

Help prevent suicide: resources exist, talking also helps. Read pages 2, 6.



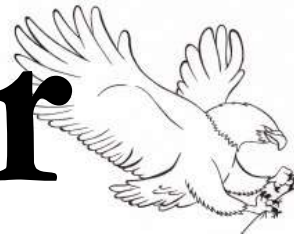
Mr. Conway, a true Disney fan, retires after 35 years. Read page 5.



How do athletes manage their sports injuries? Read page 8.

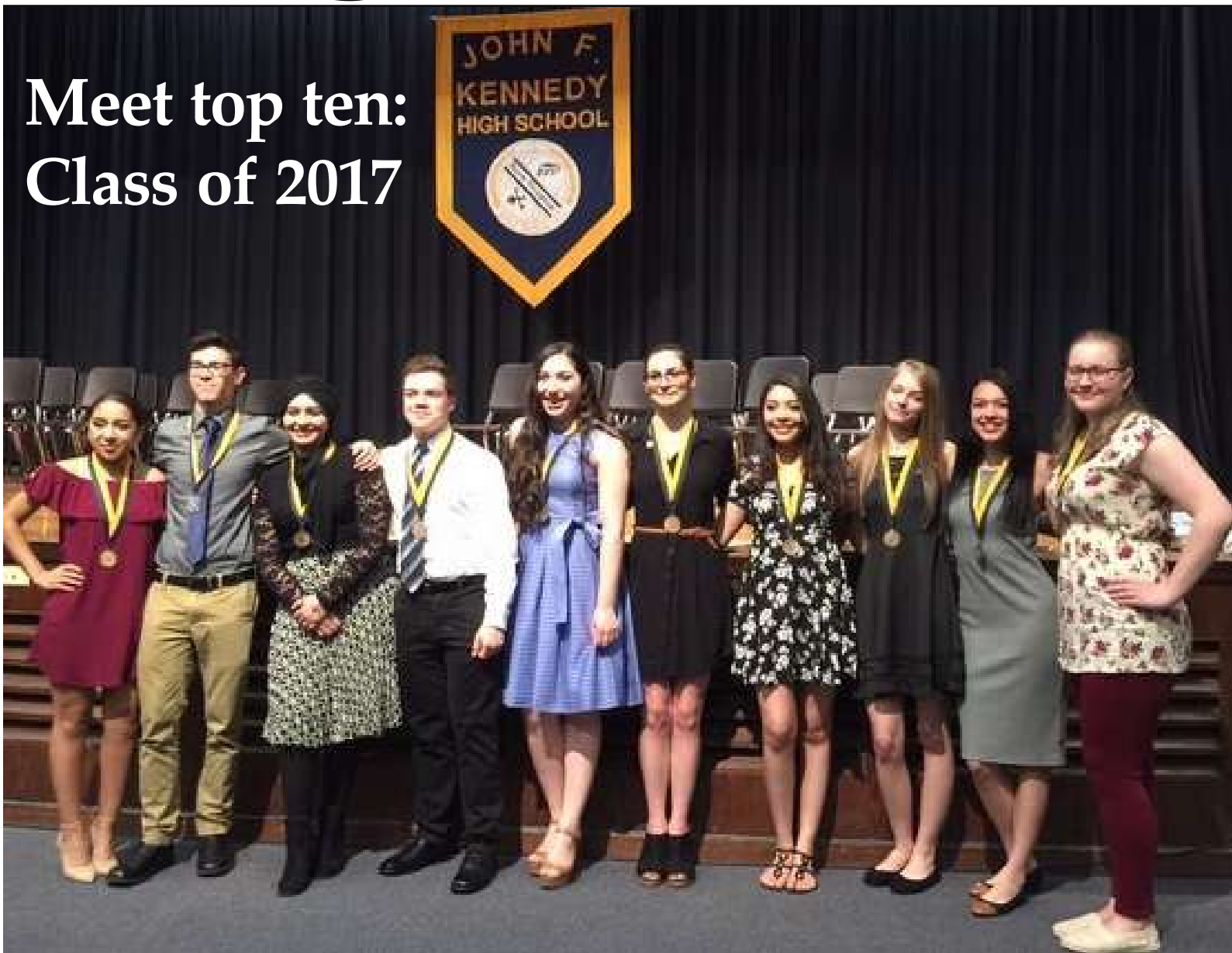


The Eagle Flyer



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Meet top ten: Class of 2017



HIGHEST HONORS The top ten ranked seniors in the Class of 2017 were awarded their medals at the school's annual Awards Night, Thursday, May 25 in the auditorium. They are, from left to right, Valedictorian Damaris Cabrera, Salutatorian Christian Milian, Iqra Malik, ranked third; Jacob Dinklocker, ranked fourth; Ebru Azizoglu ranked fifth; Sheila French, ranked sixth; Mariette DeCena, ranked seventh; Fiona LeMoine, ranked eighth; Arianna Ramos, ranked ninth; and Emily Benton, ranked tenth. Cabrera will be attending the University of Connecticut to study biomedical engineering. Milian will attend Yale University to study molecular/cellular biology. Malik will attend UConn for business and biomedical study. Dinklocker will attend UConn to study biomedical engineering. Azizoglu will also attend UConn as an undecided major. French will attend Rochester Institute of Technology to study chemical engineering. DeCena will attend Emmanuel College to study biology. LeMoine will attend UConn for nursing. Ramos will attend Villanova University as an undecided major. Benton will attend the University of Bridgeport to study education and mathematics.

Photo by D. Cabrera/staff

Math teacher Ms. Scialla wins top teacher award for 2017

By Leylah Veliju
Correspondent

Teacher advises Student Council, runs blood drive, plus coaches softball

Math teacher Ms. Scialla won Kennedy's 2017 Teacher of The Year award after being nominated by fellow teachers and staff, receiving the award at Crosby High School Wednesday May 31, 2017 during a ceremony at 4:30 p.m.

"I am honored and very appreciative. It feels good to know others respect your good work ethic," said Scialla.

Scialla, a Kennedy teacher for 10 years who also taught at Weaver High School in Hartford, Conn. for three years prior, is involved in extracurricular activities. These include advising the Student Council, coaching varsity softball and coordinating the blood drive. She said she believes this is why teachers nominated her for the award.

"I enjoy getting to know the students outside of the classroom and helping them participate in community service," said Scialla. "We have a lot of kids here with good hearts that live to help others, and sometimes see that in the classroom."

Scialla describes this as her favorite part of being a teacher, which one student recognized.

"She does a good job at teaching and she's always there for her students," said sophomore Idaly Hernandez, who was in Scialla's class in 2016.

Of all the 2017 Waterbury schools' teachers of the year, Scialla may have the chance of following 2016 National Teacher of the Year and former Kennedy history teacher, Mrs. Hayes.

"One Teacher of the Year from Waterbury will be chosen to run for Teacher of the Year for the state," said Scialla.

A past student had only good things to say about Scialla.

"Last year when I had her, she went in depth when explaining things," said sophomore Rhakeem Henry.

Current freshman in her math class

had the same opinions on Scialla and her teaching.

"She knows how to teach well and knows how to make a classroom fun but still educate us," said freshman Jalissa Robles.

"She makes learning easier because she simplifies everything so we could understand," said sophomore Joshua Saliva.

"She knows how to teach well and knows how to make a class fun but still educate us."

Jalissa Robles,
freshman

Photo by L. Veliju/staff

AWARD WINNER Math teacher Ms. Scialla won Kennedy's 2017 Teacher of the Year Award after being nominated by fellow teachers and staff. Scialla was honored at an afternoon ceremony Wednesday, May 31 at Crosby High School.



MILITARY MEN In the military recruiting office on 581 Wolcott Street, Waterbury, Conn. Tuesday, May 16 at approximately 3 p.m. are from left to right Staff Sergeant Daly, Sergeant First Class Gersten, Sergeant First Class Howland, Sergeant Treadwell, and Staff Sergeant Jameson.

Photo by A. DeJesus/correspondent

Early enlistment in military offers benefits

By Anthony DeJesus
Correspondent

NEWS COMMENTARY

Academic advantages given to early joiners

The military is often glamorized by Hollywood movies showing gore and the horrors.

However, the military does offer high school students early enlistment in order to get a head start in joining the military by requiring students to maintain stable grades and passing the military entrance exam, known as ASVAB.

"I wish we had the early enlistment program when I was young. It would've made the whole experience smoother and

make my life easier," said Air Force veteran Joseph Morales.

Various opportunities are available since even though there is a side that shows the combative action of those who fight for our flag, options exist.

They are called support MOSs, otherwise known as POGs (Personnel Other than Grunts).

But regardless of it there are programs and options for those who want to enlist. These include the "Early Enlistment

Program."

Rather than enlisting at the end of high school you can get ahead by starting your junior year, and with this comes faster promotions and the option to have benefits.

"Joining early has provided a chance for me to take a chance of the academic advantages that comes from the military and I can still finish off school," said Pvt. Jerry Ramirez, a current Navy enlistee who is in the EEP (Early Enlistment Program).

Lastly, the military has significant benefits and over exaggerated parallels to offer when considering joining the strongest military force in the world.

"The early enlistment program provides a head start to those who want to serve their country before they finish high school," said SFC. Gersten.

Whether you set sail on a Navy frigate, fighter jet, or Humvee, no matter what branch you join you'll be making a difference.

Learn basics of health care despite confusion

By Justyn Welsh
Sports Editor

Battle of American Health Care Act versus Obamacare breeds backlash

What is the good, the bad and the ugly of the current American health care status?

Health care is a hotspot for Americans as time changes, now there is a drive to repeal the Affordable Care Act, yet it seems its replacement has as many issues as the bill itself; with the election of President Donald Trump in November 2016, this effort has turned into reality through its replacement: the American Health Care Act.

"Health care is a tricky issue to tackle; fixing it is even tougher," said Mr. Cermola, substitute teacher for Mrs. Fitzpatrick (on maternity leave), who studied American Studies in college.

Health care has always been a major topic in politics, however, it has reached a pinnacle with the ongoing clash between Democrats and Republicans to decide its current fate. It has shifted to an issue of who passed that bill, either former President Barack Obama, or current President Trump.

"It does not seem to be so much about the bills themselves as the people who pushed for them," according to Mrs. Fitzpatrick, an Advanced Placement U.S. Government and Politics teacher, in an email.

Regardless of its issues, Obamacare offered a huge shake up of health care on the political landscape, serving its function to benefit Americans.

"It was the biggest overhaul on health care since Medicare," said Jeremy Collette, a freshman at Southern Connecticut State University.

This overhaul included health care coverage to all Americans in need, regardless of affordability.

"It's great for people without their own health care and it covers a lot of them," said Alex Rice, a sophomore.

The Affordable Care Act, widely regarded as

former President Obama's legacy, insured many Americans in need, however it was without issues.

"Obamacare is contending with skyrocketing price increases, insurer defections and anemic enrollment growth," according to an unnamed CNN article in 2016 with the then-presidential candidates promising reforms for American health care.

Even in the face of current issues with Obamacare, many recognize its original goal and view its current status as a regression for America.

"I believe the original plan was a great proposal but executed wrong," said Steven Ayres, a Kaynor Tech senior.

Obamacare, although deeply embedded in American coverage, has seen its fair share of issues prompting the movement for reform: increasing premiums, mandatory insurance, and the need to get coverage for issues that do not directly affect some users has put a damper on its original, modest inception.

"The initial idea was really good, but as it went through Congress, it was perverted," said Michael Schindewolf, a working class citizen from Winsted, Conn. susceptible to any change in health care.

Obamacare originally pledged, and succeeded, in providing health care to all Americans with 20 million currently dependent on the plan. However, this has caused an issue with the format of business within the health care community; with less variation, the quality of health care slowly goes down as a monopoly comes.

"They should have the law of supply and demand kick in," said Mr. Mobilio, a history teacher who looks to business trends of the past to deliver his view of health care today.

The fear of businesses being extinguished by the regulations put in by Obamacare prompt some to think health care will ultimately fail if left untouched or in the federal government's hands.

OPTIONS Urgent Care may be a cheaper alternative to health care and out of pocket expenses than hospitals (see above right photo) or clinics.

"I personally think health care will fail, it will be too much of a burden for our government to handle," said Shea Moriarty, a middle school teacher with a college background in political science. "The cost is too high, we have too big of a population to have a government health care system."

The current issues with Obamacare, despite some of its benefits, have led to the rise of Trump, and the Republican party, to repeal and replace the bill.

"Barely anything equated from Obamacare," said Cris Bond, a junior.

"I don't like it (Obamacare) because it caused the prices to skyrocket," said Nick Cordone, a senior at Platt High School in Meriden, Conn.

While some flatout dislike the plan due to its failures, other seem to be more understanding as to where and what went wrong.

"With it driving up everyone's costs, I understand the backlash," said Mr. DosSantos, a business teacher.

The costs of Obamacare, especially in its premiums, have caused many to look down upon the bill despite its initial goal to help citizens.

"Philosophically, I don't agree with it," said Michael DeLuca, a newly licensed Occupational Therapist from Watertown.

President Trump ran his election with a primary focus to repeal Obamacare, lower premiums, and assure the middle class Americans, who typically receive the brunt of many tax fluctuations, they would be paying less, and not for everyone else's healthcare.

"Republicans are promising their repeal plan will reduce premiums, drive down deductibles and improve competition," according to Politico in an article titled "Trump: I'm 'so confident' health care bill will pass the Senate," written May 4, 2017.

"It ends tax penalties for individuals who don't buy insurance coverage," according to Fox News in an article titled "Republican health care bill: What's in it?" written on May 4, 2017, continuing on the positive change of Trumpcare.

With the American Healthcare Act being pushed forward by Republicans, there is a hot spot of coverage regarding pre-existing conditions.

"Republican lawmakers have pledged that the plan would protect people with pre-existing con-



ditions from losing their coverage," said Politico.

Despite promises by lawmakers and the President himself, the infamous bill dubbed "Trumpcare" is not without flaws in its own formula.

"I've heard Trump doesn't offer much to those with pre-existing conditions," said Zandria Oliver, a Watertown High School junior, in response to Trump leaving companies in charge of pre-existing conditions.

"It limits coverage to pre-existing conditions, and is potentially harmful if you lose a job, in which your conditions will not longer be covered," said Kristine Welsh, a Physician's Assistant in Bridgeport, Conn, who is exposed to health care on a daily basis in her line of work.

The pre-existing conditions are not the only issue with Trumpcare; however, it takes a business-like approach to health care.

"Under the Republican plan, senior citizens can be charged up to five times higher," according to the Daily Wire, "Nine Biggest Problems With Trumpcare," written March 8, 2017.

Many view Obamacare as a necessary shift to a more "single-payer" like health care system in which everyone pays into health care, and everyone receives, yet this plan is also controversial.

"It was a first good start, not a full fledged plan," said Mr. Lafayette, a science teacher.

Trumpcare, although fixing issues caused by its predecessor, comes with its fair share of issues.

"I had thought the mindset at the Senate and House levels would have put more thought into replacing the bill," said Mr. Cyr, science department chair who views the AHCA to be a rushed makeup on a campaign promise.



13 Reasons Why: stark reality show or suicide trigger? Resources exist

By Damaris Cabrera
Staff Writer

'Brutal' Netflix series prompts Waterbury administrator to send warning letter home May 1, 2017

"I'm about to tell you the story of my life; more specifically, why my life ended," said Hannah Baker.

This is what viewers hear as they watch the infamous Netflix show *13 Reasons Why*, released Friday March 31, 2017, which follows the story of Baker, a young girl who committed suicide and left cassette tapes behind revealing the 13 people who contributed to her decision, leaving Kennedy students and staff, as well as Waterbury residents opposing and supporting controversy surrounding the show as critics claim the show glamorizes suicide.

"The show has become so controversial because people can't handle the truth that teens do commit suicide and that depression is a real mental disease that needs to be taken care of," said senior Mikele Cokani.

One of the most controversial parts of the show was a scene in the last episode depicting the character Hannah Baker committing suicide. The scene showed Baker draw a bath and slit her wrists, ultimately bleeding to death.

"It was brutal," said senior George Dos Santos. "They overplayed it to be honest."

"I felt like it was a little too intense for viewers," said sophomore Hailey Muccino.

"It was pretty graphic. I had to skip it, I couldn't watch it," said sophomore Nijea Mccowan.

There were others who felt the scene was beneficial to the theme of the show and it had a positive impact on viewers.

"I feel like the creators of the show made the scene uncomfortable to watch on purpose to just prove their point that suicide is a serious thing," said senior Fiona Lemoine.

"People complain about it and say it was uncalled for but there were warnings throughout the entire show they were going to deal with heavy topics," said senior Mariana Pereira. "They had to make the suicide so harsh to really bring the reality of suicide to you."

"I guess you assume (when) a person is so done with life, they don't experience pain," said English teacher Ms. Hicock, who watched the whole show. "But that really showed it does hurt."

The show is an adaptation of the novel *13 Reasons Why* by Jay Asher, which was written in 2007, and in the novel, Baker committed suicide by pill overdose, not by slitting her wrists.

"I feel like they wanted a stronger emphasis on her story and her pain and what she was going through in high school," said Cokani. "The cutting of her wrists symbolizes more of the torment she felt within herself."

"It makes for better television," said English teacher Mrs. DeVeau. "They're gonna do what makes money."

Suicide is the second leading cause of death in people 10-24 years old, as of May 21, 2017, according to the Jason Foundation, a non-profit or-

ganization that works for the awareness and prevention of suicide, which also said one of the signs to look for in preventing suicide is depression.

"When a person is about to (commit suicide) they are really happy," said Waterbury resident Kiara Collado, a registered nurse at Yale Hospital. "They set themselves apart from everybody, and they may not be lazy but they don't have the mood to do anything."

"Depression is both biologic and emotional, so you can have a depression that puts you into a funk by secretions from the brain and that is controlled by medication usually," said psychology teacher Mrs. Hermes.

A concern surrounding the show is that little was done to actually depict these symptoms of depression and mental illness.

"I feel like it could've used more," said Cokani. "It didn't come across as her being depressed."

"The show depicted more bullying and the effect it had more than actual mental illness," said Pereira.

The main criticism the show received is the argument it glamorizes suicide and creates this idea of a "revenge suicide," which people claim can be triggering to younger viewers.

"That's true," said senior Parid Drazhi. "It's kind of selfish she made the tapes but it also got her point across."

"It feels like the only thing she could do to help herself was kill herself," said sophomore Kaitlyn Giron. "When she goes for help it seems like no one will help her."

While there are critics, others are standing by the show's depiction of suicide, arguing against the claims being made.

"There was no revenge suicide," said Cokani. "I feel like the reason why she felt the need to say that was to get her last words out. I don't think she was trying to get attention."

"I've seen so many articles claiming suicide rates have risen because of this show, (but) they haven't, they're (just) high in the springtime in general," said Pereira. "This isn't a new thing, it's just being brought to people's attention and they're trying to say it's the show's fault but it's not. The show was made to bring attention to mental illness."

The possible danger is something that has become a concern in schools. May 1, 2017 a letter was sent out to Kennedy students via homeroom from Waterbury chief academic officer Darren Schwartz, who said the show "glamorizes suicide."

"Danger is maybe too strong of a word," said principal Mr. Johnston, who went on to speak about the letter sent out by Schwartz. "The reason the letter went out from the chief academic officer is (because) kids are gonna watch things like this (and) families, school personnel, (and) adults in their lives need to be aware of this."

Many shows streamed on Netflix have graphic scenes of nudity, sex and violence essentially watched by viewers of any age, so what is it about *13 Reasons*

Why that has stirred up so much opposition?

"It's a sensitive topic," said junior Cris Bond. "It revolves around the fact people can't grasp the concept of death, like (if) life beyond death is real."

"You understand death, but at the same time you don't," said Hicock.

"People still don't want to talk about it. They think it's a phase and it's not a phase," said Pereira.

"The show is so controversial because it is so real," said Kaynor Tech senior Ololade Adeyemi. "It is so honest and it shows all of the bad things when people commit suicide."

That idea of depression simply being a phase is presented in the show when Baker reaches out to her guidance counselor for help and is rejected. She was making a cry for help after being raped and was told that if she would not name the man who did this to her, she would simply have to move on. There are people who are concerned the show did not depict the fact there are many ways those suffering from mental illness can get help.

"Sometimes when an adolescent is very depressed they don't see the big picture," said Hermes.

"The important thing is being able to recognize a student in crisis, creating a situation where students feel like they can go to either myself or another adult in the building, and then knowing and recognizing you need to refer that student to someone that can start helping them in the ways they need," said Johnston. "So in my case I would need to refer them to the school social worker."

This also brings up the question of who is responsible for dealing with situations like depression and suicidal thoughts.

"As an administrator, dealing with a student in crisis is not my specific area of expertise," said Johnston. "That's the reason why we have other personnel around the building. That's the reason why we have two social workers (and) a school psychologists. That's why our guidance counselors have been trained and are a part of our crisis team."

Many have been quick to criticize the guidance counselor in the show for not doing enough, but was he prepared to handle a situation of depression and sexual assault?

"My situation here is different because I was a social worker first, so I have a bunch of different training than most guidance counselors do, and I don't think that guidance counselors, unless you have specific training in mental health or therapy, I don't think they are really prepared to even have these in-depth conversations that some of the kids want to talk about," said guidance counselor Mrs. Ortiz.

Nonetheless, all the controversy surrounding this show has allowed for a much-needed conversation to begin in today's society.

"Suicide should never be an option," said executive producer Selena Gomez in a half hour behind-the-scenes segment on the show released by Netflix.

"Last year (retired psychology teacher) Ms. Tuttle said (depression) is the common cold of mental illness," said Pereira. "It happens a lot but nobody ever talks about it, nobody really cares, (and) nobody does something to prevent it."



Photo by D. Cabrera/staff

KEEP GOING Pictured is a semicolon tattoo on guidance counselor Mrs. Ortiz's right arm. The semicolon is a symbol used for mental health awareness.

If you could go back, what would you do differently this school year?

By Aliya Hernandez with Damaris Cabrera
Features Editor, Staff Writer



"Probably my third marking period."
William Bryant, freshman



"I would go back and change the structure of the way I taught the early childhood education class. It got away from me and I didn't get as far in the book; I would change the pacing."
Mrs. De Santis, early childhood education



"One thing I would change is to not have senioritis."
Josh Russo, senior



"Field trips" and "My classes."
Nelson Ramirez (left), Stegany Salgado, juniors



"I would use my time more wisely."
Ms. Balnis, family consumer science teacher



"Come to school on time and choose better friends."
Yoeshelis Bruno, sophomore

Sex education: what should schools teach?

By Jade Roman *What dialogue occurs between home, school, professionals?*
News Editor

Let's talk about... Kennedy teachers, guidance counselors, and other professionals spoke on behalf of educating students on safe sex and its repercussions due to an overall lack of knowledge by students and the subject not being stressed enough to students Monday, May 13, 2017.

"We could do a better job of having information more available for students," said Mr. Johnston, principal, regarding educating students more on safe sex.

Educating students on safe sex is an important matter due to its associating factors.

"It's important students are informed about the risks if they are engaging in it," said Mr. McCasland, vice principal.

In addition, it's important students are aware of the resources around them in order to become more knowledgeable on the matter.

"Ask questions, don't be embarrassed. If you can't talk about it you shouldn't be having it," said Mr. Shocki, guidance counselor.

There are suggested ways of communication to go about discussing safe sex with students.

"I would say we should have guest speakers, documentaries, and student discussion groups, basically have more open forums," said Dr. Sagnella, Italian teacher, regarding how students can go about learning more about safe sex.

Some teachers stressed the importance of an open dialogue between teachers and students as well as parents and students.

"It needs to be discussed further in schools and even more in the homes," said Mr. Stango, physical education

“We could do a better job of having information more available for students.”

Mr. Johnston, principal

teacher.

Some teachers also spoke from a parental perspective on teaching students about safe sex.

"If I'm a parent and I educate my own kids on safe sex, why shouldn't I educate my own students in the same manner," said Mr. Cyr, science department chair, and father.

Some think a school should be just as responsible for educating students on these matters, but with the additional help of parents.

"It should be taught in all health classes, but parents need to be on board too," said Mrs. Pasnik, history teacher.

There needs to be communication from both parents and schools to educate their students and children.

"It's up to the parent to teach the child about having safe sex, however, I think it's a very good idea that the schools are playing a role in educating our children further," said Tara Green, Waterbury resident and mother of Jade Roman.

Teachers and parents need to be in tune with each other to provide students with necessary information.

"We need to know what's acceptable," said Dr. Mikael, guidance counselor, in terms of what is appropriate to discuss with students with parental consent.

Abstinence is also stressed to students

and has been in previous years solely rather than safe sex. Some teachers shared their perspective on this.

"Today, I would say safe sex because now in high school you want them to be abstinent, but they're going to grow into adults and you want them to have knowledge," said Mr. Turek, history teacher.

Students don't always necessarily wait for what is deemed the "right time" to have sex, which is why teaching safe sex in high school can be effective.

"Something in their teen years can effect them down the road through their thirties and forties," said Mrs. Owens, school nurse, regarding sexually transmitted diseases and teenage pregnancies.

Teenage pregnancies can be a result of not taking proper precautions, being there is a high rate in teenage pregnancies.

"In 2015, a total of 229,715 babies were born to women aged 15-19 years, for a birth rate of 22.3 per 1,000 women in this age group," according to centersfordiseasecontrol.gov on their website as of May 13, 2017.

Sexually transmitted diseases can be a problem in the teenage community as well.

"There are about 20 million new cases of STDs each year in the United States, and about half of these are in people between the ages of 15 and 24," according to centersfordiseasecontrol.gov on their website as of May 18, 2017.

So what is the underlying cause?

"High school education on safe sex is more of the medical part of



Photo courtesy of Mrs. Loomis/caption courtesy of Mr. Proto
TRUE ARTISTS The Kennedy High School Art Award is awarded to seniors to who exhibit an enthusiasm for art that goes beyond the classroom. The 2017 winners, announced at Awards Night in the auditorium Thursday, May 25 were (from left) seniors Aladino Emmanuelli Jr. and Antonio Perez, pictured here with art teacher Mr. Dan Proto, a Super Duper Senior forever destined to remain in high school art classes. Emmanuelli and Perez received certificates and gifts.

sex like what sexually transmitted diseases can be contracted and the consequences of unprotected sex whereas it should address sex overall in terms of the mental and emotional part. The emotional part is big because that's what causes you to make poor decisions," said Rikia Bradley, a graduate from the University of Bridgeport, who led safe sex and relationship discussions at her college.

Some students were unaware of this "emotional" aspect of sex.

"No, I had no idea there's the mental aspect," said Ariana Ramos, senior.

In addition, some students claim they hadn't received enough sex education.

"There weren't really any classes besides freshmen year. I'm a senior now. After four years you forget," said George Dos Santos, senior.

A student suggested professionals come to Kennedy to have these open discussions.

"Have a presentation in the auditorium and professionals come in to inform us," said Kerone Walters, senior.

Some students feel the subject is not stressed enough in school.

"For starters, there isn't really anyone who talks about it. We should have someone who actually talks about that stuff," said Laura Rendon, senior.

“Ask questions, don't be embarrassed. If you can't talk about it you shouldn't be having it.”
Mr. Shocki, guidance counselor

Staff Editorial

Stay motivated in June: college, class rank matter so still do your best

As the school year comes to a close, people are either reflecting on what they have done with their time in school or they just cannot wait for school to be over with.

Seniors say goodbye to the place they have made four years' worth of memories. Whether it was a good or bad experience, it is something we can never come back to. We can come back to the building, but it won't be the same Kennedy High School we experienced because the people and the memories have moved on.

But before the students think about becoming alumni, we need to focus on graduation and finals. Since final exams start Tuesday, June 13 for seniors and Thursday, June 15 for underclassmen in 2017, it is best to at least make it through these last few weeks of school without having grades fall apart. For seniors, just because ranks freeze with the close of the third marking period doesn't mean colleges do not care about grades anymore. Colleges can still revoke scholarships and acceptances if they see students slacking off just because it is the end of their last year.

Graduation will take place Wednesday, June 21 at 7 p.m. in the auditorium. Each senior is guaranteed two tickets to invite family and friends. However, there will be raffles held at graduation practice according to Joyce Benton, senior class president, so some students will have three tickets. National Honor Society students will be seated on stage for the ceremony, with class officers sitting in the front row. The rest of the graduating class will be seated in alphabetical order after them.

To underclassmen, it may seem like you have all the time in the world until it's your turn, and everyone who has already graduated tells you this but the year does go by quicker than you think. Senior year is packed with deadlines for college applications, SATs and more. So make sure you push yourself because no one else is going to do it for you.



SHOW MUST GO ON The cast of *You're a Good Man Charlie Brown* who performed May 5-6, 2017 included (from left to right), Elizabeth DiChristani from Sacred Heart, Kennedy seniors Micaela Snow, Ania LaFrance and Kyle Cleary, Jacob Laferriere and Rachel Guay from Sacred Heart. Top row (from left to right) are Sacred Heart students Vincent Griffin, Sabrina Martino, Katie Pelletier, Kennedy senior Brandon Camacho, and Sacred Heart students Kylee Dubrowski, Meghan Mitnick, and Elizabeth Nonanaker.

Photo courtesy of K. Cleary/staff

First show without Collins tries new opportunities

By Kyle Cleary
Staff Writer

New set designer, fundraisers keep show on track

COMMENTARY

We missed one member of our family this year. Kennedy's and Sacred Heart's theatre program missed Mr. Collins directing in 2017 but still pulled off putting on a production of *You're a Good man Charlie Brown* as Emily Collins, his daughter, helped direct along with Kennedy special education teacher Dr. Mead, Friday, May 5 and Saturday, May 6 at 8 p.m. in the auditorium.

Collins always made the room bright but in many senses other than his charisma because he had such an eye for theatre.

He knew so much about music and drama because he had so much experience.

I thought that the cast of 13 did an extremely excellent job with the circumstances involved.

Emily Collins has the same eye for theatre because I think that the show would have come out exactly the same whether Collins or his daughter directed it.

We did hit a few roadblocks regarding people helping us out, too. Our original plan was to be able to have a full orchestra and a music director, but everyone bailed on us.

We thought that this would be the year where we get the most help because of Collins's passing away in November 2016 but it seems like most forgot about us when we needed them.

This didn't deter us. We used our sources within Kennedy and Sacred Heart for fundraising and set building and prop opportunities.

By ourselves we did a fine job finding opportunities. Mr. Danaher, Kennedy's wood shop teacher, built the set for the first time this year, and we had multiple fundraisers such as a dressdown day at Sacred Heart and a car wash and pancake breakfast at Kennedy.

We put in the same if not more hours than if Mr. Collins was the director, and Emily did an amazing job.

Either way I thought that we did Mr. Collins proud because we came together to honor him.

Forget two proposed health care plans; try third option

By Justyn Welsh
Sports Editor

Senior devises his own mock plan after researching

COMMENTARY

A self-reflection to solve the health care crisis in America.

For the AP English 12 Finals, students had to pick a topic and write an article about it; for my article I chose to write about the current health care controversy in America and discover the truth about it.

Initially, I had been biased against Obamacare, hearing almost exclusively about how much extra the bill costs Americans, however the greater underlying fact is it covers almost 20 million Americans in need. As I interviewed people, particularly teachers, many agreed that Obamacare was an excel-

lent start to the much-needed health care reform in America.

Despite the highs of Obamacare, I also came to recognize it was not perfect; it could not afford itself without dipping deeper into the pockets of Americans, particularly the middle class and the prime voters for President Trump. Furthermore, citizens could not go to their preferred doctors any longer. With the outcry of several years over what is considered former President Obama's legacy, many Americans decided they had enough of the plan.

President Trump swiftly wrote up the American

Healthcare Act with high ranking Republicans such as Paul Ryan, and similar to Obamacare, I found it was a strong start to reform it, but not perfect. President Trump's bill took too strong of a business approach to a living necessity: elderly could be charged five times higher, millions of Americans were left without insurance, and it gave little effort to preserve people with pre-existing conditions.

After sufficient research, I had come to what I found to be a much stronger health care bill, and despite many citizens' thoughts, it would be a blend between the both infamous and glorified Obamacare and Trumpcare.

President Obama drove his bill home in order to insure coverage for millions of Americans, and this should not leave, but instead politicians can make an effort to lower taxes caused by the bill. In my envisioned plan, the bill would put a yearly tax on health care companies, essentially as a buy-in to the business, to help lower the taxes directly placed on the middle class.

From there, the bill would continue to allow citizens to choose their healthcare provider, or if they wanted to have health care or not, similar to what is promised by President Trump's bill. Trump did this to increase competition between health care companies, and ultimately ensure better

In my envisioned plan, the bill would put a yearly tax on health care companies, essentially as a buy-in to the business, to help lower the taxes directly placed on the middle class.

rates for the people, something that his career in business helped shape.

Finally, the bill would keep existing mandated coverage of patients with pre-existing conditions and the ability to charge the elderly three times as much, given they are more susceptible to illness.

Is my proposed bill perfect? I can answer that with a resounding "no," however I have come to realize that with politicians and citizens alike, there is very little room for political moderates, however meeting in the middle would solve many issues including gridlock, and reconnecting the far right and left properties of the government.

In the case of health care, whether you supported President Trump or Obama, both men put out bills that were imperfect yet sought to preserve certain classes in America's social make up. By balancing these attempts, it is much more easy to create a plausible health care bill, and benefit the greater good.



The Eagle Flyer

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Our mission is to educate, enlighten and inform our school and community while developing our journalism skills in both Editorial and Business areas.

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Poetry Corner

R.I.P

Victor "Mongo" Izquierdo
By Pablo Izquierdo

Our lives go on without you
But nothing is the same
We have to hide our heartache
When someone says your name
Sad are the hearts that love you
Silent are the ones that fall
Because living without you
Is the hardest part of all
You did so many things for us
Your heart was so kind and true
And when we needed someone
We could always count on you
The special years will not return
When we are all together
But with the love in our hearts
You will talk with us forever
~ Your son,
I Love you Dad

We need you: join The Eagle Flyer. Do you write poetry, take photographs, like to write or draw, or just want to learn more? Stop by room 105.

'68 graduate Conway retires after 35 years

By Joseph Schaff
Staff Writer

The end of an era. Mr. Conway, long time technology education teacher, is retiring from 18 years of teaching at Kennedy and 35 total years of teaching high school as of Wednesday, June 21, 2017.

"He will definitely be missed," said Business department chair Mr. Lucian.

Like Lucian, the whole school will miss the presence of Conway, and he feels the same.

"I'll miss the faculty the most," said Conway "I love the interaction with the students, but I'll miss the close knit faculty community the most."

Conway grew up in Waterbury and went to Bunker Hill School when it was kindergarten through 8th grade and then attended Kennedy, graduating in 1968. He graduated from various universities including St. Francis College, University of New Haven and Central Connecticut State University.

"He's a great guy, very down to earth," said science teacher Mr. DelDebbio. "He will definitely be missed."

Conway has many memories over his career, but he has one that really stands out.

"My favorite memory was when we made three boats and donated them to the Channel 3 Kids Camp," said Conway.

"I'm gonna miss Mr. Conway," said main office secretary Ms. Denise Feliciano. "He's a part of the family and his absence will be felt."

Even when he leaves, Conway's presence will be felt in the memorial scholarship in the name of his son, who appears on the main lobby plaque.

"We have a scholarship in place for my son, a Kennedy student, who passed away in a car acci-

dent before his junior year," said Conway. "We've been doing it for 30 years."

The Michael J. Conway Scholar Athlete award is a \$500 scholarship given to a Kennedy senior athlete who best exemplifies the qualities of Michael Conway and excels in the classroom. Michael had earned his varsity letter in soccer, basketball and baseball by the end of his sophomore year. He was also an Honors student in the Talented and Gifted Program.

Mr. Conway's granddaughter is now set to graduate from Kennedy.

"It's been great seeing my grandfather every day," said senior Mary Kate Conway. "It's been comforting, in school."

Some have known Conway longer than his time at Kennedy.

"He coached

me in youth sports," said principal Mr. Johnston. "We used to live on the same street, and I worked with him as long as I have been at Kennedy."

"I remember Mr. Conway when he was at Terryville High School," said technology education department chair Mr. Mancuso. "He had the best drafting students in the state, and I was beginning to teach at Crosby and we competed at the State Drafting Competition. Two years later I got transferred here and now we are on the same team."

"He's always willing to help, he never says no, even on his time off," said Miss Maria in the main office. "He's just a team player."

"He'll be missed as a teacher, and he'll be very difficult to replace," said Johnston. "Not only because of his subject, he does so much behind the scenes."

Conway is a staple of the Kennedy community, and his presence will be missed in room 152, as well as in the rest of the school.

"He is a master of every tech education area that we have," said Mancuso. "He never said no. He's worked woodwork, construction, automotive, tech drafting, he'll do everything. He does Edgenuity which helps students graduate, he runs the AV club, and helps with school plays. He is the toughest to lose from this department. He's a master tradesman. When I have a question, I always ask Conway."

"Our school is going to miss him in many ways, as a teacher he always helped out with video, lighting and Edgenuity for many years," said science department chair Mr. Cyr, who has worked with

Michael J. Conway Scholar Athlete Award Winners	
1988	Charles Stango
1989	Robert Johnston
1990	Peter Christian
1991	Nathan Collette
1992	Andrea Marino
1993	Wesley Parkmond
1994	Frederick Nolan
1995	Lindsey Poulin
1996	Andrea Lund
1997	Jason Blair
1998	Nicholas Ricciardi
1999	Wayne Violette
2000	Anna St. John
2001	Ashleigh Poulin
2002	Andrew Thompson
2003	Neil Cybart
2004	Sereen Massoud
2005	Lauren Mancuso
2006	Rigels Bejleri
2007	Caitlin Geary
2008	Alex Rubbo
2009	Brooke DeVito
2010	Brianna Losty
2011	Ryan Boland
2012	Allison D'Alusio
2013	Joseph DiMichele
2014	John McMahon
2015	Tyler Wrenn
2016	Bryan Garcia-Medina
2017	Joey Schaff

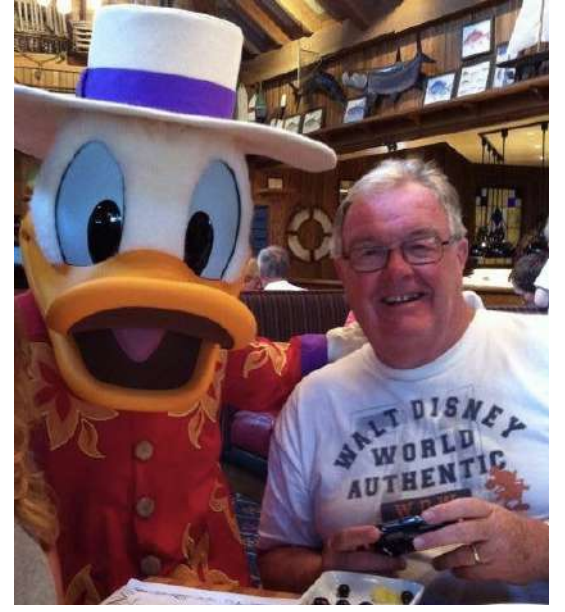


Photo courtesy of Mr. Conway

1968 GRADUATE Retiring teacher of 35 years Mr. Conway enjoys Walt Disney World in Florida April 20, 2017. Senior Joey Schaff (right) said he was honored to receive the Michael J. Conway Scholar Athlete Award given in the memory of Mr. Conway's son, a Kennedy scholar athlete.



Conway for close to 20 years "I think we are gonna really miss him, and I'm going to miss him as friend."

Photo by J. Schaff/staff

Internet/wifi: best friend or big problem maker; you decide

By Lamya Sultana
Correspondent

Can't live with it, can't live without students admit, but note it causes drama, detracts from school

It's very harmful, but very useful.

In this generation the Internet is involved in peoples' lives almost all the time, making lives easier for certain things and situations, yet it is dangerous at the same time, and could be a nightmare dressed like a daydream according to Waterbury students and residents as of Friday, May 12, 2017.

"Honestly it can be one person's worst nightmare and yeah, it can ruin a person's life," said junior Kendrah Snyder.

The Internet is everywhere: within one minute it can turn a person's life upside down. It also can turn "happy mood(s) to bad, violent and sad," said

Snyder.

"Wifi is very important to my life, but not vital. It keeps me informed of what's happening in the world," said freshmen Braeden Gorman.

So would happen if there was no wifi? "I will feel like my life is ending without wifi because I do everything with wifi," said senior Fahima Sultana.

"Without wifi I feel disconnected," said freshman Chrisaphon Reach.

While wifi is everything for Sultana, some like to say wifi is their source for communication but some disagree.

"If there was no wifi, students would be more dedicated to education," said senior Natalie Davella.

Not only education is involved with wifi, but people's social lives also.

"There would be less drama and people would be bored constantly," said Snyder.

So is wifi really affecting peoples' education or making it more advanced?

"To be honest, I would be very angry if I didn't have wifi during the weekend because I have school work to do using wifi," said freshmen Victoria Soto.

Not only school work, but "sometimes you can't get certain books at the library while you can get it online," said Reach.

While wifi is helpful it can also cause stress because many students have prob-

lems with printing due to wifi issues or their printer. What does the school librarian say to this matter?

"I am here before 7 a.m., but students aren't allowed inside after 7. They can come during homeroom and study halls, since not everybody has a printer or has problems with it. It would be lovely if the school library could be open till 3 p.m. in the afternoon," said Ms. Lizak, library media specialist.

Students can also go to the Career Center located in the Guidance Office if



Photo by L. Sultana/staff

they have issues with the wifi or printer.

"I am not usually here first thing in the morning, but I am here three days a week from 8:30 a.m.

to 1:30 p.m. Students can come here to print, but they won't be able to print if I am not here," said Mrs. Dianne Cicchetti, Career Center director.

Even though there are many problems caused by Internet/wifi, but it is still everywhere, would you say wifi is your best friend?

"No," said junior Angel Mercado.

See INTERNET, page 7

Theatre leaves long-lasting impact on students, graduates, residents

By Micaela Snow
Staff Writer

Despite changes or technology, theatre offers positive experiences plus challenges, opportunities

Does the term "lights, camera, action" make all heads turn in delight, or are there only a few?

Since BC years, theater has had an inspiring impact globally, but as technology increasingly improves, some think that theater is on the lower spectrum of entertainment, while others believe social media positively reflects on what theater was and what it is becoming.

"In a way (theater) changes every day, but at the same time it doesn't, because the message never changes," said 2015 Kennedy graduate, Damian Luciano, who performed in school productions.

Ever since Luciano was four he has been involved with theater. Despite the rise and fall of its popularity, Luciano still believes in the power theater has on individuals.

"That's what's so beautiful about it. It's so much bigger than theater. It's impactful, you learn something about yourself," said Luciano.

Theater not only allows people to find themselves within the story, but it also can lead to life-changing decisions and dreams.

"I met my husband when we were cast as husband and wife in *A Funny Thing Happened on the Way to the Forum*," said Caryn Stellmach, a guidance counselor at Enlightenment, and also a 1992 Kennedy graduate who performed in high school and summer Curtain Players productions.

This just shows how theater can truly make a difference in one's existence and how it can influence future generations.

"As a mom, I am introducing theater to my children. It's important to open their minds," said Stellmach.

Not all people are always so willing to give theater a try, even though it has a little something for everyone.

"It depends on the potential (the show has). But if you are close-minded, you have the suspension of disbelief. (You must) be willing to believe," said David Flowers, technical director at the Palace Theater in Waterbury, and a 1991 Kennedy graduate also involved in high school productions.

Much detail and effort goes into making musicals; modern technology also helps to make the plays more efficient and realistic.

"(I love the) challenge it presents. It influenced me by asking more questions; translating everything from a two-dimensional page to a three-dimensional stage," said Flowers.

It all had to start somewhere, with the stage, the actors or the stories themselves.

"I know a little bit about theater and how it was mainly a male craft that would use young boys that hadn't hit puberty to play the female parts. And that the shape of classical amphitheaters was so that the actors could be heard using the natural amplification of the theater's shape," said Davon Berger, vocal coach at Waterbury's Rehoboth church.

Due to the foundation theater has had in the past, it has created a "fire" that cannot be put out, regardless of the times.

"There is not much appreciation as there could be by the Y and Z generation but it still remains to have its steam," said Berger.

Despite the occasional lack of interest, theater seems to capture the hearts of many, sparking at certain times more than others. Regardless, it still holds that same true, honest vibe it did years ago.

"Musicals have influenced me in a positive way. On the stage all my problems are gone because I'm not myself anymore," said Angel Iverson, sixth grader at West Side Middle School who was recently a part of their *High School Musical* production.

A musical can have an effect on an individual to the point where it shapes his or her life. All one needs is a little experience and they will see how a particular character or characters shape them.

"Musicals, specifically being involved in them, have honestly made me who I am today. I would never have had gained the confidence I have or developed some of my strongest friendships without theater," said Kathryn O'Donnell, a 2016 Kennedy graduate who performed in school productions.

While some know absolutely nothing about theater, others are experts in the field of the stage.

"I've been involved in over 10 productions with schools, community theater, and national tours and I have seen 40 plus Broadway shows. Some would say I know too much," said Emily Collins, director

of Kennedy's most recent production *You're A Good Man Charlie Brown* and the daughter of former Kennedy theatre director, English and drama teacher, Mr. Kevin Collins.

Emily Collins isn't the only one with an experienced background in show business. Flowers started getting into the theater field in middle school with Mr. Collins and continued pursuing the technical side, getting his B.A. in Theatrical Design and Lighting; stating that he never stopped theater.

"(I) started working locally, (when) hired at the Palace for 13 years," said Flowers.

Experience backstage isn't always influential to all people. Sometimes it's about being on the stage itself, being a performer in the production.

"When you act, it shows that person (you're trying to portray). The people who surround you, your cast, are like a big happy family. (It has taught me) to always show (my) true self," said Sacred Heart High School sophomore Jacob Laferriere, who was in *You're A Good Man Charlie Brown*.

Laferriere isn't the only one who feels the cast makes the overall experience even greater and helps enhance the want to pursue acting as a career.

"Theater is a place where you get to express your talents, you get to get close to the cast. It's basically a family outside your actual family," said senior Ania LaFrance, who played the character Snoopy in *You're A Good Man Charlie Brown*.

Not only do students think theater is a family friendly place, but so do teachers.

"Especially for high school students; (it) creates an awesome sense of family and community," said Ms. Pape, Kennedy's chorus teacher for just over three full years.

The close cast is a central reason why the art of theater is so impactful. Not only has the cast been a great factor, but the increase in publicity using social media seems to have influence.

"Musicals influence everyone due to the vast ways it is spread in social media. If you're a fan, an actor, a 'techie' or just someone new to the scene," said Sacred Heart High School Katie Pelletier sophomore, who was the character Sally Brown in *You're A Good Man Charlie Brown*.

Though the teens may like the convenience of

social media, it might not reach everyone.

"There wasn't social media back when I was doing shows. (It is) easier to get information out, (but it) doesn't appeal to older generations," said Pape.

With this said, taking a trip down memory lane to how news of musicals were spread in the '80s is needed to explain the difference in how word gets around.

"They would have their own television commercials (saying), 'I Love New York.' The way they wanted to get people to come to New York in the '80s was through Broadway, and so all of the 'I Love New York' ads were various people, the leads, from different musicals singing 'I love New York' over and over again till you get to this point where they literally fill Times Square (with) actors from the musicals... and that was the big selling point," said Mr. Knecht, Kennedy music and band teacher.

Since then, word spreads entirely different, modernizing publicity; but that isn't the only thing that has progressively changed over the years.

"The music incorporated into musicals are reflecting the music that is popular today," said Sacred Heart senior, Rachel Guay, who played Woodstock in *You're A Good Man Charlie Brown*.

Shows like *Hamilton* and *Rent* have broken barriers for what music and plot is shown on stage.

"(Theater has) changed a lot between culture, music and time itself; culturally because so much more is accepted now. Not (as much) racial profiling or, 'isms. Just people who are good at acting and singing. Music has changed a lot. Back then they didn't use (a lot, mainly) props, but now, we have full blown costumes and makeup," said Laferriere.

Regardless of how theater is changing with the times, as others have said it does, if one truly loves theater they will accept new ideas it brings.

"More and more people are getting exposed to Broadway and the theater in general, and I think it is a great way to promote something that is worthwhile," said Sacred Heart senior Sabrina Martino who has also been in Kennedy/Sacred Heart shows including the 2017 *You're A Good Man Charlie Brown*.

Help exists if you feel depressed; talk works

By Fuke Reale
Staff Writer

5,240 youth in grades 7-12 attempt suicide daily, resources here

We laugh about it. We joke about it. But little do we understand just how serious suicide is until a person we love is taken away forever, and there was a way we could have prevented it.

Teenagers nationwide struggle with depression and suicidal thoughts each and every day, feeling as though no one at home, in the community, or in school could help them because of the negative stigma surrounding suicide, and the lack of awareness of the resources around them.

Each day nationwide, there is an average of more than 5,240 attempts of suicide by young people in grades 7-12, according to www.jasonfoundation.com, a website that has information on how to prevent suicide and how society can help.

"Children are so vulnerable in their teenage years. They have to worry about their grades, jobs, activities, and peer pressure from other students. It can be extremely stressful, and it's easy to fall into depression," said Mrs. Ortiz, guidance counselor.

Ortiz is a crisis social worker at a program called Connecticut Junior Republic in Waterbury, an alcohol and drug rehabilitation center for teens, where she has been working for 14 years Fridays and Saturdays.

"It's so difficult knowing that a person you cared for committed suicide, you start to think 'Did I let that student walk out, could I have stopped it from happening?'" said Ortiz.

Studies have shown that from 2008 to 2015, the diagnoses of suicidal thoughts or attempted self harm increased 1.12 percent, according to www.webmd.org, a site providing information about any disease or illness and statistics as of May 18, 2017.

"Social media has a lot to do with the increase in suicide. Adolescents are hearing about others being depressed and negative comments about their peers. It can be extremely harmful," said Mrs. Currier, school social worker at Kennedy for 10 years.

However, some find that social media is helpful in opening up the discussion for suicide.

"Social networking sites for suicide

“Take any suicidal talk or behavior seriously, it's not just a warning sign the person is thinking about suicide. It's a cry for help.” www.helpguide.org

prevention can facilitate social connections among peers with similar experiences and increase awareness of prevention programs, crisis help lines, and other support and educational resources," according to www.nih.gov, a website about medical and scientific research and biomedical data, as of May 23, 2017.

Others believe that technology is a gateway for cyberbullying.

"From a teenage perspective, we are disconnected. You can say whatever you want to anyone without realizing consequences because you can hide behind a screen. You never know how it affects someone until they kill themselves," said Risper Githinji, a SOAR sophomore.

People who are experiencing depression and suicidal thoughts often keep quiet about their feelings because they feel as though people cannot help them.

"Teenagers haven't lived long enough to understand that one problem or issue will not ruin their entire lives. There are always other options, there's always another way," said Cody Bassett, a SOAR junior.

"Most students feel as though adults or their peers won't understand and think they are trying to attract attention," said Herta Sufka, a SOAR sophomore.

One teacher, Ms. DiLorenzo, who teaches substance abuse prevention believes many people aren't trained to handle such cases which is why it may be perceived as "they don't understand."

"It's important to tell someone who has some knowledge about suicide, like a social worker or guidance counselor. If a friend knows, that friend should reach out to someone who can get the help and support they need," said DiLorenzo.

"It's so scary to tell a parent or teacher because they're going to think I am crazy and they won't get it," said Kristen Feliciano, a freshman.

It's important for students to reach out if they are feeling suicidal because there are people who do understand and can connect them to resources that will take them off the ledge.

"Kennedy has a great staff when it comes to mental illness. You can reach out to the social worker, guidance, principal, vice principal and they make an accommodation called a 504 Plan for students with mental or physical disabilities," said Tashyanna Ho, a SOAR junior.

Depending on the disability, the 504 Plan allows students to have later deadlines, more testing time, and spend time at the nurse's office as needed, which allows them to succeed in school despite their disability, according to Ho.

"A lot of people don't know about this plan, they actually don't know much about the resources at the school. A lot of students who struggle with stress and anxiety related to school find that the 504 plan relieves them from the pressure of getting good grades. Anxiety and depression are valid debilitating illnesses that prevent students from performing well academically," said Ho.

If the crisis is an emergency, contact EMPS (Emergency Mobile Psychiatric Services) or 211 on a mobile device, which is an emergency hotline who sends someone to the house if there is a serious issue.

"We can help get the student into therapy or the hospital for further evaluation and get medicine if the depression is severe," said Currier.

How can society prevent suicide from happening?

"Suicide can't fully be prevented it will always be around. A person who feels suicidal needs to speak up for themselves and express their feelings. They have to want to get help," said Githinji.

"It's important to become more aware and be more considerate about other people's feelings. You can really make a difference with what you say," said Bernadotte Sufka, a SOAR sophomore.

Another important aspect to think about is recognizing potential signs showing a person might be depressed or in danger of hurting himself or herself.

Isolation or talk about death is one of the most prominent signs of a suicide attempt, according to www.helpguide.org, a site which discusses a variety of illnesses and advice on how to handle emotions, as of May 16, 2017.

"Take any suicidal talk or behavior seriously, it's not just a warning sign that the person is thinking about suicide, it's a cry for help," according to www.helpguide.org.

Eight out of ten people considering suicide give some sign of their intentions, according to www.mentalhealthamerica.net, a site which talks about dealing with emotions related to mental health, as of May 17, 2017.

"About 90 percent of people who commit suicide have previously shown signs of depression. To help lower these teen suicide risks it is important to know what the signs of depression and suicidal thought and tendencies are," according to www.teenhelp.com, which provides information on teen health, drugs and alcohol, and both physical and mental health as of May 17, 2017.

A program called Stop Suicide Today developed by Douglas Jacobs, a Harvard

Psychiatrist MD teaches people to recognize signs of suicide and what to do during certain situations, according to American Psychology Association, www.apa.org, which is a website that points out different topics on psychology and the human brain causing control as of May 17, 2017.

"Ten years ago, we had anger management classes where people could have a safe place to talk about their feelings. We should have specific classes or clubs where teachers and students communicate about their struggles and emotion," said Ms. Cinquegrana, department chair of world languages and Spanish teacher.

Cinquegrana keeps a box in her room, 332, for students to anonymously drop suggestions or notes about a concern they might have so she can reference the issue alone with the student.

"This is a good way to communicate about a personal issue because I know students are afraid of being judged or labeled, I understand," said Cinquegrana.

Suicide can affect anybody, but according to www.mentalhealth.net, a website that gives facts about mental health and depression, whites and Native Americans have the highest suicide rates, which has been steadily increasing.

"It's understandable to think that suicide doesn't touch wealthy people or those who come from tight knit families. Some people think that suicide and depression don't affect students with high grades, but it really does," said DiLorenzo.

Suicide is common nationwide, and even worldwide especially among the lesbian, gay, bisexual, transgender, or queer (LGBTQ) community who struggle to get the acceptance of people who have grown up with the idea that being gay or lesbian is unacceptable.

"Being different can impact suicide. I just moved from the Bronx, New York and people were so judgmental there. They didn't accept people of different sexuality. There was a student who was transgender and people didn't talk to him. If they did, it wouldn't be nice comments," said Dominick DeCambre, a senior.



A LISTENING EAR Guidance counselor Mrs. Ortiz speaks with a student about how she can help those who need support and advice Thursday, May 25, 2017 during second period.

Photo by F. Reale/staff

People might be judgmental about another person's sexuality because of the way they were raised and their heritage, according to DeCambre.

"Many people come from different countries where being transgender or gay isn't allowed. It's people who act as though transgender people are invalid that cause them to commit suicide," said DeCambre.

Suicide is a difficult topic to talk about, but the first step to overcoming the stigma of people joking about it is to have a conversation.

"If we don't talk about it, we can't fix it. It may always be around but the more society addresses mental illness and depression, the more comfortable people will feel to speak up," said Currier.

People make comments like "I want to die" and "I want to kill myself" when they receive a bad grade on a test or feel overwhelmed by homework. Teens these days don't have a filter and they disregard the fact other people are always listening.

"Everyone knows at least one person who has gone through mental illness or lost someone to suicide. It's not funny at all and it shouldn't be joked about," said Scarlet Delpilar, a junior.

You can be that one person to stand up and make a difference for one life or for many.

“Kennedy has a great staff when it comes to mental illness. You can reach out to the social worker, guidance...”

Tashyanna Ho, SOAR junior

Band, chorus students share their love of, as well as, benefits from music

By Gabriela Isak
Staff Writer

Music provides academic solace, relief from struggles, calming presence throughout life

Every song ends, although its impact is never forgotten.

More than 100 Kennedy students participated in the annual spring concert, singing and playing songs that helped students celebrate their love for music in Kennedy's auditorium, Tuesday, May 16, 2017 from 7 p.m. to 8:30 p.m., bringing to life the impact and inspiration music has for them throughout the years, even helping them get through school.

"I struggled academically," said Mr. Knecht, a Kennedy music teacher of more than 7 years, "and music was an escape, something I was good at, and the only way I felt special as I was inadequate in everything else."

Music has been a safe space for countless others and has helped them grow as musicians and as people.

"It has helped me calm down and multitask as I grew up speaking two languages making it hard to separate my thoughts at times," said Andry Evangelista, a junior band member.

The beauty of music is its endless lack of interpretation.

"I've been singing for as long as I can remember and music has been a confidante of mine that I have had the pleasure of knowing," said Rebekah Merancy, a junior band student.

Some enjoy the sensation of music but also look towards it as a means to help better themselves.

"Music is my first love because it has saved me so many times in times of doubt when nobody would talk to me," said Christy St. Juste, a freshman band member.

Music has helped bring people together and makes up a big part of the choices to be made in the future.

"I was always inspired by my brother because he played a lot of instruments," said Arabelle Ebnoti, a junior choir member.

For many, music has acted as an inspiration to better one's sense of self and the actions they choose to make.

"Music introduces and helps me open up to new people," said Christian Machaca, a junior band member.

Often times treated as a friend, music has helped people appreciate themselves and feel less alone.

"It's there when nothing else is," said Ania LaFrance, a senior member of choir.

Although not many choose to pursue music as a career choice, many find pleasure in surrounding themselves with music.

"It calms me down and is a nice treat to give yourself," said Zari Williams, a senior choir member.

Music is also used as a means of letting go of emotions and the negativity that at times surrounds life.

"I'll sing my emotions whenever I'm going through something," said Talitha Walker, a freshman choir member.

Many students are shy and often afraid to talk to new people, but through music they can connect on an emotional level that surpasses that of basic introductions.

"I was a timid student, often finding myself confined when talking to new people, but music class and the familial relationships I was able to form in Kennedy's band class with Mr. Knecht have still followed me into my adult life," said Ledia Brami, a 2013 graduate.

Students find themselves discovering new ways to show what they love and how they feel through music, letting it be a guide to what they want to

present themselves as.

"I love music," said Rick Ramos, a junior trumpet player. "As it's a great way to express yourself."

Other find music as the only way they can show what they are feeling and express themselves not with their mind but with their soul.

"It's a way of showing what you feel in a manner that other forms of art can't," said Brandon Lee Camacho, a senior choir member.

Music has also given band students hope and ideas for what they want to do in the future.

"Band class and the music and friendship we have shared has made me want to take up music as a career choice," said James Toohey, a senior band member.

The bonds that music and an artist can form are powerful and follow them throughout life, helping students through difficult parts of their life.

"I had a difficult sophomore year and am still recovering from it but the constant presence of music has helped me feel comfort in a way that other people have not," said Isaac Smith, a junior.

Music can follow students throughout life and not just their high school career making it a friend that will never cease to exist.

"Music is a universal interest, but at the same time expresses so much individuality," according to the New York Times commenter Valerie S. on "What Inspires You" by Katherine Schulten on their website as of May 16, 2017.

For as long as humans have existed, so have sounds and music and the ability to express one's self not through words but through emotions.

"It transcends place and time," thrifty nifty mommy, a page about motherhood, on their website as of May 17, 2017.

Music acts as a memory book that brings back

feelings of a different time and emotions that were once thought forgotten.

"Music can act as a powerful anchor," according to vorongo, a site offering writing advice to writers, on their website as of May 16, 2017.

The beauty that music holds within itself, is its lack of constraints and the inspiration it has offered humanity throughout their life.

"Music is a moral law. It gives soul to the universe, wings to the mind, flight to the imagination, and charm and gaiety to life and to everything," according to global citizen on their website as of May 16, 2017.

Through its beauty and difference, music has inspired trust and brought about change to the lives of humans throughout history.

"Freedom songs... often assisted those working to win civil rights for African Americans," according to facing history on their website as of May 16, 2017.

It is often hard to receive appreciation for music, a form of art that not many find useful to pursue, however the guidance it has offered both students and teachers makes it important and necessary in helping people discover themselves throughout their entire lives, especially if a school curriculum does not make it a priority.

"Music is not an emphasis on this district and I feel that I can provide for them a necessary escape and an enriching and engaging activity that these students might not have otherwise experienced," Ms. Pape, Kennedy music teacher of four years.

Could garden grow in courtyard?

By Ivan Meraz
Correspondent

Some question if more flowers could bloom

It's starting to bloom. Its starting to bloom beautifully as of May 2017, and it has students and staff wanting more nature in the open areas of Kennedy.

There are projects run by clubs such as W.I.S.E and Youth Health Service Corp that have started planting in the first interior courtyard. This has led to more green in the courtyard, but there is something missing.

"I think a garden will go great there," said junior Jaleesa Bellany.

In Kennedy's first courtyard, there is a path that students take to cut through the school which contains greenery, but it's missing something.

"It would be nice if they put flowers," said Mrs. De Santis, director of the Eagles Nest preschool who uses the courtyard with the preschool students for play time.

A garden "would look beautiful there," said Bellany, because "during spring, it'll bloom and

look beautiful," said junior Shalline Ramjit.

"If the garden starts, students should care for it, especially science students, as it can be related to science class," said Ramjit.

The courtyard can be used for all sorts of activities, like play time for preschoolers.

"The courtyard can be half for the kids to play and half for the garden," said Ramjit.

The issue is "no one wants to take care of it," said De Santis, and flowers need caring.

"It will look nice, but it will not when people neglect it," said Ms. Feliciano, school secretary.

Having a garden takes work, but the outcome is a beautiful site, but for that "students have to care for it (also)," said Feliciano but if not, "I guarantee it will be mowed down when it stopped being cared for."

"It's in the middle of a bunch of windows, so people can see and admire the beauty of it and it will really brighten up the school," said Bellany.

WORK IN PROGRESS
Both the W.I.S.E. club and Youth Health Service Corps. have started planting in the interior courtyard between the English and Business hallways.



POTENTIAL GARDEN? This view of Kennedy's first interior courtyard, seen from the doorway leading out near the first floor Guidance Office, features one picnic table and several trees. All photos by I. Meraz/correspondent

A garden is a small aspect that can really have a big impact, as long as it is cared for.

"If students and staff work together it can be something special," said Ramjit.



Athletes face injuries

INJURIES, from page 8

Photo by T. Lopez/staff

IT'S A WRAP Mr. Douglas Brylle, Kennedy's athletic trainer, wraps up sophomore baseball player Jonathan Rivera's ankle Tuesday, May 16, 2017.

and then when I started playing tennis this year I got an inflammation on my hand also of writing too much," said sophomore Aliyah Appleby, who plays tennis.

When it comes to athletes they tend to get really sad when they don't play their favorite sport or stop playing it so it's said there's a 50 percent chance they might give up.

"My first injury was my concussion and I was really young, was shaken up and my vision was really blurry. For the first time, it is scary and you tend to give up but once you get out of the stage of negativity you try again and be careful every year when playing. I had an injury every year which scared me the most, but football was my life and everything; when I kept on getting injured I would be depressed because of my hamstrings," said senior Jacob Colon, who plays football.

When fighting for something that you love, it may take weeks to recover because of your injury, but athletes might soon recover for the next season.

"I had two injuries, a shoulder and knee and they were the worst but they pushed me to go further," said senior Marcus Anthony, who plays football and track and field.

People who participate in sports are more likely than others of the same age to have muscle and tendon injuries and bone fractures.

Each year, participation in sports or exercise accounts for approximately 35 percent of injuries that occur in Canada, according to www.Medbroadcast.Com.

This certainly doesn't mean you should avoid sports since the health benefits for outweigh the cost in terms of sports injuries.

"Good players never get injured, they hide it," said Paul



E. Williams, Junior, a school paraprofessional. "Football is a collision sport like a car crash, basketball is a compact sport that touches each other, and volleyball is an overshadow of football but a ball that comes to your face 90 miles per hour and you have to protect yourself."

"Two injuries that I had were my ankle getting sprained and my ligament in my knee, and this pushed me further so I went to physical therapy, did stretches and started going to the gym to make my knee and ankle stronger," said Carolyn Osvald, a junior who plays volleyball at Wolcott High School.

Sports injuries are most commonly caused by poor training methods; weakness in muscles, tendons, ligaments; and unsafe exciting environments.

"My first injury was a concussion. I never told anybody, I was macho and tough to say I was injured, that injury changed my life. It gave me migraines the last five years, I quit and relaxed by doing nothing for seven years," said Williams.

If you love the sport you want to try again and again just to be perfect like a professional, despite the pain

"A migraine feels like an ice pick getting jammed on both sides; I'll train football players to run and do drills, but I will not coach for contact football in high school because of the kids' age," said Williams.

Learn languages, reap rewards

By Eva LaFrance
Staff Writer

Research says health benefits occur

Research has suggested that adults who speak two or more languages are less likely to have dementia or Alzheimer's at an earlier age than monolingual adults, according to etoninstitute.com, a site that provides language learning services.

Kennedy students and staff, who offer Spanish and Italian classes, shared their opinions about how learning a foreign language can provide benefits Tuesday, May 9, 2017

"It's the simple act of being able to speak to people. Communication. Everybody has a story and things to say. Although we may want to sit down and talk to them, the difference in language may hinder us," said sophomore Amie Baker, who studies Spanish.

Baker introduced the perception many feel when it comes to the language barrier that occurs living in a multicultural society.

"Opening up to a culture allows you to be more flexible and appreciative of other ways of doing things. As a result, if you are multilingual, you have the advantage of seeing the world in different vantage points," according to examinedexistence.com, a site with physical and mental health information.

Students discussed job opportunities.

"One would be work. Because actually working with a couple of languages would help," said freshman Hector Vasquez.

Senior Floren Laremy coincides.

"Job opportunities, meeting new people, learning new cultures," said Laremy, a Spanish speaker.

Foreign languages "strengthen

memory because the brain has built its ability to associate information with mnemonics and information better. (Thus), multilingual people have brains that are more exercised and quick to recall names, directions, shopping lists, (etc)," according to examinedexistence.com.

"If you go to new places, you will be able to speak their language," said freshman Sofia Balliu, an Albanian, Greek and English speaker.

Learning languages may especially interest English speakers because of the fact English incorporates other languages, their vocabulary and grammar can expand.

"(Learning a new language makes students) conscious of vocabulary, grammar, conjugation, comprehension and conversing. Learning this, new mechanics is usually done juxtaposed with English or the first language. Hence, students become more aware of English and develop good gradations of each language," according to examinedexistence.com.

"(Foreign language) can benefit you by increasing your chances for a better future in the job market. Things are becoming so global now. It also benefits by allowing people to become more sensitive to other races, cultures, etc," said Mr. Lopez, Spanish teacher.

Lopez stresses the importance of foreign language.

"We have to work on making the word bilingual a positive feature or characteristic in one's life. The idea of being bilingual or multilingual is something we all should strive for," said Lopez.

INTERNET, from page 5

"I wouldn't say wifi is my best friend, but it's a great thing to have," said Soto.

"I have a life and just because I use my phone doesn't mean it's my best-friend," said Davella.

How can people use less wifi in life?

"I will distract myself by drawing, doing homework and

eating," said Soto.

"I will focus on my education," said Sultana.

But wifi is "the best," said Reach because it is "advanced," said Davella.

Also, "everywhere because of how everybody uses wifi," said Snyder, and "useful, that's how important it is," said Soto.

49 out of 300 earn Super Senior status with excellent behavior, good attendance

By Damaris Cabrera
Staff Writer

49. That is how many students, out of a class of almost 300, were honored at Kennedy's 29th annual Super Senior Supper, an event planned and carried out by Kennedy teachers, staff and administrators Thursday, May 11, 2017 beginning at 5:30 p.m. as recognition of meeting attendance and disciplinary requirements.

"Super Senior was founded upon the principle that good kids who may not be the best academically or who may not be the best athlete, go under the radar and don't get acknowledged for just being a good student," said assis-

tant principal and chairperson of the Super Senior committee Mr. McCasland. "This dinner was created to recognize the kids that normally don't get recognized for just being good people and doing what they're supposed to do on a daily basis."

The requirements to be recognized as a Super Senior intentionally exclude anything having to do with academics, focusing solely on absences, tardiness and suspensions.

"There's more to life than academics," said senior Fiona Lemoine.

Students must have no more than eight tardies and ten absences for any given school year, as well as no in or out of school suspensions to qualify, according to McCasland.

"The requirements are very specific and we don't deviate from (them) at all," said science

teacher Mr. Deldebbio, a member of the Super Senior committee and a former Super Senior.

The difficulty of qualifying to be a Super Senior is evident in the fact only about 16 percent of the class of 2017 were recognized. Some staff and students were concerned this is more a result of students not being informed of the requirements early enough in their high school career.

"Maybe if (students) knew the requirements they probably would've worked harder for it,"

said super senior Ethan Brown.

"I don't know if a lot of students know what the requirements are," said language department chair Ms. Cinquegrana, a member of the Super Senior committee. "If they did freshmen year, they would put more effort to succeed."

There are others who view this small group of students who were recognized as a reflection of the poor morale students at Kennedy have when it comes to trying in school.

"I think people just don't behave," said Super Senior Jacob Dinklocker.

"I think it's because (students) don't try," said Super Senior Jahmal Collins. "People miss 30 days for no reason."

This then brings up the question of whether Super Senior Supper is simply rewarding students for doing things they should do regardless.

"It could go both ways," said Super Senior Laura Rendon. "It can be something that (students) should already know but also some don't do it regardless, so it should be a reward as well."

"At Kennedy the average student doesn't do those things to begin with, so if (someone does) do those things, they should be rewarded," said Dinklocker.

"Nonetheless it's something they accomplished and something they worked hard for," said senior Mikele Cokani.

"I don't look at it so much as an award so much as I look at it as an acknowledgement," said McCasland. "I think it's important to acknowledge that there are a group of students

who are willing to do what they're told the first time, (who) continue a good course throughout their high school years."

According to McCasland, the first super senior dinner actually started at Wilby High School in the early 1980s under principal Mr. Philip Leonardi. The tradition was brought to Kennedy by principal Mr. Louis Mazzaferro.

"I was actually a Super Senior in 1990 when I went to Kennedy," said Deldebbio. "We just did what we thought we had to do every day. We weren't looking for anything, so it's a nice acknowledgement for kids who are doing something right without even knowing they're doing something right."

2017 Super Seniors: Esmeralda Anaya, Angel Arzola, Camilo Barrera, Julita Becolli, Emily Benton, Joyce Benton, Ethan Brown, Matthew Buonomo, Damaris Cabrera, Samantha Campanaro, Kyle Cleary, Mikele Cokani, Jahmal Collins, Mary Kate Conway, James Cossette Jr., Mariette DeCena, Carson Delaney, Leslie Dennis, Jacob Dinklocker, Kristina Dogramatzis, George Dos Santos, Shelly Evia, Kimberley Figueroa, Kahasia Ford, Gerardo Hernandez, Edgar Hilario, Chad Jones, Anita Lafrance, Eva Lafrance, Nellie Lafrance, Fiona Lemoine, Aida Mecka, Christian Milian, MarjolMukallari, Anthony Neves, Princess Oloyede, Allyson Peterson, Ariana Ramos, Laura Rendon, Jade Roman, Luis Rosa, Joseph Schaff, Micaela Snow, Elizabeth Sofroni, Emily Stack, Nicole Taylor, Kerone Walters, Justyn Welsh, Todd Withington

TOP 16 PERCENT Class of 2017 Super Seniors, displaying their t-shirts, include (from left to right) Kyle Cleary, Julita Becolli, Fiona LeMoine, Mikele Cokani, Damaris Cabrera, and Mariette DeCena. Photo by D. Cabrera/staff



How do they do it? Student athletes find ways to balance, excel

By Milena Familia
Correspondent

There is no student more impressive than one who displays academic and kinesthetic intelligence.

A common dilemma students face in school is tackling the endeavor of juggling sports while maintaining high grades. Is there only one path to both successfully participating in sports and getting good grades? This question becomes increasingly pressing for high schoolers whose records are being watched by colleges.

"Across the United States, approximately 60 percent of all high school students play on a school-sponsored sports team," according to Fitzalan Gorman's article "A High School Athlete's GPA Vs. Average High School Student's GPA" from Our Everyday Life, a website about health, financial and general well-being, as of May 22, 2017.

The numbers show that student athletes are on the rise.

"A total of 7,667,955 student-athletes participated in high school sports in the 2010-11 school year, an increase of 39,578 over 2009-10," according to Bryan Toporek's "Survey: High School Sports Participation at All-Time High" on the blog Education Week, a website that analyzes issues in education, as of August 23, 2011.

This large amount of participation leads to various techniques of managing sports and grades.

TIME MANAGEMENT (From left) junior Andry Evagelista, freshman Alex Brites and sophomore Aaron Lamar, all track team members, work on their homework in school before practice Friday, May 26, 2017



"It's integrity that drives me to maintain good grades while playing sports," said Evelyn Lopez, a junior and member of the basketball and softball teams for three years.

Lopez has played on four of Kennedy's sports teams, including volleyball, cross country, basketball, and softball teams and therefore has had plenty of experience dealing with school work on a tight schedule.

Such pride may be due to school spirit, which leads many student athletes to be driven in both sports and school.

"Athletes are not inherently 'smarter' than non-athletes. They do, however, manage to be more successful in school," according to Eleanor Barkhorn's article "Athletes Are More Likely to Finish High School Than Non-Athletes" from The Atlantic Magazine, which covers topics ranging from politics and business to culture, on their website as of Jan. 30, 2014.

One thing is clear among student athletes: time is of the essence.

"It is all about time management. You have to balance out all of your school work and your games and practices so it won't become overwhelming," said Klajdi Sosoli, 2016 Kennedy graduate and former member of the varsity soccer and tennis teams.

"What I learned to do was not wait to the last minute to study," said Alex Robinson, junior and member of the cross country and track teams.

Students seem to agree this skill is crucial to academic success.

"It's all about being able to make yourself study instead of procrastinating," said Morgan Sperry, a senior at Taft School in Watertown, Conn. and member of the varsity basketball and field hockey teams.

Managing one's time well seems to be the most difficult part of being a student athlete.

"Unfortunately, when my academics become overbearing and sports run late,

I have to stay up late to get my work done," said Ireland Thompson, a junior at Westover School in Middlebury, Conn. and member of the field hockey, squash and lacrosse teams.

Perhaps what makes being a student athlete so impressive is the difficulty of being one successfully.

"Playing a sport and maintaining good grades is not easy, but it is possible," said Shelly Evia, a senior and All-NVL volleyball player.

"If it was easy everyone would do it," said Sosoli. Organization is another important skill to master as a student athlete.

"I am able to run cross country and indoor/outdoor track while maintaining good grades by keeping a small notebook with all of my assignments," said Andry Evangelista, a junior and an Eagle Scout.

This method of staying organized is popular among students.

"One thing that makes my hectic schedule make sense is by writing it all down in a planner, that way I can organize myself," said Eva Familia, a junior at Westover School and member of the varsity soccer, basketball and softball teams, as well as 1st Head of Dorcas, an event that fundraises money for charity.

What must be realized by students is that academics are more important than sports.

Daniel Oppenheim, professor at UCLA, observes how it seems "as though 'student' plays second fiddle to 'athlete,'" according to Time Magazine, a news magazine, on their website as of April 20, 2015.

"In the word 'student-athlete,' student comes first, so that's been my priority," said senior Joseph Schaff, captain of both the football and baseball teams, as well as an Eagle Scout.

STUDENT ATHLETES Daniel Familia (left), and Pablo Barrera, both juniors and baseball players, pause after their game Monday, May 15, 2017 at Municipal Stadium in Waterbury.

All photos by M. Familia/correspondent



This goes hand in hand with good communication with your coaches.

"For students that find themselves struggling, talking to your coaches is the best place to start," said Sophie Pellegrini, a junior at Westover School and softball team member.

Coaches must be made aware of their players' priorities.

"Coaches should encourage their players to seek help when needed, make sure school is a priority," said Mr. Stango, physical education teacher and volleyball coach.

Student athletes share tips on how they personally manage to get good grades.

"Taking a study hall my senior year especially helped with the work load," said Joyce Benton, member of the volleyball and basketball teams for four years.

Sheer willpower is often what drives students. "I am able to continue receiving high grades through determination," said Nicole Taylor, senior and member of the varsity softball team.

Some helpful advice from student athletes are as follows:

"I would tell students that are considering playing a sport to stay focused; if not you may get kicked off the team," said Raegon Shirling-Davis, member of the varsity basketball team who will play in college.

"As a tri-varsity athlete and honors student, I would tell incoming students that yes it is possible, but you have to be smart about it," said Chaylee McAdam, a junior at Westover School who plays varsity field hockey, basketball and lacrosse.

"Never give up, it's never a bad thing to ask for help," said Syrenitee Kee, junior and member of the varsity softball team as well as the cross country team.

The best piece of advice can be the hardest to follow at times.

"Remember to have fun," said Taylor.

Baseball team finds positives in individual performances

All photos courtesy of J. Schaff/staff

By J. Schaff
Staff Writer

Play hard and have fun.

The Kennedy Eagles varsity baseball team still finds positives in their season, which spanned from April 4, 2017 to May 16, 2017, despite a less than desirable record by recalling their best memories and performances as well as hopes for next year.

"It was a tough year, but I wouldn't trade the friendships and good times for anything," said sophomore Jake Desjardins.

Despite a 3-17 season, the baseball players have found positives in their season.

"Senior Night was fantastic," said senior-captain Adrian Rivera-Silva, who

according to Game-Changer Stat Tracker batted .279 and had a .979 fielding percentage. "It was the best night to win."

Senior Night was Monday, May 15, 2017 at 6 p.m. at Municipal Stadium in Waterbury, Conn. The Eagles faced the Crosby Bulldogs and won in a 14-4 effort.

Senior Joey Schaff

pitched a complete game and had 2 RBIs (runs batted in). Seniors Ethan Brown and Adrian Rivera also added hits and senior Josh Russo played a great defensive game and added an RBI.

"The seniors took charge of the leadership and a lot of the statistics categories throughout the year," said assistant coach and guidance counselor Mr. Poulter.

Some found the bright side in their teammates for a memorable season.

"The best part was playing with the seniors (Joey Schaff), Adrian Rivera and Josh Russo," said sophomore Angel Galindez, who batted .250 and had the only home run of the year.

"The highlight of my year was sharing the field with all of you guys," said junior Pablo Barrera, who batted .250 with a .906 fielding percentage. "We may not have won a lot, but I had a great time playing with everyone and it's a season I won't forget soon."

"We had a lot of great individual performances this year," said head coach and history teacher Mr. Sarlo. "But in order to win and compete in the state tournament, we have to put them together more often."

"They were a young team," said Scott

Desjardins, parent of sophomore Jake Desjardins. "But if they stay together they could be a force years to come."

Other players saw positives in their performances.

"I hit very well for my second year on varsity," said sophomore Xavier Frias, who had 14 hits on the year.

"I played a new position but I feel like I adapted pretty well and learned some new skills," said sophomore Anthony Quinones.

"I was given the opportunity to start varsity a few times and that really helped me grow as a player," said sophomore Angel Colon.

Some other players look to next year to set goals and really improve.

"Next year I'm looking toward being smarter at the plate," said junior Dan Familia. "I have to be more patient and loose."

"I'm hoping to come back and be an improved all-around player," said freshman Harold Garcia.

"I hope to improve my batting and better my base running," said sophomore Jon Rivera. "I also want to be a better team player."

"My hopes are to lead the team to a winning record," said sophomore



FOCUS Senior Joey Schaff (below right) gets ready to deliver a pitch against Crosby in his complete game Monday, May 15, 2017 at 6 p.m. at Municipal Stadium. Junior Pablo Barrera (top left photo) stretches for an out against Crosby while Barrera and Schaff (bottom left photo) meet on the mound Friday, May 12, 2017 during a 6 p.m. game against Sacred Heart at Municipal Stadium.



Injuries fuel athletes of all ages to persevere despite pain, worry or setbacks

By Toni Lopez
Staff Writer

How many injuries can athletes get yearly? Does this make an athlete try harder or less?

Each sports season, injuries take place at Kennedy as well as most schools, which makes people discuss scary injuries that happened to them as student athletes or people they know, and whether injuries make them stronger or weaker.

"Think of ligaments and muscle-tendon units like spring," said William Roberts, MD, sports medicine physician at the University of Minnesota and spokesman for the American College of sports medicine. "The tissue lengthens with stress

and returns to its normal length unless it is pulled too far out of its normal range," on the website; www.Webmd.com.

This tells how some injuries are made.

The most common injuries are an ankle sprain, groin pull, hamstring strain, shin splints, knee injury, ACL tear, patellofemoral syndrome (which is also another knee injury), and tennis elbow, according to www.webmd.com.

So if you had one of those injuries, www.webmd.com actually tells you how to treat an injury.

"My first injury I have torn was my meniscus and ACL during a basketball game back in January, while finishing up a layup," said junior Evelyn

Lopez, who plays basketball and softball.

Sometimes these are setbacks that make you want to give up, but you try not to give up.

"I tore my ACL when I was in high school, but I pushed myself to be a wrestling coach later on when I got older," said math department chair Mr. Diorio.

The scary thing about having an injury is if you'll ever be able to play again.

"When this injury happened I was scared I would be out for the season, which I ended up being. For now, this setback pushed me back because it caused me to not play the number one sport that I love the most which is softball. I also recently found out that I'm having surgery," said Lopez.

It makes it harder to come back and try harder, but some keep pushing until it starts to impact other areas of their lives.

"I blew out the ligament in my elbow, my whole arm went numb and I couldn't move my arm: this brought me down because I was going to the gym every day and I couldn't do any physical activities because of it. So I couldn't go to the gym no more," said sophomore Scout Green, who plays football.

The thing some try is to think positively and strongly about a bad situation that happens.

"When I was in fifth grade, I was a flyer for cheerleading. I broke my collarbone, I was scared out of my mind, but this pushed me to go further,

See INJURIES, page 7