

See Mrs. Cocchiola's Lego tree, helping Wellmore raise funds. Read page 3.



Learn how chemistry of Christmas impacts all our senses. Read page 4.



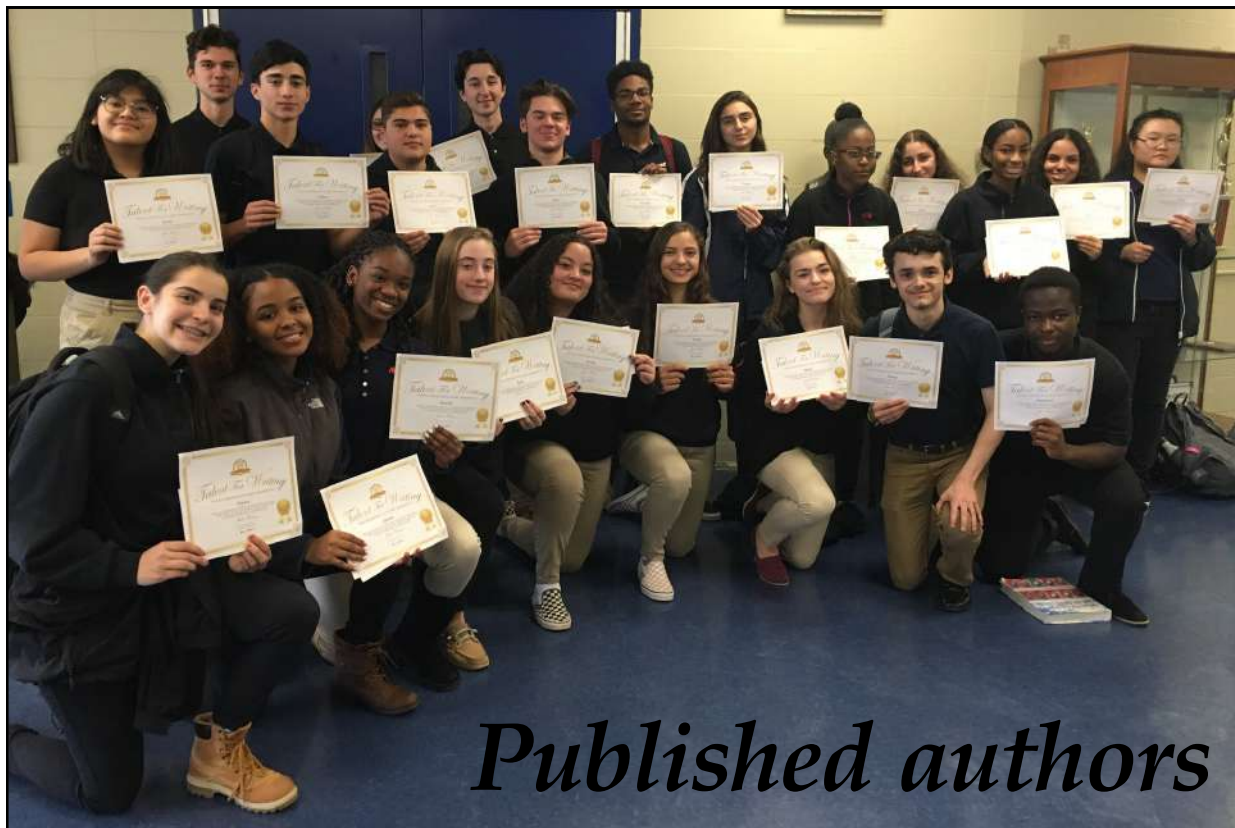
Tradition continues: varsity football wins Thanksgiving Day. Read page 8.



The Eagle Flyer



December 2019
Kennedy High School
422 Highland Avenue
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Published authors

Photo by A. Cybart-Persenaire/staff

READ OUR BOOK Juniors (front row, left to right) Sophia Gaspard, Jazmin Estrella, Janelle Obuobi-Djan, Sara Way, Ariana Rice, Nataly Topolosci, Maggie Calo, Danny Ruiz, Emmanuel Yankson, and (back row, left to right) Narlin Chimbo, Aldin Sabovic, Nathan Meglio, Angela Cipi, Kevin Demiraj, Mensur Sabovic, James Rusi, Brandon Walters, Vivian Bunker, Sidni Holder, Alexis Noujaim, Brianna Bryant, Janaya Santos, and Cindy Zheng, all received certificates of excellence Nov. 17, 2019 for their short stories which will be published by Young Writers USA. Missing from photo is junior Michell Tlalpan, who was on a school field trip. More than 10,000 entries nationwide were received, and the Kennedy students' work was selected based on their creativity, perception and imagination. In particular, Editor Wendy Laws said she was "impressed with their writing." Students entered the contest in their Advanced Placement English Language and Composition course, taught by Dr. Cybart-Persenaire.

Long break awaits: 13 days off in 2019

By Temeara Roache
Staff Writer

Vacation lasts Dec. 21 - Jan. 1

It's all about family and eating for the holidays.

Students and staff were asked how they plan on spending their long Christmas break, the longest in the past four years, which runs 13 days: Saturday Dec. 21, 2019 to Wednesday, Jan. 1, 2020 (weekends included).

Most students were not aware of the longer vacation.

In 2016 Christmas vacation was six days, in 2017 it was six days, and in 2018 it was seven days, weekends not included.

"I was not aware of the

longer vacation, now I'm gonna sleep and eat and spend more time with my family," senior Martha Perez said.

Everyone wants to feel at home on holidays, and relax.

"I plan on drinking eggnog and spending time with family and also eating a lot," senior Avery Serrant said.

Some love to exercise and keep fit during this long holiday vacation.



"I plan on working out and spending time with friends I haven't seen in a long time. Also, spending time with my mother and daughter," Ms. Dilorenzo, health teacher, said.

'Best band' in city gets even better with class

By Mr. Knecht
Band Director

TOP NOTCH Dr. Matthew Doiron of Western Connecticut State University (top photo, far right) held a master class rehearsal with the band Wednesday, Nov. 13, 2019. For a full list of band members, see page 3.

COMMENTARY

The Kennedy band had a master class rehearsal with Dr. Matthew Doiron from Western Connecticut State University (WCSU) Wednesday, Nov. 13, 2019. Doiron had previously visited as a judge at the 2018 High Note Music Festival, where he scored the band at an 85 (out of 100) which landed them with a rating of "Excellent." It was at that event that Doiron asked about returning to work with the students prior to the music festival, and finally, the band was able to fit it into his busy schedule.

Prior to his work at WCSU, Doiron was director of bands at Sanford High School in Sanford, Maine for 21 years. The SHS bands earned numerous distinctions including a USSBA New England regional marching championship and selection to the 2009 Presidential Inaugural Parade.

In addition to his duties at SHS, Doiron was the music director of the Strafford Wind Symphony and the conductor of the basketball band at the University of New Hampshire. He earned a Bachelor of Music degree from Keene State College, a Master of Arts degree from Southern Oregon University and a Ph.D. in Music Education at the University of Rochester's Eastman School of Music.

At the master class, Doiron worked on two pieces of music that the band had prepared, Little

Red in the Hood by Michael Sweeney and a new song called Uncharted. Doiron worked on how to approach playing the notes and how to listen to each other.

"The purpose of the large group rehearsal is not to learn MY part but to learn everyone else's parts," he said.

He explained that he means musicians need to understand what everyone else is doing so they can better figure out the role each person's part plays in the song. This lets individuals know if they should play louder or softer, attack the notes harshly or softly, and in the process helps everyone to play better as a group because band isn't a individual activity, it is a team activity.

Overall, Doiron was thrilled with the progress the band made during the rehearsal, going as far as saying this band may be stronger right now than the group was back in May 2018 when he judged them.

Band students had positive reactions to his master class as well.

"I learned a lot about dynamics and how to execute different volumes," said senior Victoria Soto, the principal flute player.

Ludmila dePaula, a junior clarinetist, said, "I appreciated the time he took on explaining the importance of each part and section."

Senior Ronald McNerney, who is auditioning for WCSU's music



department in January 2020, said Doiron "helped us work on technique and certain fundamentals that improved our sound."

Christy St. Juste, a senior clarinetist, said, "We already have a lot of energy in music class but he came in and amplified our energy and excitement towards our music."

None of the students wanted

rehearsal to end, with many saying they wished they could have worked with him all day. As their teacher, I was thrilled to see Doiron emphasize the same concepts already done in class, but taught with a slightly different explanation which allowed all of the students to properly execute the desired results.

Doiron will be returning Friday, Dec. 13 for our Winter Concert; he said

he can't wait to hear the end product of the band's hard work. He will also be back May 2020 to judge us again at the High Note Music Festival. Maybe this year the Kennedy band will finally make it over the hump to the rare "Superior" rating with the help of Doiron's music expertise and support.

Photos by J. Knecht/staff

International Day set for Friday, Dec. 20, day before Christmas break

By Josephine Perez
Staff Writer/Business Manager

Since 2004, students share food, facts, costumes, music, more from different cultures

International Day has become an annual tradition for the past 15 years with Student Council holding the event the day before Christ-

mas break, while students participate in setting up tables with cultural foods, facts, costumes, music, and props from different coun-

tries and islands. This year's freshmen get to experience their very first International Day. Freshmen Nicholas Colon and

Kassandra Cruz hope to "see a mixture of cultures and bring everyone together," said Colon and Cruz.

Nonetheless, junior Thomas Bishop who represented the country of Dominica in 2018, wished there were "more exotic foods and better music," he said.

In 2019 Bishop said he is looking forward to "the food, seeing all the different cultures, and better tables."

Mathematics teacher Ms. Scialla, who has been Stu-

dent Council adviser and in charge of International Day since 2012, took over the event from retired psychology teacher Mrs. Tuttle. Kennedy's International Day is now an annual tradition passed on since 2004.

This year's International Day will be held in the Jack Taglia gymnasium Friday, Dec. 20, 2019, the last day of school before winter break.

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After long winter break, back in school two days, then home Jan. 6

By Aaliah Martinez
Correspondent

Three Kings Day provides another day off

Three Kings Day: what exactly is it and why is there no school?

In Waterbury Public Schools, there is no school Monday Jan. 6, 2020 to honor the day the Three Wise Men gave gifts to baby Jesus. People celebrate and receive gifts.

"For families in Spain and Latin America, Three Kings Day is as important and as widely celebrated as Christmas," according to newsweek.com, the news outlet website.

This widely celebrated Hispanic holiday has received its own day off from school in the Waterbury Public School system since 2014, according to school calendars.

While Hispanic areas such as Puerto Rico, Mexico, Peru, and Argentina celebrate the day, some students wondered why Waterbury was included. As of 2017, Waterbury's population of Hispanics was at 32.2 percent. Is that why the Board of Education decided

to have no school on this day? The Superintendent who approved this no longer works in the city.

"I feel like that's fair because we have a large Hispanic population," said senior Stephanie Diaz, who celebrates the day.

Some students don't know what Three Kings Day is.

Three Kings Day, also known as "El Día De Reyes," is a Christian holiday celebrated 11 days after Christmas. The day has its own traditions, just like Christmas. Families leave gifts and they also leave out grass and salt for the 'camels' the three kings arrive on. Some say it's like leaving cookies for Santa.

"I celebrate it, I usually get presents on that day. It's like Christmas," senior Angel Cruz said.

This is one of the longest Christmas breaks in recent years, lasting 13 days, including weekends. Students return for two days of school: Thursday, Jan. 2 and Friday, Jan. 3, 2020 then have the following Monday off, Jan. 6, 2020 for Three Kings Day.

"I've always wondered why we come back so soon," said Superintendent Dr. Ruffin in a phone interview Friday, Nov. 22, 2019, noting in her previous school district, students returned to school later in January.

Since the school calendar was made two years prior before she was appointed Superintendent, Ruffin had no say but has come to accept the calendar and will continue to have all of the same holidays off for the upcoming years, she said.

Celebrate with family, traditions

By Me'Ryah Caraballo, Aaliyah Cuevas
Staff Writer and Correspondent

Treasure time together, while \$850 = average gift?!

While there are many holidays in December, Christmas is one of the most popular holidays in the world as well as in Waterbury, where people await time with family and honor their traditions.

"I always spend time with my family but around this time of year it is very important to me," said Mya Caraballo, a Waterbury resident.

Putting up a Christmas tree seems like a December tradition, while others put theirs up as early as November.

"It always changes but this year we are going to have it up by Thanksgiving," said Evelin Zharri, a sophomore.

"We begin decorating the beginning of December. Literally the whole house is decorated. My wife and kids go insane with decorations, definitely (the) Christmas spirit," said Johnathan Smith a Waterbury resident.

Preparing for Christmas includes a warm breakfast for some, and there's also Christmas gifts given to family.

"My family always has a breakfast that wakes the rest of the house up to the nice scent in the morning. We have breakfast and pass out the gifts and have good laughs and an enjoyable time," Smith said.

Speaking of gifts, how much money is spent on presents? People tend to spend around \$850 on Christmas gifts, according to thepricer.org, a team of writers, as well as a November poll conducted by Gallup. However, creativity can always be a way to express your love and gratitude as well.

"Honestly, I don't have a limit when it comes to buying. I just try to make sure I get everyone a gift for sure. Some people, of course, get gifts while others get a homemade gift," said Layla Brown, a Waterbury resident. "For example, I made a homemade book full of pictures with memories for my mother. She absolutely loved it. It's definitely about love and creativity. Money doesn't need to always be involved, more people should know that."

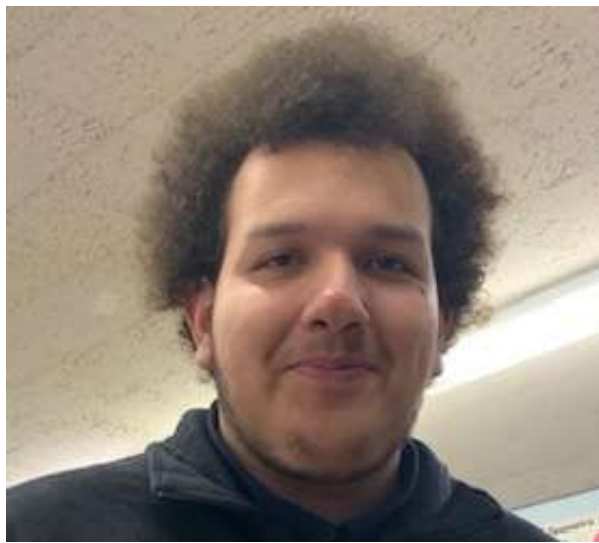


What's your favorite food during the Christmas season?

By Jessinya Severino with S. Gaspard
Features Editor, Correspondent



"Baked macaroni. It is the best."
Christopher Byrd, senior



"Rice and pork."
Kenneth Nieves, sophomore



"Lasagna and spiral ham."
Mr. Lou, custodial staff



"Dessert."
Mr. Poulter, guidance counselor



"Egg nog and hot apple cider."
Angelina (Class of 2019), Sophia (junior)
and Isabella Gaspard (Class of 2019), sisters



"Mac and cheese because it's the perfect side. It goes perfect with everything."
Douglas Jackson Jr., junior

Partying against all odds

By Sophia Gaspard
Correspondent

COMMENTARY

Food truck event = success

Ask not what your school can do for you, ask what you can do for your school. All too often we hear complaints, or are ourselves the complainers, about things that go on in Kennedy. But what if you took a step towards making your school a better place? That's what I am trying to do my junior year.

Wednesday Nov. 20, 2019 my Fall Food Truck Event took place in the parking lot. But that was not the original plan. My event was scheduled for Nov. 7. And then it got pushed back a day because of the Porter and Chester Institute graduation. No big deal, right? Nov. 6 it is. Until it's not, because the pizza truck broke, and Kennedy was to host volleyball NVL finals. Let's try Nov. 13. Oh wait, it's going to be the coldest night Fall of 2019 has seen. The Board of Education can't allow the event to take place, but tells me this at 1:35 p.m. Nov. 13.

I grew increasingly anxious. How many reschedulings can one event have? I had put so many hours into this. Over the course of my organization, 11

trucks were contacted, two of which canceled on me. My Dad and I drove around and collected a total of 15 raffle prizes to be given the night of the event. I wasn't ready to give up on this. In the end, everything worked out. There was a great turnout. Great food. Great music. And great memories.

I have learned so much from taking on this event. It took so much work on this end, and none of it would have meant anything if students, the people I was trying to make school fun for, didn't show up. That's why I'm so grateful for everyone who came, and those who shared the event on social media. I was in shock when my former history teacher Mrs. Joyce told me her "boyfriend's mother shared it on Facebook." I was getting support from people that I didn't even know, and it felt amazing.

I'd like to thank the football team for rolling in ready to eat. I'd like to thank Mr. Mobilio for buying more raffle tickets than there are fish in the sea. I'd like to thank Ms. Griffin and Mrs. Gianelli who bought



Photo compiled by S. Gaspard/staff

SCHOOL SPIRIT Seniors Hector Ginorio (left) and Chris Echevarria, enjoy the Food Truck Event Wednesday, Nov. 20, 2019 in the school's parking lot organized by junior Sophia Gaspard.

affle tickets and can now go on breakfast and lunch dates together. I'd like to thank Dr. Cybart-Persenaire for having me write this article. I'd like to thank Mr. Johnston and Mr. McCasland for being support-

ive. I'd like to thank Mr. Clark for reminding me some things are out of my control, and freaking out doesn't solve anything. And I'd like to thank everyone who came. I'll see you all in the spring for the next food truck

Band enjoys master class

Band members enjoyed a master class Nov. 13, 2019. See page one. The following is a list of all band members.

Marina Biba	Christopher Lowery
Germiane Carr	Ronald McNerney
Rosa Chavez-Jimenez	Abraham Melendez
Kelvin Clarke	Ruben Montufar
Sezair Daliposki	Abnel Oquendo
Ludmila De Paula	Amarie Parker
Kemaly Desamour	Karen Patino-Ortiz
Saoussane Elaabid	Luis Quinones
Wendy Enriquez-Morocho	Michael Reyes
Joshua Enwerem	Kevin Rivera
Ronaldo Fagundes	Marc Rivera
Justin Fernandes	Christopher Santiago
Hailee Fontanez	Yolanda Santiago
Emilja Gjini	Dylan Saucier
Hayley Graham	Kenneth Serrano
Jarrel Green	Angelina Severino
Jazaniah Green	Xavier Smalls
Dylan Haynes	Victoria Soto
Brandon Hunter	Christy St. Juste
Imael Izquierdo	Matthias Stanley
Kamaria James	Bryan Syman
Taileek Jefferson	Adam Toro
Jashell Jones	Sarah Toro
Dylan Jusino	Derek Wainwright
Jaden Lawrence	Samantha Valle
Shaan Little	Alyssa Zabalski



CREATIVITY Mrs. Nancy Cocchiola, paraprofessional and Kennedy graduate, decorated this Lego-themed tree (near left photo) for the annual Wellmore Festival of Lights, held Thursday, Dec. 5, 2019 from 5:30 to 8 p.m. at Chase Collegiate School. All proceeds raised went to Wellmore Behavioral Health. Cocchiola decorated the tree with the help of students and staff, including Italian teacher Dr. Sagnella's students and GSA club members, who made figures and more (bottom far left photo).

Photos by N. Cocchiola/staff

To our readers: The initial deadline for this December issue was Nov. 22, 2019, prior to Homecoming, the pep rally, two snow days, and other events. Also, given the extended turnaround time needed by our printer, and our goal to have this issue in your hands before Christmas break, we decided to publish our annual, traditional Christmas Wish List online. Please visit www.waterbury.k12.ct.us/2/Content2/1908 after Dec. 13 to view our finalized annual Christmas Wish List, and thanks for reading!



Staff Editorial

Make winter wishes come true by caring for others, yourself

Winter safety, winter fun, winter wishes.

As temperatures drop along with the snow, there are endless ideas to enjoy during the holiday season.

Before the fun can begin, however, there are dangers to be aware of as fall comes to a close. When spending time outdoors, the Centers for Disease Control and Prevention (CDC) advises to “layer up” underneath a heavy jacket, as well as wear hats, scarves, gloves, and boots. The CDC also claims water resistant articles of clothing are beneficial to “stay dry--wet clothing chills the body quickly.” Such precautions can prevent frostbite and hypothermia.

In addition to what you are wearing, be aware of what you are doing. Be careful of ice and don't exert yourself when shoveling or snow-blowing. The CDC said “keep your steps and walkways as free of ice as possible by using rock salt or another chemical de-icing compound,” and to “work slowly to avoid excess sweating..., your body is already working hard just to stay warm, so don't overdo it.”

Although precautions change with the weather, the fun doesn't have to. There are plenty of events to plan or attend with family or friends to enjoy the winter months. According to verywellfamily.com, a website dedicated to giving facts and advice to families, some outdoor winter options would be ice skating, sledding, skiing, building a snowman or a snow fort, or even ice fishing. For those who would rather stay warm indoors, some other options are building gingerbread houses, baking holiday cookies, hosting a holiday party, or simply warming around a fireplace.

As several holidays are right around the corner, rejoice with family and friends, but be conscious of those around you as well. Assist a neighbor with shoveling snow or cleaning off his or her car if you see a person struggling. Or donate old toys or gently used clothing (even coats) to those in need. Ensure that this winter will be cheerful and enjoyable for yourself and everyone around you. There's no better way to end a year than giving back to those around you. Make some winter wishes come true!

Happy Holidays from the Eagle Flyer!

“The joy of brightening other lives becomes for us the magic of the holidays.” ~ W.C. Jones



Thank chemistry for joys of Christmas season

By Nirupama C. Nigam, Ph.D. *Science creates holiday sensations everyone enjoys*

Chemistry teacher

COMMENTARY

Christmas is the most wonderful time of the year.

The experiences of Christmas give the lovely feast to all our senses. Amazing are the sights, the sounds, the smells, and the textures we associate with Christmas. Perhaps it is Christmas trees with their peculiar shape, green color and wonderful pine smell. Maybe it's the smell of cooking, or the sweet scent of warm cookies, and the cozy feelings we get with big sweaters. Let us explore the science, particularly the chemistry, that goes into all of the pleasures we associate with this holiday.

Candlelight, shining bright, is so soothing to eyes. Traditionally candles were made of beeswax. While it gives great flames, it is highly expensive. Nowadays the majority of candles are made of paraffin wax obtained as one of the products of petroleum refining. These waxes are hydrocarbons, molecules made of two different elements: carbon and hydrogen.

When candle is lighted, wax is melted, and the molten wax gets drawn up the wick, which gives a larger area for the wax to evaporate. It is the gaseous wax that burns, forming carbon dioxide and water, and giving out energy, which is where the heat and light come from. But not all the carbon atoms form carbon dioxide at one go--it is carbon-rich soot particles glowing hot that give out the yellow light that characterizes a candle flame.

A well-lit and decorated Christmas tree is one of the most beautiful sights of this holiday. With copper for the wiring, argon for the casing, tungsten for the filament and polyvinyl chloride for the wire covering, the lights that lace the tree and light up Candy Lane are all examples of chemistry.

Increasingly, consumers are switching to synthetic or artificial trees as an environmentally conscious choice, or for the ease of assembly and maintenance. Synthetic trees are made from polyvinyl chloride, steel and aluminum. Most of the tree accessories are made from glass with a coating called silvering solution that is applied to the inside to create that cheery glow. First, a silver plating solution is poured into the figure. This is usually a solution containing silver ions and a reducing agent, such as potassium sodium tartrate tetrahydrate and glucose. Tops of ornaments and the hooks used to attach them are often made of tin or aluminum.

The Christmas crackers used today are short cardboard tubes wrapped in colorful paper. When they are pulled--bang!--out comes a colorful hat (usually looking like a crown), a small toy or a joke. The sound is made from the rapid breakdown of silver fulminate (AgCNO) present in small quantities in the paper. Two thin strips of cardboard are glued together, one containing silver fulminate and the other a rough surface. When the cracker is pulled, the surfaces rub together to produce friction and facilitate the reaction. The compound goes through a redox reaction followed by a release of nitrogen gas and carbon monoxide. This sudden production of gases is what produces the distinctive popping sounds.

If we buy a real Christmas tree rather than an artificial one, geographic region can play a big part in the species of tree, but trees are mostly all evergreens (fir, spruce, pine, and cedars). In their resin, these conifers release terpene hydrocarbons, specifically monoterpenoids that is composed of two isoprene building blocks. This word should sound familiar as it is a derivative of turpentine, which you may know for its distinctive pine scent. Pine oil contains two monoterpenoids, alpha-pinene and beta-pinene, which are both liquid at room temperature. Alpha-pinene is one of the most common volatiles in nature and is directly linked to the Christmas tree's smell.

Gingersnap cookies and gingerbread houses are common sights around the holidays, and with them come their wonderful ginger scent. One of the organic compounds produced by the ginger plant (*Zingiberofficinale*) is gingerol, an aromatic vanilloid compound containing a beta-hydroxyketone functionality.

In the cold weather at Christmas, the hand warmer becomes a necessity. Many hand warmers are based on a simple chemical reaction--the crystallization of a supersaturated sodium acetate solution. When you squish around the contents of the hand warmer, you are triggering a chemical process. A nucleation site, usually a metal disk with small seed crystals, causes rapid crystallization of the super

“ Christmas chemistry enriches our five senses as well as connects us with loved ones. From rare earth metals in the glass to epoxy resins for printed circuit boards, chemistry is a key part of our homes and mobile devices, keeping us connected to share in the holiday spirit. ”

saturated solution. This is a highly exothermic process that releases energy to its surroundings as heat. These types of hand warmers are often reusable because of their physical mode of action.

Other hand warmers rely on the exothermic oxidation of iron when exposed to air. Activated charcoal is used to catalyze the reaction, along with vermiculite and salt as additives. However, this chemical mode of action means that these are one-use only products. Acrylonitrile butadiene styrene is a sturdy and tough plastic used to make many smooth plastic toys, and low-density polyethylene is used for the lightweight and flexible protective packaging that safeguards that newly cherished toy from manufacturer to play time.

To understand the complexity of a simple sugar cookie, it helps to start with the ingredients. There is flour, of course, the base of most baked holiday treats. When mixed with water, flour forms a protein called gluten, a long molecule that helps trap air bubbles in yeasty breads and pizza dough. Water promotes the formation of gluten, but sucrose (table sugar) and fat inhibit it.

Here is where the choice of fat and sugar starts to matter. Butter is about 80 percent fat and 20 percent water. Shortening is all fat. Cookies made with shortening form less gluten, therefore becoming less cakelike. Butter is an emulsion, so the water is bound up in the fat molecules, keeping it from interacting with the flour. When the butter is molten, the water interacts more readily with the flour, creating gluten and a cakelike, compact cookie.

Sugar plays a role in cookie texture, as well. White sugar is made up of the molecules of sucrose. Corn syrup, on the other hand, is largely glucose--a sugar molecule half the size of a sucrose molecule. Thus, cookies made with corn syrup are chewier than those made with white sugar. Brown sugar cookies are also on the chewy side, because brown sugar is molasses added to white sugar. Molasses contain some glucose and fructose, which keep the moisture content of the baked cookie high.

After the grand Christmas meal, when fruit juices are poured in the glasses, flavors and aromas are delivered due to various compounds. Methyl butanoate, anthocyanins and auxin are just a few of the more than 350 chemicals that occur naturally in strawberries. Blackberries contain high levels of anthocyanins and other phenolic compounds. Raspberry ketone in raspberries is used in candy, soaps and candles to give them a berry scent and flavor. Blueberries contain pterostilbene. Figs contain a form of the chemical benzaldehyde. Watermelon contains Lycopen which is a carotenoid pigment, like beta-carotene (the compound that gives carrots their orange color). Grapes contain sugars, organic acids, phenolic compounds, and nitrogenous compounds. The aroma is contributed by a variety of chemicals generated by enzymic oxidations and fatty acids when the fruit is cut.

Christmas chemistry enriches our five senses as well as connects us with loved ones far and near. From rare earth metals in the glass displays to epoxy resins for printed circuit boards and polymer coatings to protect devices from moisture, chemistry is a key part of our homes and mobile devices that keeps us connected so we can still celebrate with loved ones and share in the holiday spirit when distances keep us apart.

If you are interested in learning more about chemistry in Christmas with structural formulas as well, read the following scientific literature.

1. Jackson, D., and Dicks, A. (2012). The Five Senses of Christmas Chemistry, *Journal of Chemical Education*, 89 (10), 1267-1273 DOI: 10.1021/ed300231z
2. Symeon Kyriakidis, 24 December 2017, *Chemica Chronica/ Association of Greek Chemists*



The Eagle Flyer

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Dr. Cybart-Persenaire

Mahatma Gandhi serves as world-class journalist for service of masses

By Nirupama C. Nigam, Ph.D. *Gandhi still demonstrates beauty of expression must be humble housemaid to truth*

Chemistry teacher

COMMENTARY

Mahatma Gandhi's genius as a journalist was, and still is, unmatched. He realized early on that to reach common man, newspapers were the most important medium. In the midst of his manifold activities, Gandhi worked as a journalist and edited four well known journals: the *Indian Opinion* in South Africa, and the *Young India*, *Navajivan* and the *Harijan* in India.

At the age of nineteen Gandhi went to London and for the first time read a newspaper.

"In India," he wrote in his autobiography, "I had never read a newspaper." He began to contribute in the *Vegetarian*, the journal of the Vegetarian Society of England and during his three year stay in London, he contributed nine articles for that journal on diet, customs, festivals, and more of India. This gave him an opportunity to become a freelance journalist.

During his return journey to India, the ship by which he traveled faced a bad storm. He wrote a description of this from the ship for the *Vegetarian*, which is an excellent specimen of freelance journalism. In April 1893, the young barrister, sailed for South Africa to defend one of the cases of Dada Abdullah and Company. The political situation in South Africa not only made him a Satyagrahi (crusader of truth) but a thorough journalist. He worked as the South African Correspondent of the publication *India* started by Dadabhai Naoroji and began to dispatch news about the South African situation with particular reference to grievances of Indians there. During the Boer War, Gandhi, with his Indian volunteers, offered his services for tending the sick and the wounded in the battlefield and also worked as a War Correspondent.

On June 4, 1903, with the help of Indians, Gandhi started publication of his first newspaper, *Indian Opinion*, at Natal, South Africa, with a view to voice effectively the feelings of the Indians living in South Africa under the worst form of apartheid. The first editorial, "Ourselves," which was an unsigned one, was written by him. The *Indian Opinion* was published in four languages: English, Gujarati, Tamil, and Hindi.

Gandhi was not only writing for the journal, but gave his hard earned money to meet its expenses. The difficulties faced by the *Indian Opinion* those days have been narrated by Mr. Henry Polak, one of the close associates of Gandhi.

"The printing press, where the type setting was done by hand," wrote Polak, "was run by an oil engine which frequently broke down. When this happened, we had to resort to hand-power to turn out the paper in time for the usual dispatch of mails."

When this happened, Polak said, Gandhi literally put his shoulder to the wheel as energetically as others. There were no servants, peons or other labor. The press workers themselves had to print the paper, fold it, paste the addresses, make bundles, and take them to the railway station.

While leaving South Africa, Gandhi left *Indian Opinion* under the charge of Polak. In 1916, he sent his second son, 23-year-old Manilal Gandhi, to look after the Gujarati edition of the *Indian Opinion*. From time to time, he wrote to Shri Manilal Gandhi guiding him about the papers.

"The Editor," wrote the journalist-father to his journalist-son, "has to be patient and seek for the truth only. You should write what is truth

in the *Indian Opinion*; but do not be impolite and do not give way to anger. Be moderate in your language. If you are not, do not hesitate to confess it."

On Oct. 8, 1919, the *Young India* began its publication. His most popular journal, the *Harijan*, devoted to the cause of Harijans, or men of God, as he used to call the untouchables, appeared Feb. 1, 1933. At a later stage, the *Harijan* was devoted to the cause of the villages and constructive work in rural areas.

Despite his busy life, Gandhi devoted time to writing editorials and articles for his journals. He was seen writing editorials and articles for the *Harijan* during his train journeys. Once he asked his typist to type an article when he was traveling in his third-class compartment. The train was running at high speed. The typist did his best, but there were lot of mistakes. Gandhi told the typist he should do his job carefully. He asked him to bring the typewriter and himself typed the matter quite neatly.

With hearty laughter he told the typist: "Well, you see, I also know typing. As a journalist I learnt everything required to produce a paper."

To journalist Gandhi, words flowed like the rippling rivulet, like a bird chirping at ease, and merrily, too. He had no literary pretensions but what he wrote was literature. His English was Biblical. Some compared it with that of the masters like John Ruskin or Henry David Thoreau. He was meticulous about the use of English words. He chose carefully the correct word at the right place. Above all, his sentences were simple and lucid. The fact that he wrote from his heart made his writings all the more absorbing.

This style was a complete depar-

ture from the one that was in vogue in India before independence. Giants like Shri Surendranath Banerjee, Shri Bipin Chandra Pal, Shri Bal Gangadhar Tilak, Shri Aurobindo Ghose were writing in their Macaulayan style. These writings were heavy in form and content. Sentences were unusually long. For an average reader these were difficult to follow. Compare this Macaulayan amplitude and richness of phrasing and weight of trajectory learning with Gandhi's wisely utilitarian, clear and direct language.

Gandhi not only revolutionized the political thinking of the day but English writing of his countrymen as well. It had no screaming headline, no catchy subheadings or magic typography. Yet it was universally read. His thunder acquired a suave majesty, his appeal his persuasiveness, his confession his poignancy, the proper use of the proper word his personality. Sometimes, he was slyly humorous or playful. With him, beauty of expression has to be an humble housemaid to truth.

Harijan was first published in 1933. Mr. Jawaharlal Nehru (who became first prime minister of independent India) got copies of it while under detention.

"I was delighted," Nehru wrote to Gandhi from Dehradun, after reading the first two copies, "to see the old rapier touch of overmuch kindness and inexhaustible patience which extinguishes, or as you say, neutralizes the opponent."

Gandhi's journals were read by his political opponents, the British officials as well as the Congress leaders because Gandhi used his journals for public thinking.

As Louis Fischer (29 February 1896

- 15 January 1970), an American journalist, once said, "Gandhi did not have a blue pencil; he made few revisions, he wrote as thoughts came to him."

The importance of the journals edited by Gandhi--*Indian Opinion*, *Young India*, *Navajivan*, and *Harijan*--is that he used them to propagate his views through persuasion, discussion and debate. He opened up the columns of these journals even to his critics. He published their criticisms and then answered them. Once Jamnalal Bajaj complained that the Mahatma gave more time to his critics than to his adherents; Gandhi answered that he did not have to convert the converted and preferred to listen to his critics to try to remove their doubts.

Gandhi encouraged many to take up the profession of journalism in the service of the country and the people. Gandhi was a genius in spotting talent and harnessing it for the causes for which he fought. In South Africa, Chhaganlal Gandhi managed the Gujarati section of *Indian Opinion*. Mr. Albert West, a European journalist, switched to English *Indian Opinion*, which drew self-sacrificing loyalties of persons like Polak and his wife. In India, Gandhi acquired the life-long assistance of able and devoted men like Mahadev Desai and Pyarelal.

To whom should the journalist be loyal? To the proprietor, one's own self or the particular class he belongs to? This has often been debated with different conclusions. But to Gandhi, readers were most important. A journalist may be a patriot, a party member, or a faithful employee; but his loyalty, according to him, should primarily be to his readers. The public has the right to know the truth. It must

See GANDHI, page 6 bottom

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Granville Academy college, civil rights tour inspires students

Students spend week visiting Southern landmarks



KING'S JOURNEY
This mural (near left) shows Dr. Martin Luther King's civil rights crusade from Montgomery to Memphis, and is located in the Dexter Avenue King Memorial Baptist Church in Montgomery. The Birmingham Civil Rights Institute displays a typical classroom for white children in 1953 (middle below) and a typical classroom for African American children (right photo below).

Photos by C. Shepherd/staff

REV. FRED SHUTTLESWORTH

This statue (near right) is located by the Birmingham Civil Rights Institute. Shuttlesworth was known as a civil rights freedom fighter who devoted his life for the improvement of not only African Americans but for all. The mural (top left photo) depicts the 1963 Birmingham Children's March when more than 4,000 young people braved arrest, fire hoses and police dogs.



Appreciating ancestors' great struggles

By Natalie Dames
Staff Writer

Alabama landmarks, museums illustrate sacrifices

COMMENTARY

Stepping onto the plane at Bradley International Airport, I was in for a surprise. At first, I did not know what to expect. I was always intrigued by the civil rights movement stories in history class but I never knew what it would feel like to actually be where my ancestors were risking their lives for my rights.

When we first got to Alabama, we arrived at the University of Birmingham. It was such a city area and reminded me of my dream school, Temple University. Seeing faces like me speak on their 4.0 GPAs and their high SAT scores inspired me to do greater. Not just greater for myself and my family but greater for my ancestors and the future generation.

Our next stop was the Negro Southern League museum. This museum told the story of the Negro Southern League that many including me vaguely know exist. I loved that this museum not only showed the Negro Southern League's impact on Birmingham but on the world.

On Sunday, we visited the 16th Baptist Street Church and the Civil Rights Institute. This church made me think of my grandmother, especially because those four little girls would be around her age. This tragic moment really made me take a step back once again because it made me thankful for all the sacrifices that my ancestors

have made for me. Who would imagine going to Sunday School and winding up dead? That was the sad reality of the four little girls named Addie Mae Collins, Cynthia Wesley, Carole Robertson, and Carol Denise McNair.

Our next stop was the Civil Rights Institute, which in my opinion was the most impactful. We saw real life depictions of the struggles that our ancestors went through. Skipping forth to the Selma Bridge: this iconic bridge is the landmark of Bloody Sunday. Seeing this bridge in person gave me so many emotions because not only was this a triumphant victory in civil rights but also one of the saddest days in civil rights. This bridge also touched me



EDMUND PETTUS BRIDGE This was the location of Bloody Sunday, March 7, 1965: Approximately 600 marchers, who sought voting rights, attempted to cross the bridge. Once over the bridge, people were brutally beaten with whips, clubs and rubber tubes covered with barb wire.

Photo by C. Shepherd/staff

because many people who walked that very bridge on Bloody Sunday are still alive with visible marks on them, such as Representative John Lewis.

So yes, we all know about the civil rights movement from our history books but to see this was so impactful

and it touched my heart in great lengths. This trip has effectively changed my life and my views on us African American people as a whole, and makes me greater appreciate my ancestors for their sacrifices that they've made for me and many generations to come.

Gandhi's journalistic endeavors show his aim to spread truth, accuracy

Continued from page five

COMMENTARY

happening. If the paper loses confidence of its readers, it has lost all that is worth in journalism.

"The sole aim of journalism," Gandhi said, "is service."

Through his journals, the Mahatma had not only propagated his views but laid down a unique standard in journalism. He was a man of the masses and wrote about their problems, feelings and aspirations. His human approach gave his writings a unique character. His idea was to educate the people through his writings about the significance of independence: political, economic and social.

"One of the objects of a newspaper," said Gandhi, "is to understand the popular feeling and give expression to it; another to arouse among the people certain desirable sentiments and the third is fearlessly to express popular defects." In one of his prayer speeches, he said, "The press

is called the Fourth Estate. It has definitely a power but to misuse the power is criminal."

Presiding over the Gujarat literary conference Nov. 2, 1936, at Ahmedabad, India Gandhi asked, "For whose sake are we going to have our literature? Not certainly for the great gentry of Ahmedabad. They can afford to engage literary men and have great libraries in their homes. But what about the poor man at the well who with unspeakable abuse is goading his bullocks to pull the big leather bucket? I think of Dean Farrar and his book on the life of Christ. I may fight the British rule, but I do not hate the English or their language. In fact, I appreciate their literary treasures. And Dean Farrar's book is one of the rare treasures of the English language. You know how he labored to produce the book? He read everything about Jesus in English language, and then he went to Palestine, saw every place and spot in the Bible that he could identify, and then wrote

the book in faith and prayer for the masses in English, in a language which all of them could understand. It is not in Dr. Johnson's style but in the easy style of Dickens. Here do we have men like Farrar, who will produce great literature for the village folk?"

Gandhi, in fact, brought in many new elements which introduced a fresh life in the field of journalism. As a result of his wide interest, his genius for simplification, his eagerness to reach the largest number of people, and the startling nature of his activities, a renaissance was created in Indian journalism. Many of his followers were moved to write and publish in the Indian languages, and in imitation of his direct style, they wrote simple prose. Regional journalism began to acquire an importance and there was hardly an area of the country which did not have its newspapers.

In the words of M.V. Kamath, former editor of *The Illustrated Weekly of India*, "The *Harijan*

presented the Mahatma when he was alive in his many moods: friend, philosopher, guide, politician, statesman, and saint. He was all that and much more. He was the complete editor. There never was an editor like him before and there never will be another like him in the future. The times, of course, made the man. But the man contributed to his times in many wondrous ways.

I am too limited in knowledge to write about Gandhi's encyclopedic range of journalistic literature. Students of journalism interested in studying his writings may explore my following sources.

1. Journalist Gandhi (Selected Writings of Gandhi) Compiled by Sunil Sharma Published by Gandhi Book Centre, Mumbai, India.
2. Mahatma Gandhi The Journalist by S. N. Bhattacharya Published by Asia Publishing house, India and USA.

Photography

By Nicole Magalhaes
Staff Writer



NEW ENGLAND SCENES A farm dog (left photo) is seen on a duck sanctuary in Huntington, Vermont while an airplane (photo above) flies low in the sky over Burlington, Vermont. If you would like to submit photographs for consideration to be published in the next Eagle Flyer issue, see senior Nicole Magalhaes in room 105 period 3 or period 4.

Quake hits Albania

By Hasim Veliju
Correspondent

In days, donations top \$16 million

Albania was struck by a magnitude 6.4 earthquake in the port city of Durres followed by several aftershocks and tremors countrywide and in bordering nations, killing 51 people and injuring more than 2,000 Tuesday, Nov. 26, 2019. It was the country's deadliest earthquake in 99 years.

"Prime Minister Edi Rama said preliminary figures show more than 1,465 buildings in the capital of Tirana, and around 900 in nearby Durres, were seriously damaged in Tuesday's 6.4 magnitude pre-dawn quake," according to www.independent.co.uk.com, a leading news outlet.

After the initial earthquake struck in northwestern Albania, there were 1,300 aftershocks recorded, with tremors being felt in neighboring countries Serbia and North Macedonia among others.

"Roughly 2,500 people in Albania have been displaced by the quake, and hundreds have gathered in makeshift camps and cars, while others have assembled inside a soccer stadium in

Durres," according to npr.com, a news outlet covering global events. A day of mourning was observed the following Wednesday.

German Chancellor Angela Merkel wrote to Albanian Prime Minister that "Germany and the European Union will support you at this difficult time," according to German news www.dw.com.

In just three days after the quake, "government and private calls for donations have raised around £12.8m," according to www.independent.co.uk.com, which is more than \$16 million.

Albania immediately received support from other European nations and worldwide Albanian diaspora. Albanians are being sheltered in major cities including the Albanian capital Tirana, and new buildings have been financed by Turkey to replace homes destroyed. The Albanian community in Waterbury is one of the many international communities that have aided the country after the earthquake. To donate, you can visit www.aac-ct.org and contribute support to the victims.

Stretch yourself, literally: activity beneficial for more than sports

By Vivian Bunker

COMMENTARY

Commentary Page Editor

When was the last time you stretched? Daily stretching is beneficial, not only by the common athlete or fitness junkie, but for anyone and everyone who does it. Stretching can effect how your day goes today, and how your health develops tomorrow. Here are ten reasons why you should always take the time to stretch; it:

1. Decreases muscle stiffness and increases range of motion.
 2. May reduce your risk of injury.
 3. Helps relieve post-exercise aches, pains.
 4. Improves posture.
 5. Helps reduce or manage stress.
 6. Reduces muscular tension and enhances muscular relaxation.
 7. Improves mechanical efficiency and overall functional performance.
 8. Prepares the body for stress of exercise.
 9. Promotes circulation.
 10. Decreases the risk of low-back pain.
- These are according to acefitness.org, an organization encouraging healthy habits through fitness and diets.

Key tips exist when stretching.

"Hold your stretches for at least 30 seconds--and up to 60 seconds for a really tight muscle or problem area," according to the Mayo Clinic, an organization that strives for better clinical and health results among the public.

There are several types of stretching. "Static stretching is the most commonly used flexibility protocol...involves a slow and constant motion... Ballistic stretching involves rapid and bouncing-like movements... Proprioceptive Neuromuscular Facilitation is a collection of stretching techniques combining passive stretch with isometric and con-centric muscle actions... Dynamic Flexibility (which) uses slow and controlled, sport-specific movements that

are designed to increase core temperature and enhance activity-related flexibility and balance," according to the American College of Sports Medicine.

Athletes, gym-rats, or anyone looking to work out should stretch as preparation. "It gets the body ready for exercise," said Mr. Mike Stango, a physical education teacher and volleyball coach at Kennedy. "And (it) helps the body recover after exercise."

Do what it takes to prepare yourself. "Stretching gives you a pre-workout so you can get ready to do tough work," said Camily Topolosci, a freshman volleyball player at Kennedy. For college athletes, it is critical to stretch for practices and games.

"An athlete staying loose is one of the biggest things in your career. It increases your speed and lowers the chance of an injury," said Randy Benitez, a football player for Pace University in New York.

The more often you stretch the better. A senior athlete at Long Beach High School in Long Beach, New York, Sage Bernstein explains when she stretches:

"Before games and practices," she said. "And a little bit before I go to bed."

She isn't the only one who makes stretching a priority.

"I stretch out before every game, practice and lift," said Benitez. "Our coaches make us stretch and I make myself stretch. I like to stretch my hamstring with a band."

Different people have different motives "I don't want to pull any muscles," said Bernstein.

How often should you stretch? "For athletes, I say, every day," said Benitez. "For average people I say every day too, even if it's only five minutes."

However, not everyone is familiar with

the benefits of stretching.

"I don't feel the need to stretch," said Felix Canales, a junior at Kennedy.

After the list at the beginning of this article was read aloud to Canales, he changed his mind.

"You know what, I need to stretch," Canales said.

Other benefits of stretching include flexibility and motivation for optimal health.

"It can make them more flexible and also

allow them to have healthier lives," said Bernstein.

"It can relieve stress from the body and mind," said Benitez.

Stretching your body might just stretch how long you live.

"The body has 620 muscles, and you have to move every one to stop it from atrophying," said Miranda Esmonde-White, a Canadian fitness trainer who had a fitness TV show on PBS (according to AARP.org).

“Movement is for every one who has a body. If you have a body--move it.”

Miranda Esmonde-White, fitness trainer

“In praise of elementary, middle, and high school teachers in Waterbury for dedication to your craft and your students.”

Denise McDonald, Teacher in the Waterbury system (49 years)

Guidance Corner

By Dr. Mikael
Guidance Counselor

This issue will focus on parents and guardians of Kennedy's 10th graders. We asked parents and guardians to tell us what makes them proud of their son or daughter. Here are some replies:

Student **Karina Casiano**: "Her determination, her kindness, her attention to details."

Student **Rosalind Tavarez**: "She is a great student, hard worker, and gets her work done."

Student **Flordio Keco**: "Behavior, discipline, sincerity, achievements."

Student **Matthew Velasquez**: "(He) is very caring, has a big heart, is very thankful for what he has. (He also has a) willingness to help others and is a very good athlete."

Student **Brianna Rivera**: "Responsible, loving, strong, compassionate."

Student **Soonia Natour**: "Respectful, caring, understanding, smart."

Student **Syrena Gibson**: "Smart, caring, focused."

Student **Aldamarre Jean**: "Polite and respectful; strong and courageous; smart and motivated; he is a sweet and caring son."

Student **Dylan Jusino**: "He is smart, has good grades, good friends, and is very respectful and honest."

LOOKING FOR
A NEW TREE
THIS CHRISTMAS?
ENTER TO WIN THIS ONE!

The Art Department is raffling off this beautiful Christmas Tree!
\$5.00/ticket.
Raffle to be held Thursday, December 12.
Tickets can be purchased in Room 158 or during Parent Conferences December 11.



UNITED From left to right: freshman Julian Grass, seniors Haniyah Rice and Tyrell Bell, sophomore Wilson Perez, freshman Ariana Cruz-Cintrón, seniors Gexiera Dresier and Joao De Souza, junior Xavier Laguna, sophomore Ava Rivera, senior Aaliyah Rivera, sophomore Marvin Quiles, junior Saydee Maldonado, sophomore Jose Rivera, junior Amariyilles Rivera, and sophomore Ryan Coelho are members of Kennedy's 2019 Unified Sports Team, which is open to all students. See Ms. Anton or Ms. Doyle if you would like to join. The stuffed animal in this picture is Pikachu, who is the team mascot this year!

Photo compiled by K. Anton/staff

Join Unified Sports

By Ava McKenzie Rivera
Correspondent

COMMENTARY

Last year I enjoyed watching the Unified Sports Team compete. So, this year I joined because it looked like fun. We have great coaches, Mrs. Anton and Ms. Doyle. They bring us on the bus and get us to the games. Sometimes we get to have pizza with Unified Sports Teams from other schools.

Anton describes the team as "a way to have fun playing sports with students of all abilities. The team consists of students with special needs playing alongside their Kennedy peers. All students at Kennedy are welcome to join," she said.

The team participates in soccer, basketball, bowling, and track, so there is something for everyone. Students also look forward to the Unified Sports Dances.

Sophomore Wilson Perez said what he enjoys most is that "he can help the kids."

Perez has been a member for several years and has enjoyed his experience. He scores lots of points on the basketball court.

Doyle has been coaching the team for three years now.

"This year has been the best year so far. Many more students have come out to be partners and we have been able to plan many more events," Doyle said.

She said she is looking forward to the team's annual Penguin Plunge fundraiser in February 2020. All staff and students are also invited to take part, either by participating or donating.

So as you can see, Unified Sports has a lot to offer. I love it and I think you would love it, too. So, think about joining us as an athlete, a Polar Plunger, or as a supporter. Mrs. Anton and Ms. Doyle are always willing to take new members.

Football wins Thanksgiving game

By Jazmin Estrella
Sports Editor/Artistic Director

Players feel pride after 28-14 victory over Crosby

COMMENTARY

Kennedy's varsity football boys ate more than turkey on Thanksgiving!

The annual Thanksgiving Day football game took place at Waterbury's Municipal Stadium against the Crosby Bulldogs early on Thursday Nov. 28, 2019 and despite the frigid climate, there was a big turnout in support for both teams.

Kennedy ended the season with a 28-14 win against Crosby: the players were determined and ready to play a good game to end the season right.

"I was proud of myself and the team for winning the Thanksgiving game. It felt like a big accomplishment to win our last game! After a tough eight (game) losing streak I walked into this game focused and energetic. Me and my guys were hungry for this win and ready to go out and dominate,"

senior Hector Ginorio said.

The Eagles got to the field ready to rumble. Both offense and defense had great plays.

"Our senior players helped us win the game. Like senior Hector had some big plays for us, he started the game with a touchdown and Tresean (Graves) had a touchdown that helped us be up 14-0. Senior Chris Byrd had some big plays on defense," freshman Joseph Colon said.

Colon also noted that:

"Freshman Derrick made a 54 yard touchdown, and freshman Danny covered an onside kick. We played for the seniors, we didn't care about the 1-8 season, we still played together. We're like a family."

Before playing any game there are some general emotions felt by the team as well as the coach.

"Before the game I felt the usual

nerves I get before any game. There's so much to do before we play on Thanksgiving... open the building, game day programs, senior day scripts, picking up guys who need a ride, and preparing a game plan for changes needed because guys show up late or sometimes not at all," head coach Mr. Sarlo, a history teacher, said.

As the game goes on certain feelings intensified and nerves died down. This happened with the Eagles. As the game progressed they begin to feel more sure of the plays and the odds of winning.

"During the game I was confident because we played good defense which helped us get the ball in great field positions," Sarlo said. "Putting Hector in helped too, as we took an early lead which lasted through the entire game."

Not only were players rejoicing over their win, but so was the coach.

"After, I felt relief

and confidence that this long season was over. It's always nice to win on Thanksgiving because you roll into the off season with momentum and confidence," Sarlo said.

Moving forward, how will the players and coach apply the Thanksgiving win towards the next season?

"I will point out that running the ball is essential to our success as well as stopping the run on defense," Sarlo said.

Photos compiled by J. Estrella/staff



ENJOYING VICTORY Senior Hector Ginorio, top left photo, helped lead the varsity football team (pictured bottom left) to a 28-14 victory over Crosby High School during the annual Thanksgiving Day game Thursday, Nov. 28, 2019 at Waterbury's Municipal Stadium. Senior Tresean Graves (right photo) and Ginorio both scored touchdowns in the win.

