

Education

Therapy dogs wag away anxiety during Mount's mid-semester crunch

Midterms can be a demanding time for the Mount Saint Mary College community, but trained therapy dogs provided a break for students, faculty, and staff on March 4 at the Kaplan Family Library and Learning Center.

The animals came to the Mount via Hudson Valley Paws for a Cause. The popular event has become a tradition at Mount Saint Mary College during midterms week.

Research has indicated that watching,

petting, or talking to an animal can lower blood pressure and heart rate. Interacting with animals can also reduce mental distress and lower anxiety levels – for example, during final exam times for college students.

“Wagging Tails Stress Relief” was co-sponsored by the Mount Saint Mary College Kaplan Family Library and Learning Center, the Counseling Center, and Health Services.



Therapy dogs with Mount Saint Mary College students.

-Courtesy photo

RCK 2nd quarter honor roll students

The Roy C. Ketcham High School administration announced the following honor roll students for the 2nd quarter of the 2019-20 school year.

Honor List

Grade: 9

Hunter Baisley, Danny Barros, Elizabeth Barry, Kaden Bihn, Shane Brandemarte, Olivia Brennan, Nyla Brown, Zander Brown, Angelina Buonato, Alyssa Butler, Emilee Button, Danielle Calli, Emily Canevari, Yasmine Chanaoui, Camila Chimenez Sanchez, Christopher Chippari, James Cintron, Frederick Cornelius III, Dawson Cross, Joseph Cservak IV, John Cullum IV, Savannah Curtin, Amanda D'Onofrio, Victoria D'Urbano, Brianna (Lucian) DeJesus, Edward DeMatteis, Frank Dominguez, Brandon Dotterman, Sean Dunn, Rafael Esquivel Hinojosa, Torrel Essuah Mensah, Aidan Farrell, Marybeth Florio, Isabella Forcelli, Jacqueline Gallman, Zezer Garcia Rodriguez, Nathan Garner, Sophia Gasperini, Sydney Gillies, Abigail Glover, Camryn Greene, Amir Habib, Liam Hall, John Hartmann, Victoria Holleran, Hailey Hrouda, Gianna Hyde, Maya Jackman, Tyler Jankowski, Tyler Jornov, Hayley Kacmarczyk, Ashley Kisslinger, Sebastian Kunicki, Jeremy Lawrence, Andrew Lema, Jacob Lull, Bryan Manderville, Jasmine Mayer, Brendan McGowan, Cordelia McNamara, Katarina Mentillo, John Mitchell, Christopher Modugno Jr, Jason Muesser, Allison Muia, Syed Muizz, Rylie Muriel, Brian O'Connor, Ryan O'Connor, Jennifer Olsen, Keira Ortiz, Ariana Pacheco, Casey Pavone, Eli Penagos, Brayan Peralta, Yahir Perez, Riley Peru, Alexa Pesante, Karissa Peters, Lexandra Potter, Christina Ruffen, Shebaan Shahid, Maya Shanley, Matthew Sinn, Mia Stufano, Dominik Tucciariello, Colin VanVoorhis, Ashlyn Wasilko, Nailah Wells, Ryan Wickliffe, Jaziel Williams, John Williams, Savannah Wright, Sean Wright, Ya Wen Wu, Emma Zielinski

Honor List

Grade: 10

Michael Alvarado, Aaron Baruch, Daniel Belmonte, John Boom, Sean Boschulte, Deana Bradford, Gabriel Bristow, Shane Brown, Anthony Bruno, Terry Buggs, Ryan Camacho, Tara Cantalupo, Mia Caputo, Thomas Carrough, Thomas Carroll, Nayely Casco Sanchez, Samuel Cedenol, Paige Chetner, Nikolas Christian, Joseph Connors, Thomas Costello, Jessica Cruz, Bryce Dazi, William Divney, Charlie Dodge, Tanner Eirish, Emma Englert, Stacey Espinoza, Tyler Figueroa, Violeta Francese, Joshua Fredeman, James Furnaro III, Elijah Gaviola, Arita Gjevukaj, Dylan Glickman, Jade Graham, Olivia Gray, Zoe Haines, Gina Hann, Kennedy Harkins, James Indorf, Samantha Irizarry, Elizabeth Irving, Damon Kearney, Kayleigh Kelsey, Andrew Kennedy, William Khouri, Adaiyah Lassalle, Jax Lehner, Austin Lombardi, Michael Lombardo, Connor Lynch, Braeden Maher, Michael Marchesona, Aidan Marshall, Jada Martinez, Leanna Mastrotrilli, Anthony Mazzacone, Kelsey McCorry, Kaitlyn McDonough, Nicolas Mendez, Arianna Mercado, Madison Miano, Thomas Minet, Joseph Montgomery, Rosa Morales Cruz, Jonathan Moschiano, Carl Munoz, Halia Navarro, Sean O'Brien, Riess Ogden, Keven Palacios, Mariam Penalta Azaoui, Samantha Perez, Kyle Pollock, Gabriella Quinones, Dean Renihan, Andrew Richards, Robin Caleb Richards, Darnecia Rodriguez, David Ruiz Sierra, Delia Rutledge, Josie Sanchez, Margaret Schlusser, Brianna Scott, Michael Simmons, Julia Simone, Ericka Singleton, Austin Smith, Tyler Spagna, Sankung Susso Jr, Alexis Torres, Benjamin Tullo, Tasfia Uddin, Michelle Wagner, Benjamin Wilson Jr

Honor List

Grade: 11

Justin Aiello, Carla Amador, Joseph

Bessinger, Samantha Betterton, Brianna Betz, Donovan Blake, Mikaela Buele Abril, Lorraine Burnett, Emily Cacace, Olivia Cacace, Jordan Cancel, Giovanni Chirico, Nicholas Colon, Caitlin Connaughton, Nicholas Connors, Gia Crifo, Christopher Cuadra, Jacob Custer, Nicole D'Amato, Peter D'Amelia, Christopher Delaney, David Delaney, Adriana Diaz, Layana ElJamal, Spencer Elman, Aniyah Enson, Samantha Esposito, Olivia Filomio, Alexa Flynn, Brandon Fowler, Abbygale Froehlich, Krystal Gillo, Nicolaus Goings, Jennifer Hanley, Charles Hatzmann, James Haw, Ashley Helton, Meghan Hoolahan, Roman Hostyev, Xiaodong Hu, Syeda Hussain, Kristen Jones, Yasmine Jonigan, Lea Kane, Jeremy Kelly, Joslynn Kemp, Erionna Kenney, Xavier Kolhoser, Lauren Kolor, Madison Kozak, Maxwell Lancaster, Aaron Lanza, David Leiladhar, Amanda Lewandowski, Sophia Lim, Arianna Lombardo, Jolene Louizaire, Catherina Maldonado, Alexa Masselli, Amanda Matuskovic, Mykenzie Maxwell, Aidan McCaffrey, Olivia McElroy, Michael McGowan, Matthew McManus, Michael Mendez, Tiana Mercado, Kyrie Milkins, Laela Montagnino, Jaydin Montero, Ashley Morales, Victor Muniz Castrejon, Evelyn Nieto, Maurice Ogada, Hailey Oliver, Om Patel, Samirah Perry, Nicholas Pettno, Amy Pietrafeso, Dynasia Pittman Glenn, ChyAnne Powers, Megan Rabl, Makayla Randall, Darrin Richards, Kameron Robinson, Michael Rodrigues, Aryanna Rosa, Isaiyah Rosado, Giovanni Sagginario, Alison Sakal, James Scampoli, Anthony Scott, Jessica Socha, Zhiqi Song, Tusiime Stambuli, Nicholas Tatavitto, Matthew Taylor, James Teeling Jr, Jake Terralavoro, Sam Terralavoro, Katie Timmons, Amelia VanUtrecht, Valentina Vargas Quicono, Nicolette Vasillo, Kyleigh Victor, James Wagner, Matthew Warner, Evan Watkiss, Emma Westgate, Julia M Yezpe Egas

Honor List

Grade: 12

Gabrielle Alvarez, Sunehra Anha, Dominic Arditi, Samuel Bell, Tanya Bhangoo, Mackenzie Boric, Brendan Cassidy, Isabella Chavarria, Glen Chitty, Benjamin Cobb, Nicole Colombos, Ethan Derieux, Isabella DiLeo, Amy Dolmus, Natalie Doyle, Alexa Duryea, Matthew Fredeman, Joshua Godden, Zachary Golden Johnson, Mark Gonzalez, Shannon Grimes, Dennis Hartmann, Alissa Hayes, Michayla Hughes, Cierra Johnson, Bryanna Jones, Brian Kalinoski, Bleona Krasniqi, Dylan Kuttruf, Hannah Light, Jonathan Malafrente, Shea Mastrantuono, Zachary Masucci, Kenneth Maurer, Jason McDonough, Thomas McElroy, Amanda McMahon, Kevin Mejia, Varvara Mironova, Christopher Munoz Guzman, Tia Mutsheler, Kristin Pacelli, John Padilla, Nicolas Palmieri, Alicia Payne, Edilberto Pop Quib, Angelyna Redding, Serenity Robinson, Suraj Sajani, Valentina Sanchez Aizpun, Thomas Schaff, Nathaniel Seebeck, Matthias Silverstein, Alexander Sinn, Adam Smart, Alyssa Smith, Ruby Vasquez, Michael Vassiliou, Sebastian Velasquez, Anvi Vora, Sean Waylon, Ian Wilson, Aidan Wright, Ava Zorilo, Ashley Zuniga

Honor List

Grade: 9

David Abril, Rodrigo Acosta Escalante, Samuel Aldarondo, Amanda Arvelo, Caitlin Auriemmo, Daniela Barca, Juliana Barros, Lindsay Benedetto, Rebecca Berak, Rose Bettini, Aimee Brown, Jackson Cannella, Xinaya Carrero, Victor Cheng, Miles Clyde, Joseph Consiglio, Neah Cooke, Gabriella Corsini, Mateo Crespo Cela, Giuliana Crisafulli, Kelly Cruz, Luke Cruz, Shannon Cullen, Erica De Saye, Daniel DeFrancesco, Lea Diaz, William Dickson, Amanda Drap, Jacob Dusavage, Ashley Eglit, Alexandra Esquivel Marin, Maria Fabrizio, Rowan Faulkner, Briana Fisher, Lyndsey Fusaro Conrad, Ava Gambichler, Teresa Gonzalez,

Devansh Gor, Ava Guerriero, Shanelle Hall, Katelyn Hansom, Ian Hawks, Alexander Hernandez, Natalie Hilton, Dominic Izzo, Eric Johnston, Madison Kaminski, Shannon Kenney, Mackenzie Klapproth, Isabella Kuttruf, Matthew Lechocinski, Mason Liang, Juan Lopez, Tiffany Lopez, Maria Macancela, Julia Malafrente, Lauren Manriquez, Emily Marchant, Matthew Masch, Abigail Mathews, Christopher Maurer, Collin McElroy, Ainsley McMillan, Jason Monroy, Anna Morley, Katie Moroney, Sara Mrani Alaoui, Hailey Mungavin, Emma Munoz, Kimberly Munoz Guzman, Dakota Nadeau, Colin Nappi, Brian Ng, Olivia Nguyen, Thomas Ostrander, Kara Palmietto, Nicole Perantoni, Brandon Pettno, Jennie Po, Kayla Pohl, Emma Polonski, Robert Primrose, Rebecca Propfe, Ashley Quamina, Kiara Ramos, Chastity Robinson, Emma Rottenkolber, Pratham Roy, Salina Sahawneh, Michael Schiavone, Eleanor Schifini, Colin Selber, Mia Sharrock, Presley Silva, Blaine Stabe, Steven Suter, Jake Taylor, Nicholas Taylor, Jared Terzian, Hamid Tipu, Kaiden Turner, Isabella Vargas, Vidhi Vora, Emma Watkiss, Isabella Williams, Mandy Zhang, Matthew Zippo

Honor List

Grade: 10

Roa'a Alkhatib, Faris Alnimri, Karin Alnimri, Benicio Alonzo, Alaina Amicucci, Nevaeh Angarita, Robert Angelo, Charles Apollo, Mark Armstrong, Emily Arnold, Alexa Barlanti, Madison Bartlett, A'Rayna Bassue, Natasha Bhangoo, Tatiana Blackhorse, Haley Boom, Naomi Bopela, Madison Borba, Chloe Bowman, Yocary Caal Chub, Jediel Caminero, Jonathan Capo, Ella Carbone, Liam Cassidy, Nicholas Castorina, Hamza Chaudhry, Rizwan Chhipa, Naomi Chinas, Cali Chiocechi, Cassandra Chorba, Britney Chuchuca Merchan, Hayley Colabelli, Sophia Colorado, Dominic Colucci, Bryanna Condon, Libra Daddona, Patrick Davis, Jenna Degano, Hailey Deokie, Phoebe DiNardo, Ashley Dubetsky, Jonah Duncan, Kayla Eirish, Kaylin Ernano, Isabella Esposito, Robert Falanga Jr, Kayla Femberg, Jonathan Fenton, Sharon Fischer, Molly Gaklik, Thomas Gambichler II, Ryan Garcia, Catherine Gomez, Tyler Hansen, Isabelle Hartman, Insharah Hasan, Edward Haw, Stefanie Healy, Jakiya Hicks, Aiden Hodge, Delia Hoffman, Molly Hormel, David Jayner, Christopher Jiava, Julia Kapogiannis, Jamie Kelly, Alyssa Kenny, Asadel Khan, Jonathan Kidd, Emma Kiesbye, Kevin Kitzweger, Luke LaSalvia, Daniel Leake, Jack Levy, Adriana Liberti, Jocelyn Lichwick, Euan MacIsaac, Sara Mallick, Simrat Mangat, Gavin McLaughlin, Noah Mensching, Angelina Merendino, Jason Meyers, Solei Mirvil, Fiona Moore, Alana Nappi, Conor Neithardt, Jeremy Newman, Robert Newman, Caliyah Newton, Harmony Nisi, Jack Ostrander, Madalyn Paino, Shreya Parbhoo, Dev Patel, Merilin Patino Maldonado, Michael Pecora, Katherine Perdomo, Samuel Petramale, Daniel Pintado, John Pollard, Daisy Quezada, Rajiv Rao, Noah Rebecca, Edward Rigby, Iker Rojas, Matthew Rojas Arias, Dave Sanchez, Brittney Sasaguay, Haley Savin, Jonathan Scampoli, Emma Schmults, Ian Schweiger, Matthew Seaman, Maya Segal, Art Shala, Thomas Shields, Anthony Sierra, Sebastian Smith, Samantha Spadaro, Phoenix Stevenson, Evan Stoltzfus, Rebekah Stump, Ryan Tang, Michelle Trivera, Gary Tsfasman, Justin Tullo, Annie Vallamattam, Sophia Varon, Vincent Vitulli, Kaylin VonBergen, Ashling Watson, Enson Xiao, Jaden Zambelli, David Zhang, Genevieve Zorilo

Honor List

Grade: 11

Aaron Alexander, Chelsea Allen, Nijad Aniff, Arittra Arko, Audrey Benson, Serenity Berry, Leah Biegun, Gloria Bonham, Skylar Brandemarte, Cassidy

Brennan, Edison Buele, Kayla Burnett, Kierstin Campos, Isabella Canevari, Nicholas Cardenas, Julia Centorani, Jenna Chorba, Katherine Chuney, William Clark, Neriah Cooke, Angelica Coronel, Michael Croshier, Isabela Daddona, Jayleane Davis, Elena DeDominicis, Felix Delgado, Asees Dhaliwal, Thomas DiCairano, Jessica Dickson, Cristiana Dinardo, Rusheada Dosumu, Emily Duchi, Devin Duckwitz, Michael Duffy, Charleen Fischer, Jeffrey Fitzsimmons, Nicholas Gaetaniello, Thomas Galletta, Thomas Gallman Jr, Gisele Guerriero, Jasmine Gunn, Emily Hanscom, Christian Hilton, Alyssa Hughes, Bailey Johnson, Nicholas Jorge, Ashley Kaswer, Joshua Kozlowski, Mark Kruk, Haley Lange, Nathan Lawler, Mackenzie Letizia, Benjamin Leung, Cindy Li, Alison Liang, Patrick Long, Kelly Mahoney, Britney Mangan, Sabine Matthew, Thomas Mauro, Reese McQueen, Abigail Mealy, Brooke Millard, Erin Moore, Persephone Moore, Kaylie Mordecki, Kolby Mordecki, Sierra Morris, Abigail Muriel, Avery Nurzia, Callahan O'Shea, Marco Palma, Adam Panagio, Gabriella Pansa, Bhavya Parekh, Christopher Praino, Ruiari Quigley, Annabelle Quimby, Emily Ramage, Jordyn Ras, Joseph Rasbach, Gianna Reale, Lexi Rios, Khadija Rizwan, Christopher Roe, Jodi Rosado, John Ruggeri, Aneeha Sahar, Alexander Salberg, Ciara Sanchez, Tyler Scherer, Daniel Schmidt, Katharine Schuereen, Nonni Schwartz, Austin Sineiro Foster, Sahil Singh, Michelle Tang, Jason Terzian, Victoria Tosto, Breanne Townsend, Taylor Townsend, Hannah Uckerman, Aiesha Usmani, Christopher VanderLinde, Lara Vasquez, Mykayla Vetrano, Holly Walker, Jordan Walsh, Sean Wilk, Amanda Wilkinson, Emily Wilkinson, Nancy Wright, Nicholas Wydro

Honor List

Grade: 12

Katelynn Albert, Antonella Alcantara, Rija Arbab, James Armstrong, Unaysah Badat, Samantha Badillo, Jacob Beigert, Bardha Berisha, Sydney Boschulte, Quentin Bowman, Collin Bush, Ariel Campoverde Quezada, Cara Carbone, Jaime Castellanos Cruz Jr, Edward Cekici, Leana Cerreta, Vanessa Cifuentes, Peter Cintron, Nazari Cooke, Kimberly Cowan, Deanna Daley, Kiyam Daneshvar, Joseph Della Vecchia, Vanessa Cifuentes, Peter Cintron, Nazari Cooke, Kimberly Cowan, Deanna Daley, Kiyam Daneshvar, Joseph Della Vecchia, Alexander DeRise, Richard DeVizio, Ryan Dotterman, Vincent Du, Jordan Due, Coleman Dusavage, Allison Fantom, Tabshiruddin Forkan, Jessica Gaetaniello, Derek Garcia, Daniel Goswick, Annie Guo, Emerald Hall, Basma Hamed, Hamilton Holt, Haley Hormel, Maeghan Howley, Cassidy Jimenez, Nicole Klingler, Cameron Laird, Joshua Lull, Sean Mahoney, Jada Mann, Kesekoseah Mauro, Kayla McGrath, Ivellesse Mendez, Meaghan Migatz, Lucas Moody, Syeda Moosvi, Magdalena Moranda, Anthony Morelli, Leonardo Morelli, Luke Morris, Kasey Morton, Patrick Muller, Caroline Munoz, Ethan Narod, Ajalon Nash, Micaela Negri, Anthony Nisi, Gabriela Nunez, Timothy Nunez, Kieran O'Brien, Fiyinfoluwa Odeniyi, Alyssa Ortiz, Morgan Padilla, Anthony Pascucci, Gianna Peterman, Elizabeth Potapova, Andrew Primrose, Alexis Racca, Simon Rebecca, Isabella Ricci, Deana Ridenhour, William Rizzo, Giancarlo Rodriguez, Kevin Rodriguez, Arianna Rostron, Jake Ruiz, Jason Ruiz, Chiara Salvati, Georgia Sampugnaro, Sean Savidge, Reagan Scherer, Catherine Schweiger, Andrew Shum, Victoria Sikov, Nicholas Simonetty, Jeniece Smith, Katherine Speed, Sandhya Sreedhara, Francesca Stephens, Jesse Strack, Gabriella Su, David Tecchio, Mahmood Tipu, Jacob Tullo, Indira Urbano, Daniel Urena, Corey Valle, Helena Van Benschoten, Jomarlyn Vargas, Christopher Variara, Justin Variara, Lukas Vera, Emily Waldron, Amelia Wasilko, Gabrielle Whyte, Kathryn Wood, Grace Wright, Nicolette Zippo.