



ROUNDTABLE

NEWS AND VIEWS FOR AND FROM KNIGHTS

Mock Trial Knights Rule Again

by Bryan Manabat for Marianas Variety



The Mount Carmel School team poses for a picture after receiving the first place plaque during Friday's CNMI mock trial competition at the CNMI Supreme Court. In front row, from left, are MCS president Galvin Delton Guerrero, Joe Tajeron, Charles Brasington, Public School System Associate Commissioner Lynette Vilagomez, Chief Justice Alejandro Castro, Justice John Mangiona, and Justice Perry Inos.

Defending champion the Mount Carmel School Knights prevailed in this year's CNMI mock trial competition, besting Grace Christian Academy in the final round on Friday at the judicial complex in Susupe.

The Knights were awarded the perpetual grand gavel, a plaque and individual medals and also earned the privilege of representing the CNMI at the national competition in Harford, Connecticut on May 11-13, 2017.

It was the Knights' seventh CNMI championship. They were also the winners in 1999, 2008, 2010, 2012, 2013 and 2016.

This year's mock trial case had to do with cyberbullying, and the championship round judges were attorney Nicole Torres-Ripken, Commonwealth Utilities Corp. legal counsel James Sirok, former CNMI Supreme Court Justice Jesus C. Borja, attorney Jennifer Dockter and attorney William Fitzgerald.

The 2017 Supreme Court Professionalism Award went to Saipan Southern High School for exemplifying the guiding principles of advocacy, professionalism, courtesy, respect to judges, jurors, fellow participants, and the justice system.

Named the best prosecution attorney was Arron Cushing of MCS. He also received the same award in 2016.

Cushing said winning the award would not have been possible without his whole team as well as the support of their coaches, teachers, and parents.

Another back-to-back winner is Yu Jin Lee who was named the best defense attorney in 2017 and 2016.

"It's an honor to represent GCA in this competition," she said.

The best prosecution witness was Romeo Shrestha of Tinian Jr. & Sr. High School while the best defense witness was Justin Ocampo of MCS.

Honorable mentions as best prosecution attorneys were Anne Margaret Norcio of Marianas High School and Shea K. Hartig of Saipan International School.

Honorable mention for best defense attorney was Stephen Carino of SSHS while honorable mentions for the best prosecution and defense witnesses were Hannah Ysabelle Balolong Chan of SIS and Yuuki Nishida of MHS.

The competition judges said they were impressed and moved by the passion of the students.

Joseph Tajeron, MCS coach attributed the Knights' win to the students' hard work and dedication.

102 Things You Should Really Give Up For Lent

by Christina Mead for LifeTeen

Let's recap. Lent comes along every year. And every year you think you should give up something that will be A) difficult, B) life-changing, and C) creative.

So last year we gave you 25 creative ideas of what to give up for Lent, and 20 weird ideas if you're that kind of person. But deep down I knew I could do better. I could give you more. Because I love you that's why. Don't believe me? Just watch.

I present to you 102 things to give up for Lent. I stretched every muscle in my brain to come up with this list for you. Now you absolutely have NO excuse that you "can't think of what to give up for Lent" because I DID ALL THE THINKING FOR YOU. And my head hurts now. What you should really give up (or take up) for Lent:

1. Snacking between meals.
2. Cracking your knuckles.
3. Plumber's crack.
4. Instagram filters.
5. Being a backseat driver.
6. Listening to music in the car.
7. Texting and driving.
8. Making out.
9. Using emojis to avoid talking about your true feelings.
10. Talking about true feelings through text instead of in person.
11. Not inviting your friends to Mass and Life Night because SCARY! Reputation!
12. Rolling your eyes at your parents.
13. Spitting out your gum on the street, parking lot, sidewalk.
14. Wishing for someone else's life, relationship, or possessions.
15. Complaining.
16. The phrase, "I can't even."
17. Only talking to Jesus when you need something.
18. Only talking to Jesus when you "feel" like it.
19. Wearing clothes that are too tight and draw attention only to your body.
20. Pride. Instead pray the Litany of Humility every day.
21. Being selfish. Give away something every single day, be it time, money, or something you own.
22. Greed. Don't buy anything besides the essentials during Lent. Food. Lent Companion. Transportation costs. Allergy medicine. Bare minimums!
23. Laziness. Give up TV and commit to going to a walk every day and praying the rosary.
24. Gossip. Write 40 affirmation notes (or a note every time you slip up and gossip).
25. Impure thoughts and actions, fast from eating between meals and from sweets. Train your body to be obedient to your will.
26. Saying "God" or "Jesus" outside of a prayer, memorize Ephesians 4:29 and repeat it on the hour, every hour during the day.
27. If you lie, get up. Walking is cool.
28. If you're angry, take up kickboxing.

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Announcements

Yearbook Club

Calling students with experience working with Shutterfly and who can commit to meeting after school and on weekends, at times, to create a yearbook for 2016-2017. Please see Mrs. Manning.

In the Future

Junior Pearl Shake Stand

Tuesday, February 28

Ash Wednesday Mass

Wednesday, March 1, 7:40–8:40 am

Knights Paddlers Hot Lunch

Saturday, March 4

NHS Induction Ceremony

Wednesday, March 8

NJHS/NEHS Induction Ceremony

Wednesday, March 15

Sports Calendar

CCOPSA Middle School Basketball Playoffs

February 28–March 3rd

ESLR of the Week

#4. Show leadership by being active participants within the community.

Lent

continued from front

29. If you're complacent, take up Zumba.
30. If you're my mom, please don't do either.
31. If you're addicted to porn, sign up for CovenantEyes.com.
32. If you occasionally look at porn, sign up for CovenantEyes.com.
33. If you're an emotional eater, keep a food/feelings journal and find your triggers.
34. If you're wasteful, volunteer once a week at a soup kitchen.
35. If you have road rage, don't drive.
36. Just kidding. See #28.
37. If you don't trust God, pray the Chaplet of Divine Mercy every day.
38. If you're judgmental, pray for every person you see.
39. If you're vain, give up makeup or your mirror.
40. If you have no idea what sins you struggle with, do an examination of conscience every night.
41. Listen to Fr. Mike's podcasts. He's cool and humble about being cool.
42. Give up tanning. You so pret-taaaayyy... ahead-aaayyy...
43. Watching VHS tapes and not rewinding them.
44. Forgetting to water your plants.
45. Forgetting to wear pants.
46. Fake cleaning your room.
47. Using the word "can't."
48. Using the word "bae."
49. Using words that don't glorify God. See #26.
50. Bad jokes.
51. Trolling online.
52. Being sarcastic.
53. But that's impossible for you so forget it.
54. Oh my gosh I need to stop being sarcastic. Pray for me.
55. Do back to back to back novenas for the Life Teen Staff and Missionaries.
56. Pizza.
57. Gluten.
58. Eating meat.
59. Eating animal products.
60. Talking about your special diet to get attention.
61. Texting the opposite sex to get attention.
62. Sexting.
63. Sending snapchat of strangers.
64. Sending snapchat to strangers.
65. Not smiling at strangers.
66. I'm on a roll with the strangers



topic.

67. PIZZA ROLLS. Sorry Tostinos.
68. Not apologizing when you should because it's hard to admit you're wrong.
69. Not going to Confession because it's scary.
70. Not dancing out of the Confessional with the joy of an innocent newborn!
71. Getting your nails done.
72. Making excuses to not go to daily Mass.
73. Thinking about food all during daily Mass.
74. Eating donuts as a reward after daily Mass.
75. Sugar and/or creamer in your coffee.
76. Drinking more than 1 cup of coffee.
77. Underage drinking.
78. Energy drinks.
79. Soda.
80. Buying spiritual books and not reading them.
81. Buying into the idea that RELATIONSHIP GOALS should be like movies and Tumblr pictures.
82. Not reading the lives of the saints because they "might" be boring.
83. Not asking your favorite saints to intercede for you.
84. Taking off your saint medals, saint bracelets, scapular...etc. Leave it on bruh.
85. Leaving Facebook and/or Twitter open while you're doing homework.

86. Checking your phone every 2 minutes. (LOL. You know it's 30 seconds.)
87. Opening the fridge just to look at the same stuff that's been there all day.
88. Telling yourself you're fat.
89. And stupid. And anything less than the truth that you're an amazing beloved child of God.
90. Leaving lights on.
91. Hiding your light under a bushel basket.
92. Not instagramming the shizam out of your bushel basket because it's rare to have one.
93. The basket is metaphorical. #92 was sarcastic. Please go back to #54.
94. Pulling the victim card when things go wrong.
95. Being embarrassed when you need help from a therapist in order to live a happy, full life.
96. Not going to counseling or therapy because you think it means you're weak. (Newsflash, it means you're the opposite – Hulk-like-strong-and-courageous.)
97. Pretending you don't have time to go to Adoration.
98. Pretending you don't have time to pray at home.
99. Staying closed off to the glory of God's presence around you all day 'ery day.
100. Refusing to recognize God in your neighbor.
101. And God in your family. Even the most annoying members. God loves them. How will you?
102. Hiding your faith from those around you. It's Lent. Share what God is doing in your life these 40 days. #Lent

That only took all year for me to come up with this list. I hope it helps. I hope it made you smile. And I hope it blesses your Lent this year. I'm praying for you.

Christina Mead

I'm just striving for sainthood through lots of imperfect ways. I daydream about heaven, where I want to be the patron saint of lifeguards. I think I might paint my nails just so I can pick it off. I wrote a book about Mary and what she taught us about being a Catholic girl. It's called "That One Girl" and I think you'd like it! You can email me at cmead@lifeteen.com, or follow me on Twitter @LT_Christina.

Life Teen strengthens our teens' Catholic identity, while rooting them firmly in Christ and in His Church.

Mother Margarita



MMB's Sr. Flor de Maria Alvarez (center) visited the school with Sr. MaryAnn Hartmann as part of canonization efforts for MMB's founder, Blessed Mother Margarita Maria Maturana, after whom this campus building is named.