stations of the Cross — March 29

Theology classes will make regular visits to the chapel for Lenten prayer experiences.

Food and Personal Hygiene Service Project is scheduled for Feb. 17 to March 29.



Re-enrollment reminders

A fast start without interruption, scheduling changes, etc. benefits the long-term success of each student. Our goal is to have our students registered and the master schedule well underway by the end of the school year.

Here's how you can help us.

From Feb.1 through March 1, we will be re-enrolling our current students in grades nine through 11 with no re-enrollment fee. We will extend office hours to accommodate you, answer questions, help with submitting forms, and registering in FACTS, etc. The Tuition Agreement form can be found [here](#).

Re-enrolling during this timeframe will greatly improve our ability to begin collecting student input for classes, and constructing the master schedule. Since the students in grades nine through 11 represent three quarters of our population, imagine how much further along Mooney can be in scheduling if we have 75% of the student body re-enrolled by March 31 (We understand family circumstances may change, still we ask that each of you re-enroll).

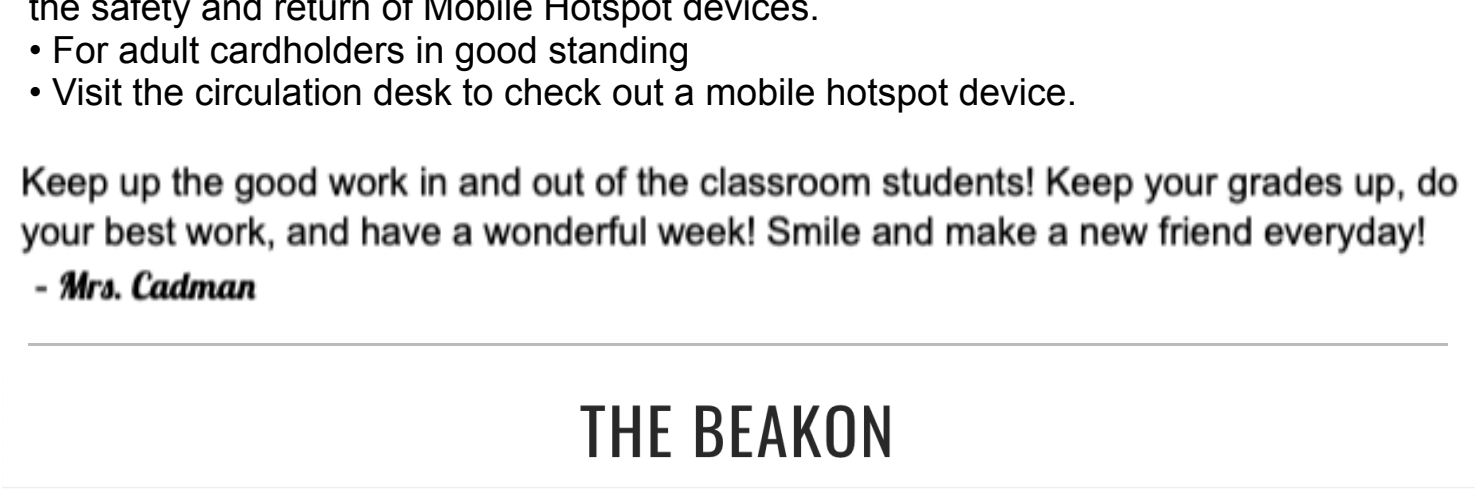
Re-enrollment packets consisting of the tuition agreement form, information on how to register in FACTS and course selection sheet were sent to our current families.

The tuition agreement form, registration in FACTS, and course selection sheet signed by a parent or guardian must be completed by March 1, 2021. After March 1, a non-refundable \$100 administrative fee will be charged to re-enroll.

For transfer students and incoming freshmen our registration time frame is Feb. 20 through March 31.

Our budget and staffing levels are determined by the total number of students enrolled at Mooney. Your commitment helps us to be a more efficient and effective institution.

Mooney and its faculty operate under a Collective Bargaining Agreement. That agreement requires us to make staffing decisions by the middle of April. Re-enrolling by March helps us to staff appropriately.



It's time! Send us your favorite recipes for the Mooney Family Cookbook! This will be a lot of fun and easy.

Click [here](#) to access the submission form.

The CMHS Alumni Relations Committee will collect all recipes by email kimberlycox89@gmail.com (or you may print them and take them to the school office to the attention of Kim Simons Cox). Recipes are due by Feb. 24. Cookbooks will be available for order in the spring. Proceeds will be used to directly benefit current and future students of CMHS!

Please contact Kim Simons Cox with questions!

Let's Get Cookin'! GO CARDS!

Any student who submits a recipe will be put into a drawing for a chance to win a gift card. For every recipe a student enters will equal the number of times their name is added in for the drawing. There will be 2 winners per grade.

- During the winter months, if your student is late to school and they are driving, we are now asking them to not park in the tennis court lots. They are to park in the main student parking lot. The nurse will meet them at the door to do their wellness check. Thank you for your cooperation. Students, please remember that you are not permitted to text your peers to have them open any of the outside doors for you.
- A few dresscode reminders for students: The only crew neck and hooded sweatshirts are permitted are Cardinal Mooney ones. All jackets, including letterman jackets, are to be stored in the lockers. Yoga pants/leggings are still not permitted to be worn at any time. If there are any dress code concerns, please contact Mrs. Cadman.
- If you are a remote student, please remember that school begins at 8:00 a.m. All cameras and microphones have to be on. You are expected to be participating in class. If you will not be in class, your parents are still required to call in to the main office to report you absent.
- A friendly reminder from the main office: If your student is leaving early, please have the student drop a note off in the main office before 8 a.m. They can pick up their early dismissal slip after the first period. Unfortunately, we are not able to accept phone calls for students leaving. If a student would need to leave, please email the dismissal to icadman@cardinalmooney.com.
- It is very important that your student arrives on time for school. The warning bell is 7:55 a.m. and the tardy bell is at 8 a.m. We are noticing more students that are arriving late to school. Please call the office if your student will be late.
- If you are having any trouble with your Chromebook or Chromebook charger, please see Mrs. Cadman in the main office. Just remember, the Chromebook you are using is your responsibility. Please take care of your Chromebook. Make sure you are carrying it in your backpack and it is charged for the day.
- If you or your student is having any trouble logging into Powerschool, please send an email to icadman@cardinalmooney.com.
- If you are having internet issues, the public library has a limited amount of free personal hotspots to rent — all you need is a library card. You are able to rent them at all Mahoning County libraries, but the main branch downtown is the only one that has them onsite. The main branch is on 305 Wick Ave., 44503, (330) 744-8636.

Information on the Wifi Mobile Hotspots:

- WiFi Mobile Hotspot devices can be borrowed from the Public Library of Youngstown & Mahoning County to bring wireless Internet access to those without a home connection, or those who need to gain access in unconnected areas. Each hotspot allows for a connection of up to 10 devices at a time.

Loan Period: 7 Days

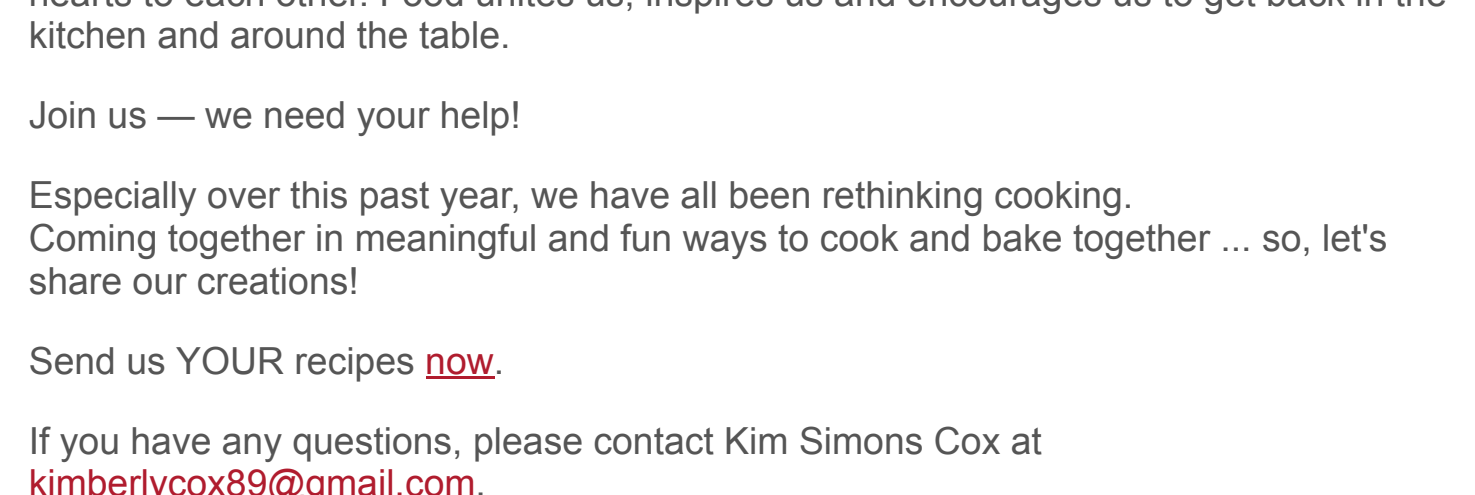
Non-Perishable Days

- Limit: 1
- Fine: \$3 per day
- All customers are responsible for fines (including Senior Cards).
- Replacement cost: \$150.
- Do not place in Book Drop or Media Drop. Remember ... patrons are responsible for the safety and return of Mobile Hotspot devices.
- For adult cardholders in good standing
- Visit the circulation desk to check out a mobile hotspot device.

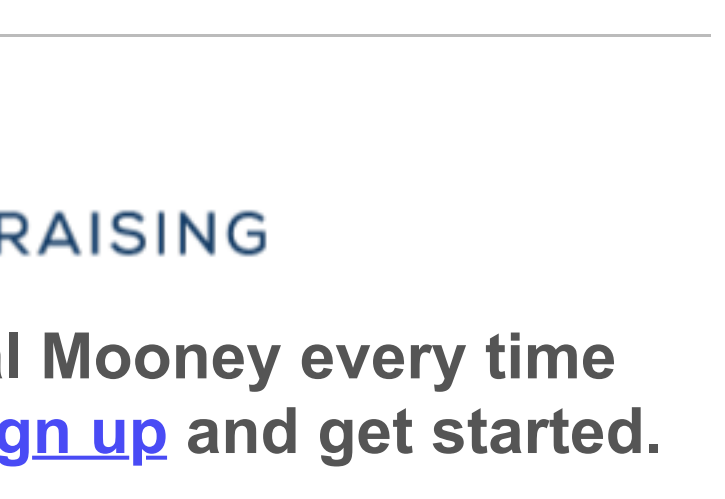
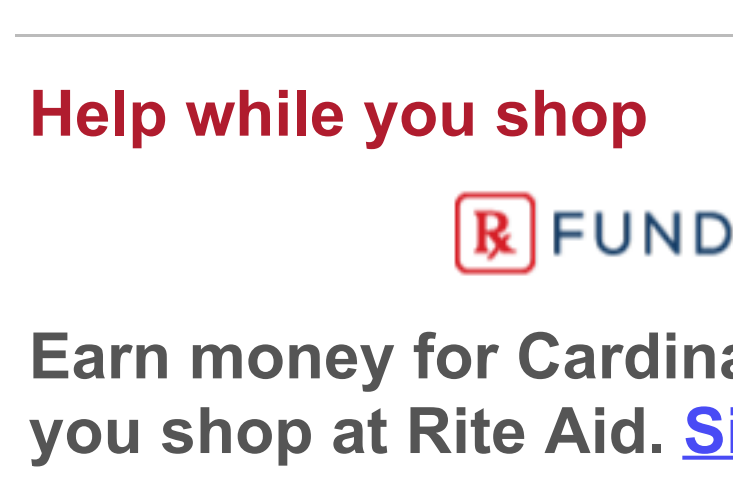
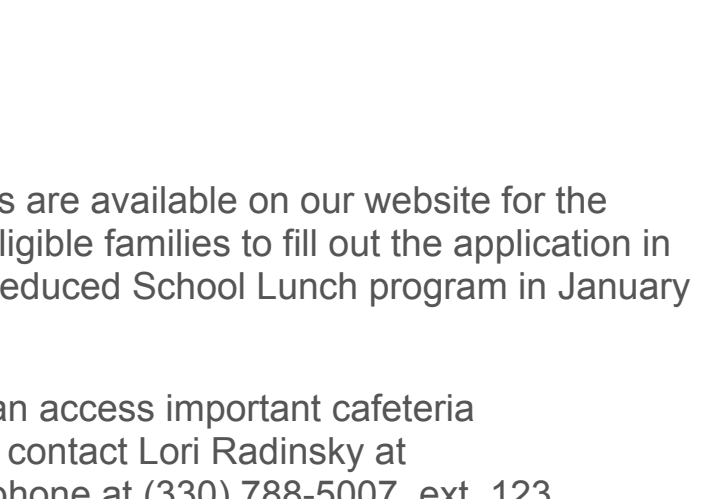
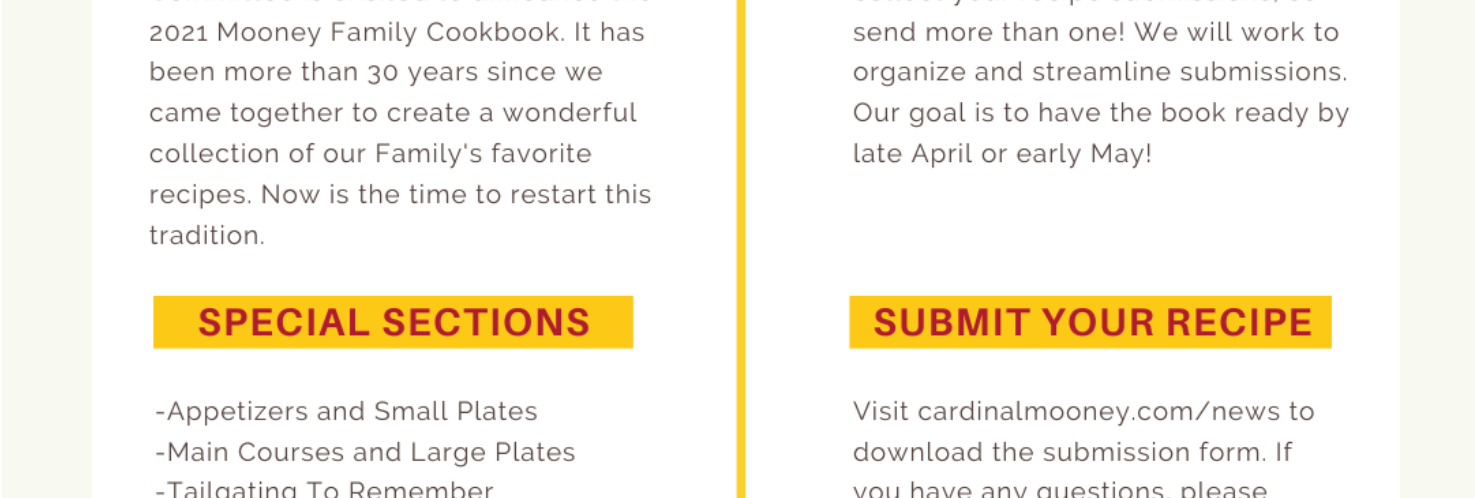
Keep up the good work in and out of the classroom students! Keep your grades up, do your best work, and have a wonderful week! Smile and make a new friend everyday!

- Mrs. Cadman

THE BEAKON



Catch up on feature stories, editorials, and the latest news happening at Cardinal Mooney with the newest edition of The Beakon. [Read all about it here!](#)



The Speech & Debate students at Cardinal Mooney carry great expectations into each tournament.

Our speakers must harness enough poise to not just remember each word of a 1,000-word speech, but how to say each of those words.

Our debaters must grasp the elements of each case so he or she can use it in a moment's notice, and with enough creativity and flexibility to make the most impact.

Our extemporaneous squad must command the details of current affairs so they can write and memorize a seven-minute speech in just 30 minutes.

Our actors must continue to connect with material they have performed dozens of times over the course of five months, so they can relay all of the emotion in each word.

That is the challenge week in and week out ... then comes the National Speech and Debate District Tournament — or "Bigs" as it's known. Over two days, our students must navigate a different set of obstacles — this based on stamina, both mental and physical.

With spots in the National Tournament on the line, the coaches pushed the teammates last week to work harder and focus more than they have all year. From Day 1 this season, the coaching staff agreed that we will not do our team any favors if we don't raise the bar for them.

As they always do, they responded. In doing so, we proved a major theme for us this year, which is simple: When you command the language, you win, and when you win ... we ALL win. This week ... we all tasted a level of victory.

Maureen Baker became a back-to-back district champion in United States Extemporaneous. Millie Heschmeyer won her first district crown by besting the entire field in Dramatic Interpretation. And Olivia DeCesare came in second in Lincoln Douglas Debate. She is also a district champion, having claimed one last season.

Excellent individual efforts led to the group earning sweepstakes honors in all three categories: First place in team debate, second place in overall standings, and third place in team speech.

Students and coaches were not the only ones responsible for the success. Members from all over the Mooney Family have contributed all season. Even local restaurants have made sure students have food to sustain themselves through tournaments.

This inspires our students, so we are incredibly grateful for every ounce of support we have been given.

Next stop ... the State tournament!

Thank you!

Vince Taddei '92
Director of Forensics

Every passing day, The Armory is getting closer to becoming an elite, state-of-the-art training facility. When completed, this monument to the collaborative spirit of the Mooney Family will be a place for every student and every team at Cardinal Mooney.

Work still needs to be done, so we appreciate every contribution dedicated to this effort, which will carry a great deal of our legacy for decades to come.

Send recipes NOW

The Cardinal Mooney Alumni Relations Committee is excited to announce the 2021 Mooney Family Cookbook. It has been more than 30 years since we came together to create a wonderful collection of our Family's favorite recipes.

As Catholics, gathering around the table of the Lord is our central act of worship. Food and faith are intertwined into our social and spiritual tapestry. Through food we are able to share our culture, heritage & traditions. Making food together opens our hearts to each other. Food unites us, inspires us and encourages us to get back in the kitchen and around the table.

Join us — we need your help!

Especially over this past year, we have all been rethinking cooking. Coming together in meaningful and fun ways to cook and bake together ... so, let's share our creations!

Send us YOUR recipes [now](#).

If you have any questions, please contact Kim Simons Cox at kimberlycox89@gmail.com.

IT'S BACK!

The Cardinal Mooney Alumni Relations Committee is excited to announce the 2021 Mooney Family Cookbook. It has been more than 30 years since we came together to create a wonderful collection of our Family's favorite recipes. Now is the time to restart this tradition.

SPECIAL SECTIONS

- Appetizers and Small Plates
- Main Courses and Large Plates
- Tailgating To Remember
- Holiday Traditions
- The Youngstown Cookie Table
- Crockpots, Instapots and Air Fryers
- Embracing our Culture & Heritage
- Having fun with Mixology

WE NEED YOU

During the month of February we will collect your recipe submissions, so send more than one! We will work to organize and streamline submissions. Our goal is to have the book ready by late April or early May!

SUBMIT YOUR RECIPE

Visit cardinalmooney.com/news to download the submission form. If you have any questions, please contact Kim Simons Cox at kimberlycox89@gmail.com.

School notes

Free and Reduced School Meal Applications are available on our website for the 2020-2021 school year. We encourage all eligible families to fill out the application in order to be ready to resume the Free and Reduced School Lunch program in January 2021 and for other qualifying purposes.

CAFETERIA NOTES — Mooney families can access important cafeteria information [here](#). For any questions, please contact Lori Radinsky at L.Radinsky@youngstowndiocese.org or by phone at (330) 788-5007, ext. 123.

Help while you shop

Earn money for Cardinal Mooney every time you shop at Rite Aid. [Sign up](#) and get started.

- Amazon will donate 0.5% of the price of your eligible AmazonSmile purchase to **Cardinal Mooney High School** whenever you shop on AmazonSmile.
- AmazonSmile customers can now support Cardinal Mooney High School in the Amazon shopping app on iOS and Android mobile phones! Simply follow these instructions to turn on AmazonSmile and start generating donations. Open the Amazon Shopping app on your device. Go into the main menu of the Amazon Shopping app and tap into 'Settings' Tap 'AmazonSmile' and follow the on-screen instructions to complete the process.
- All you need to do is start your shopping at smile.amazon.com. The donation will be made at no extra cost to you!**

Community resources

COMMUNITY LEGAL AID SERVICES: If you're having issues with your unemployment claim, legal aid may be necessary. Call 1-800-998-9454 for information.

WRTA: All rides are free through June 2021, but masks are required. Call (330)941-5789 for more information about the route.

FINANCIAL HELP is available for Mahoning County residents behind on rent, mortgages, and utility bills starting Nov. 2. Call MYCAP 330-747-7921 ext-1177.

MYCAP is now paying first month rent, security deposit and mortgage payments. Call MYCAP and leave a message. Ex: 1177

Youngstown Neighborhood Development Corp is accepting applications for emergency home repair at no cost. Call 330-480-0423 for information.

Free Food Program for Children at Newport Library and Michael Kusalaba Libraries Monday through Tuesday from 2 p.m. to 6, and Friday through Saturday from 2 p.m. until 6.

COVID Careline: Call 1-800-720-9616. Help is available 24 hrs per day, seven days a week.

First United Methodist Church: Drive-thru dinner continues first and third Thursdays of each month from 5 until 7 p.m.. It is open to the public

LaFrance Cleaners: If you are unemployed and need an outfit cleaned for an interview, they will clean it for free.

YNDC: Accepting applications for emergency home repair to assist low income homeowners with furnace and plumbing repairs. Call 330-480-0423

Youngstown City Schools Food Distribution will be from 11 a.m. until 2 on Wednesdays beginning this week. The distribution sites remain the same: East, Chaney, Martin Luther King, Paul C. Bunn, Harding, Volney, Williamson, and Wilson.

Home Energy Assistance(HEAP) helps eligible low-income Ohioans to heat their homes by providing one-time payment on a heating bill 800-282-088- or energyhelp.ohio.gov

Emergency Rental Assistance: MYCAP re-opens applications on Feb. 1. Please call 330-747-7921 for information.

Free Dental Care provided to children without insurance on Feb. 26. Call 330-545-2000 to reserve an appointment with Dr. Paul Bertolasio (26 E. Wilson Ave., Girard, 44420).