

Make your own luck
St. Patrick's Day
rather than wait for it.
Read page 4.



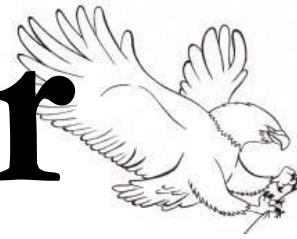
Forget Friday the 13th:
learn why some fear
the Ides of March!
Read page 5.



Boys' relay wins
first at NVLs;
girls place, too.
Read page 8.



The Eagle Flyer



March 2019
Kennedy High School
422 Highland Avenue
Waterbury, Conn. 06708
Volume IX, Issue VII



Superior court judge offers career insights

By Hasim Veliju
Correspondent

Speakers urge students to better their world

Be the difference you want to see. Former Connecticut Superior Court Judge Charles Gill and UConn law professor Jamelia Morgan spoke to students about their prolific careers in the field of law and the utter importance of the profession even among students in the auditorium periods 3-4 Wednesday, Feb. 7, 2019.

"If I can get one of you in this room to consider being a lawyer, that is all I want," said Morgan.

The two honorable speakers are both prestigious Connecticut natives with considerable influence in their scholarship and fields. Their individual experiences stress how high school students can make a difference in the world by pursuing law.

"Our world is not perfect, but it is getting better," said Gill. "You can have your American Dream."

Gill oversaw thousands of different cases as the Connecticut Superior Court Judge and has been recognized by several successful academics and individuals, including former U.S. Attorney General Janet Reno and General Colin Powell. He has been honored and invited to the White House by both President H. Bush and President Bill Clinton.

"I (figured that) I can do more to help as a judge than as a lawyer," said Gill. "(In the court) you never know what is (going to) come through that door."

Alongside Gill was University of Connecticut Associate Professor of Law Jamelia Morgan, who presented to students the process and beneficiaries of education in the field of law.

"There's a lot of flexibility in law. You never get bored as a lawyer," said Morgan. "It's an exciting job because in many cases you can start in one area and end in another area of law."

Professor Morgan emphasized the utilization of education to use "law for social change and making the world around you a better place."

"Lawyers are there to help people get through their deepest, darkest moments," said Morgan.

Gill and Morgan have contributed to influencing the American legal apparatus and using their abilities to impact the world positively. Students were encouraged to consider pursuing the same path.

"It's a very demanding profession," said Morgan. "You are responsible for your client. But I still maintain, it's a very rewarding profession."

CAREER ADVICE University of Connecticut Associate Professor of Law Jamelia N. Morgan, top left, speaks with students in the auditorium Feb. 7, 2019 during periods 3-4 while retired Connecticut Superior Court Judge Charles D. Gill (top right) looks on following his own presentation regarding the importance of, and his experiences with, the law profession. Both speakers (right photo) took questions from students.



Photos by T. Davis/staff

From day to week to month: Women's History focus evolves

By Hasim Veliju
Correspondent

President Carter first urged focus on equality in 1980

Women's History Month



And justice for all.

The Month of March is designated as National Women's History Month in honor of women's rights and achievements in the course of human history, coinciding with International Women's History Day March 8 and lasting from March 1 to March 31, 2019 in the United States.

"I urge libraries, schools and community organizations to focus their observances on the leaders who struggled for equality," said President Jimmy Carter in 1980 in his recognition of the earlier Women's History Week.

Women's History Month has had a long journey to solidify into its current state, beginning as Women's History Day to Women's History Week until finally settling onto Women's History Month in 1987 under President

Ronald Reagan.

"As recently as the 1970s, women's history was virtually an unknown topic in the K-12 curriculum or in general public consciousness," according to www.nwhp.org, a site covering international women's history.

Despite efforts from progressives as early as 1911 to recognize International Women's History Day in the United States, women's history still went relatively unrecognized in the education system before further campaigns organized in the 1970s. This feminist advocacy led to Women's History Week being signed into law by President Jimmy Carter in 1980, from March 2-8.

"(Women's History Day) had covered such subjects as the history of women's education,

birth control, housework, marriage, sexuality, and child rearing," according to www.infoplease.com, a site covering world politics and history.

Women's History Week later developed into the observance of National Women's History Month in 1987, additionally observed by the United Kingdom and Australia following the United States.

The month of March was selected to coincide with International Women's History Day on March 8, established by the United Nations in 1975 and stemming from the original efforts of American women in 1909 to cement a National Women's Day after "some 15,000

women in the garment industry on the Lower East Side who were suffering low pay and terrible working conditions, and who walked off the job and protested," according to www.rferl.org, an international news organization covering human rights.

The National Women's History project selects overarching themes for Americans to focus on each year in observance of the month. For 2019, the theme is "Visionary Women: Champions of Peace & Nonviolence," according to www.nwhp.org, for women who have "pioneered the use of nonviolence to change society."

Honor Black History Month beyond February by reading prolific activists

By Hasim Veliju
Correspondent

Writers including Douglass, Baldwin, Staples remain inspirational

In honor of Black History Month, prolific African-American writers throughout American history are revered for their complete themes of oppression and social activism in the United States during February 2019.

Frederick Douglass is one of the earliest widely-published African-American writers, inspiring President Lincoln to abolish slavery and over-coming laws preventing black education and literacy. He lived from 1817-1895.

In his autobiography, *Narrative of the Life of an American Slave*, Douglass recounts his experiences as a slave before escaping to freedom.

"What he (slave owner) most loved,

that I most hated. That which to him was a great evil, to be carefully shunned, was to me a great good, to be diligently sought, and the argument which he so warmly urged, against my learning to read, only served to inspire me with a desire and determination to learn" (Douglass 11).

James Baldwin (1924-1987) is recognized as one of America's finest post-World War II writers for his fiction and civil rights activism through essays and stories concerning the plight of black men.

In his autobiographical essay "Notes of a Native Son," Baldwin reflects on his tumultuous relationship with his religiously strict father after

his father passed away.

"When he died I had been away from home for a little over a year. In that year I had time to become aware of the moaning of all my father's bitter warnings, had discovered the secret of his proudly pursed lips and rigid carriage: I had discovered the weight of white people in the world. I saw that this had been for my ancestors and now would be for me an awful thing to live with and that the bitterness which had helped to kill my father could also kill me" (Baldwin 119).

Brent Staples (1951-) is an influential writer who detailed his experiences of segregation and interactions in a discriminatory environ-

ment with self-reflections and by offering solutions. From his life in poverty to a degree in journalism and a position on *The New York Times*, his writings tell of the fear and torment in Jim Crow America.

In his book *Parallel Time: Growing Up in Black and White*, Staples recalls an experience of stereotyping and irrational prejudice:

"After dark, on the warrenlike streets of Brooklyn where I live, I often see women who fear the worst from me. They seem to have set their faces on neutral, and with their purse straps strung across their chests bandler-style, they forge ahead as though bracing themselves against being tack-

led. I understand, of course, that the danger they perceive is not a hallucination. Women are particularly vulnerable to street violence, and young black males are drastically over-represented among perpetrators of that violence. Yet these truths are no solace against the kind of alienation that comes of being ever the suspect, a fearsome entity with whom pedestrians avoid making eye contact" (Staples 230-231).

African-American literature is essential to the American literature canon, widely taught in schools and celebrated by the public. Black History Month is the most forward opportunity to unite and acknowledge the social impact African-American writers have had on the United States in its history: make its legacy last beyond 30 days.

With college acceptances, some seniors can breathe sighs of relief

By Leylah Veliju
Staff Writer

With waivers, student sends in 18 applications while others get into Syracuse, Salve Regina, UConn

Did you meet your college deadline? High school seniors are on their journey to the next chapters of their life yet applying for college comes with stress, and waiting for responses can leave others impatient, especially when scholarships and financial aid packages impact final decisions so those who were already accepted are breathing sighs of relief.

"I've been accepted to Michigan State, Syracuse University, Georgia Tech, Southern Connecticut State University and I'm waiting on

(Central Connecticut State University) CCSU and (the University of Connecticut) UConn," said senior Rhakeem Henry. "I have not decided where I am going yet."

Students were advised to start their application process in the beginning of the school year however, some started as early as the summer going into senior year.

"I'm definitely glad that I got all of my essays out of the way before Halloween so I wasn't stressing," said senior Derya Demirel who

received a \$60,000 Dean Scholarship from Salve Regina University in Rhode Island.

Some schools require more than just one essay as well as separate questions to answer.

"The (college application) process was a bit stressful because you have to find time to write your essay and supplementaries but I'm happy it's over now and I'm excited to hear back from my other colleges," said senior Jocelyn Dinino who has been accepted into the State University of New York (SUNY) Oneonta, 80 miles

west of Albany.

Instead of Common Application some used Questbridge, a program that helps underprivileged students afford prestigious schools.

"Since Questbridge gives fee waivers for their partner schools, I was able to apply to 18 schools total for free," said senior Caroline Useda in late January 2019. "It was a lot of work getting the financial documents ready and I had to write 31 supplements but I'm hoping it will be worth it in March."

Waiting game remains until late March or April for those yet unaccepted

By Bernadotte Sufka
Staff Writer

Despite not knowing where they'll be Fall 2019, some stay calm, positive plus hope for the best

Time is flying, but not fast enough for some seniors waiting for all their college acceptance letters as of February 2019, and since many have applied for regular decision, they expect to hear by late March or early April.

Some maintain a calm mindset like senior Wilberto

Vergeli.

"I have no regrets for submitting my applications," said Vergeli, who expressed satisfaction with his choices and feels positive about his upcoming colleges' feedback.

While he said he applied to various colleges within the New England area, his top choices are Southern Connecticut State University in New

Haven, Conn. and the University of Connecticut, either the Waterbury or Storrs campuses.

Vergeli chose applying to these colleges because of their affordable tuition, he said.

Since he has not committed to a college right now, no deposits for any college were paid Vergeli said, and likewise for others, it's a waiting game filled with numbers.

"I'm satisfied with the amount of colleges I applied to because I applied to about 11

colleges," said senior Aaron Lamar, who also was feeling optimistic.

Lamar said he has applied to New England area schools including Johnson and Wales University, in Providence R.I., the University of New Haven, Clarkson University in Potsdam N.Y. and a few others.

No deposits were made as he has not committed and is waiting for the remaining acceptances to arrive, he said. Lamar's optimism is shared by another

student athlete.

"I feel good with my college applications already submitted," said Jordyn Wilson, a senior who desires to stay active in her main sport of track plus wants to try out for college volleyball and more.

Wilson said she applied to Southern Connecticut State University, Central Connecticut State University in New Britain, Conn. and the University of New Haven.

Wilson said she has not com-

mitted to any college yet but she does look forward to living on campus. She said she finds these colleges to have affordable tuition and believes she has enough backup colleges to decide from. Still, she continues to wait for all the remaining college letters to arrive and feels positive for the future.

Time is approaching fast and for seniors, soon the wait will be over.

JOIN US: write, take pictures, draw, and more for The Eagle Flyer, Kennedy's award-winning newspaper. Visit room 105.

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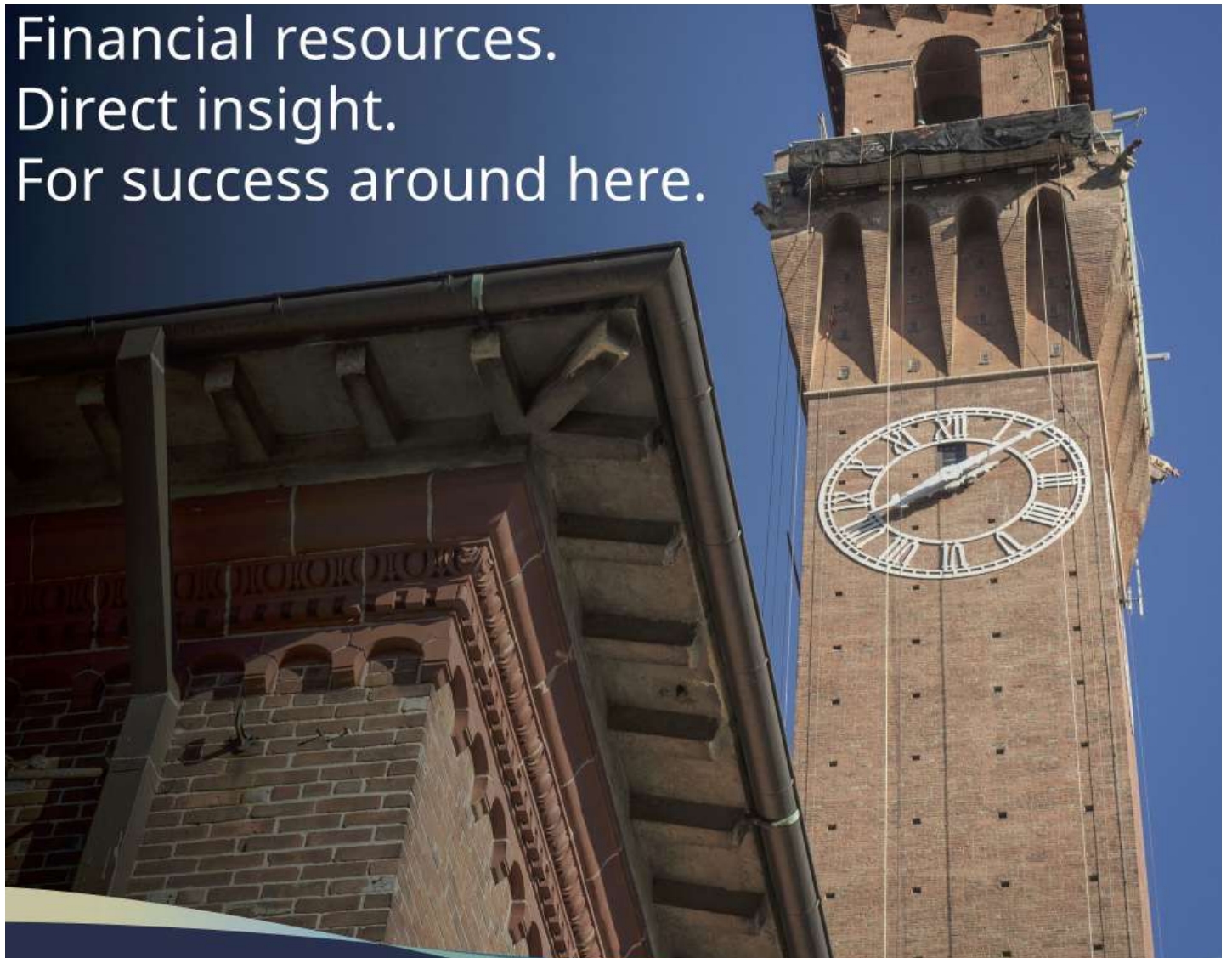
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What do you look forward to the most about spring time?

By Allison Rivera
Features Editor



"Nice weather."
Lydia Ahrens, parent of a Kennedy student



"Baseball season."
Jake Desjardins, senior



"For all the snow to be gone and flowers to bloom."
Manuel Rivera, parent of a Kennedy student



"Warm weather for outside activities."
Brandon Inturrisi, a Terryville, Conn. resident



"March Madness."
Bryan Bochicchio, a senior at Chase Collegiate



"Warmer temperatures."
Monica Useda, parent of a Kennedy student

Whether for artistic or symbolic purpose, tattooees share inspiration

By Alyssa Bislam
Staff Writer

City tattoo shop owner sports name of her late father's Albanian village

Is simply liking a tattoo design enough justification for actually getting one, or do tattoos need to be symbolic?

"Many of us would say that we choose to get them because we simply liked a design, thought it was aesthetically pleasing and wanted it immortalized on our bodies," according to medermislaserclinic.com, the site of the leading laser tattoo removal center in Texas.

Some staff members of Kennedy shared the inspiration, be it artistic or symbolic, behind their own tattoos in Fall 2019 interviews.

"I think tattoos can tell a story and people like to express themselves through art and what more art than on your body," said English teacher Miss Hicock.

Hicock has several tattoos, one being Nefertiti, which stands for strength and power. She also shares a

tattoo with guidance counselor Mrs. Ortiz, as they each have a tattoo of a semicolon.

"Project Semicolon is an organization dedicated to the prevention of suicide," according to project semicolon.com, the site of the international organization.

Some people have tattoos that stand for something important to them, but many also get tattoos for solely aesthetic purposes.

"They don't have to be symbolic," said Hicock. "I prefer them to be seen as beautiful or just a piece of art."

Whatever one's purpose may be, in 2017 approximately 38 percent of Americans ages 18 to 29 had at least one tattoo, according to USA Today citing a Pew Research Center study. The number dropped to 32 percent in 2018, according to Dalia Research.

"There are an estimated 21,000 tattoo studios operating in the United

States," according to medermislaser clinic.com. "At least one new shop opens every day."

Ms. Sabani, the owner of Dawg E Styles Tattoos & Piercings in Waterbury, Conn. has the name of her late father's village in Albania tattooed, but she also sports a betta fish on her forearm.

"I believe people get tattoos because they mean something special or important that happened," said Sabani. "There is always a meaning behind a tattoo."

Staff writer Elizabeth Albright contributed to this story.

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Staff Editorial

Make your own good luck: celebrate women, sports, more

Good luck during this eventful month of women's history, basketball and much more. March allows us to ease off the heavier jackets as Spring is just around the corner as of Wednesday, March 20, 2019. However, Spring is not the only event worth welcoming: March is also National Women's History Month.

Many institutions use this month as a time "for recognizing, honoring and celebrating the achievements of American women," according to the National Women's History Project, an organization that "is a leader in promoting Women's History and is committed to the goals of education, empowerment, equality, and inclusion," according to their website nwhp.org. Let this month be an opportunity to seek knowledge about past women and their influence at a time when it was harder for them to make an impact.

Some examples are Susan B. Anthony, who was a key leader during the women's suffrage movement, presenting an amendment to Congress that would give women the right to vote; Clara Barton, who founded the American Red Cross as a nurse during the Civil War for the Union Army; and Sojourner Truth, who escaped slavery and then became an abolitionist and women's rights activist.

Not only is March a big month for spreading knowledge of women history, but also a big month for college basketball. Most college teams are halfway through their season, continuing their fight hopefully to earn a spot in the NCAA finals, also known as March Madness. This Madness starts with Selection Sunday the day the competing teams are announced and lasts until the Final Four remain and the championship game follows, according to ncaa.com. Selection Sunday is scheduled for March 17 with the championship game April 6. So who are you rooting for?

Hopefully, the month of leprechauns and rainbow trails leading to gold will bring your team some luck. Of course, we can't forget one of the most recognized holidays during March: St. Patrick's Day. Last year, 83 percent of Americans who planned to celebrate it were going to wear green, according to CNN.com. Something that goes with the green scheme are the trademark clovers. Four-leaf clovers are said to be good luck, rather than three-leaf ones, because "Druids (Celtic priests), in the early days of Ireland, believed that when they carried a three-leaf clover or shamrock, they could see evil spirits coming and have a chance to escape in time, (but) four-leaf clovers were Celtic charms, presumed to offer magical protection and ward off bad luck," according to Better Homes and Gardens's website.

However, not everyone believes in luck, even though the holiday is wrapped around it. Many people believe only you make your chances good or bad and that luck has no say in determining their fate. So which one do you rely more on: luck or your own odds? Just remember,

"The amount of good luck coming your way depends on your willingness to act." ~Barbara Sher
"Shallow men believe in luck. Strong men believe in cause and effect." ~Ralph Waldo Emerson



31 SPECIAL DAYS
Most people might think March is best known for St. Patrick's Day March 17, but as illustrated (left) by staff writer Mayra Lovos, did you know March 12 is Girl Scout Day; Wednesday, March 20 is Alien Abduction Day; and Tea for Two Tuesday is the third Tuesday in March, established for two or more people to enjoy a cup of tea, according to holidayinsights.com. Other dates you might not know include the first walk in space, which was March 18 in 1965, and also the first official day of spring, which is March 20.

Editor's Note:
While this issue is dated March 2019, we try to publish one month in advance to give readers time to enjoy and use the information provided. Thus, we sometimes cover topics from more than one month, such as February and March.

Presidents' Day serves to recognize more than individuals

By Danny Ruiz
Staff Writer

COMMENTARY



Every year on Feb. 18, Presidents' Day comes and goes with most of us (I imagine) not putting much thought into the origins of the holiday or the legacies of its 45 different presidents. But if you've ever wondered, why have a day specifically dedicated to celebrating the memories of our countless presidents, then prepare to have your questions answered!

"Presidents' Day is an American holiday celebrated on the third Monday in February; Presidents' Day 2019 occurs on Monday, Feb. 18. Originally established in 1885 in recognition of President George Washington, the holiday became popularly known as Presidents' Day after it was moved as part of 1971's Uniform Monday Holiday Act, an attempt to create more three-day weekends for the nation's workers," according to www.history.com.

Now that we know why Presidents' Day was established, let's get into the legacies of its many presidents.

"Perhaps most importantly, Washington's presidential restraint, solemnity, judiciousness, and nonpartisan stance created an image of presidential greatness, or dignity, that dominates the office even today. He was the man who could have been a king but refused a crown and saved a republic," according to millercenter.org.

Unlike other presidents in American history, Washington is usually remembered for his nonpartisan stance; even then his legacy has not proven as significant as President Abraham Lincoln's.

"Still, the most lasting accomplishments attributed to Lincoln are the preservation of the Union, the vindication of democracy, and the death of slavery, all accomplished by the ways in which he handled the crisis that most certainly would have ended differently with a lesser man in office. His great achievement, historians tell us, was his ability to energize and mobilize the nation by appealing to its best ideals while acting 'with malice towards none' in the pursuit of a more perfect, more just, and more enduring Union. No President in American history ever faced a greater crisis and no President ever accomplished as much," according to the millercenter.org.

Even with the great accomplishments of Lincoln and Washington, the actions of other brave Presidents have cemented

their legacies in American history.

"Theodore Roosevelt's opening line was hardly remarkable for a presidential campaign speech: 'Friends, I shall ask you to be as quiet as possible.'

His second line, however, was a bombshell. 'I don't know whether you fully understand that I have just been shot,' "

according to www.history.com.

What followed Roosevelt's shockingly calm attitude was another comment even more outstanding:

" 'It takes more than that to kill a Bull Moose,' he began and then spoke for at least 55 minutes (though some estimates say 90), still wearing his blood-soaked shirt," according to mentalfloss.com which details facts both historical and otherwise.

Along with Roosevelt's bravery and steadfastness, Ronald Reagan also put his life on the line in an effort to fulfill his duty as president and miraculously survived.

"On March 30, 1981, 25-year-old John Hinckley Jr. opened fire on U.S. President Reagan just outside the Washington Hilton Hotel. President Reagan was hit by one bullet, which punctured his lung. Three others were also injured in the shooting," according to www.thoughtco.com a website on history and culture.

Nevertheless, throughout the whole ordeal and even after, Reagan did not lose hope or his world-renowned sense of humor.

"By all accounts, Reagan remained in good spirits ... including making some now-famous, humorous comments. One of these comments was to his wife, Nancy Reagan, when she came to see him in the hospital. Reagan told her, 'Honey, I forgot to duck,' "

according to www.thoughtco.com. While prepping for surgery Reagan couldn't restrain himself from providing more comedic relief.

"(A)s Reagan entered the operating room (he) said, 'Please tell me you're all Republicans.' One of the surgeons responded, 'Today, Mr. President, we're all Republicans,' " according to www.thoughtco.com. Whether it is Washington's nonpartisan stance or Lincoln's defeat of slavery and preservation of the union or even Roosevelt's perseverance or Reagan's fortitude and humor, we must all remember that by celebrating our Presidents we are not merely celebrating their accomplishments, we are truly celebrating America's.

“ Whether it is Washington's nonpartisan stand or Lincoln's defeat of slavery or even Roosevelt's perseverance or Reagan's fortitude and humor, we must all remember that by celebrating our Presidents, we're celebrating America's accomplishments. ”

Could you take 27 book rejections? Dr. Seuss did...

By Sasha Franco
Correspondent

Who was Theodor S. Geisel? Geisel, better known as Dr. Seuss, was a famous illustrator and American author of many famous books who remains well known and loved in 2019, especially as his birthday--March 2--continues to be Read Across American Day celebrated by schools, libraries, communities centers, and people nationwide who remember the former high school journalist, political cartoonist and 1947 Academy Award winner.

"Brilliant, playful, and always respectful of children, Dr. Seuss charmed his way into the consciousness of four generations of

youngsters and parents," according to www.nea.org, the website of the National Education Association which sponsors Read Across America Day.

Geisel was born March 2, 1904 in Springfield, Mass and died Sept 24, 1991 in La Jolla, Calif. His educational background was at Dartmouth College, earning a bachelor's degree and at Lincoln College, Oxford although he would eventually drop out to pursue his artwork.

"After his chance meeting with a friend who

was an editor at Vanguard Press, *And To Think That I Saw It On Mulberry Street* was finally released in 1937," as reported by britannica.com, a site with daily features, updates and links to new reports.

That book was rejected 27 times before finally being accepted, according to National Public Radio.

"Throughout his career cartoonist and writer Dr. Seuss published over 60 books," according to www.biography.com, a site where it

tells "true stories about notable people."

Some of his most famous classics are *The Cat in the Hat*, *How the Grinch Stole Christmas*, *Green Eggs and Ham*, *The Lorax*, and the one often quoted for graduations *Oh, The Places You'll Go*, which has sold more than 5 million copies, according to nationaltoday.com, a site that tracks "fun holidays and special moments on the cultural calendar."

Perhaps Dr. Seuss will be best known for making reading fun, engaging and worthwhile for both children and adults.

"I like nonsense, it wakes up the brain cells," Dr. Seuss once said.



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Address: 422 Highland Avenue, Waterbury, Conn. 06708
Phone: 203-574-8150 Fax: 203-574-8154

Managing Editor
Herta Sufka

Managing Editor
Madison Turner

Sports Editor Toni Lopez
Features Editor Allison Rivera
Commentary Editor Vivian Bunker

News Editor Elena Acevedo
Artistic Director Jazmin Estrella
Service Coordinator Bailey DiMasso

Writers/Photographers

Leylah Veliju, Tyler Spooner, Bernadotte Sufka, Marlana O'Neill, Carolina Nazario, Sara Way, Crystal Forbes, Sofia Rinaldi, Alyssa Bislam, Markela Karameta, Victor Morales, Michael Albino, Angelica Pena, Alura Levy, Synthia Sharmin, Aaron Quintana, Elizabeth Dolloff, Elizabeth Albright, Jazmin Urgiles, Jessinya Severino, Destiny Hollister, Blesset Anderson, Natalie Dames, Amelis Evangelista, Izzy Pagan, Quincy Grant, Danny Ruiz

Adviser

Dr. Cybart-Persenaire

Kennedy grad living in California survives shutdown by budgeting

By Amelis Evangelista
Staff Writer

COMMENTARY

Government shutdown causes some to ration insulin

Many people were affected by the U.S. government shutdown that took place from Dec. 22, 2018 to Jan. 25 2019 because President Trump and Congress could not come to an agreement since he sought \$5 billion for a border wall with Mexico.

What would you do if your only income was taken away?

"In River Falls, Wis. a federal employee with disabilities has been tak-

ing insulin less often to make sure it doesn't run out; she is worried she could not afford more," according to writer David Leonhard of *The New York Times* on their website.

It's so sad multiple people need to do things like ration their medicine because they do not have the funds to get more medicine like insulin, which is something that can determine life or death for a person, as one Kennedy

graduate working for the government in California noted.

"Many people had to be more careful with what they spent and how they spent it, they had to budget more," said 26-year-old Noel Cruz, a federal worker who lives in Long Beach but is originally from Waterbury, Conn.

Some people had enough money to buy them exactly what they needed for the month yet others suffered,

which is horrible. Money could have even been used for school supplies.

"\$5 billion is an incredible amount of money they can use for education, my children can use computers," said Mr. Feola, history department chair.

The supplies Kennedy students have aren't that great, so that money would definitely benefit us kids and so much could be done with that yet Cruz mentioned all the positive things

people in his Long Beach community have done to help each other.

"Out here in California there are many people in the community helping with funds, donations and gift cards," said Cruz, who noted he had savings and budgeted, therefore he was able to live more comfortably than others despite not getting paid during the shutdown.

How amazing that people are helping each other get through these difficult times. At least some of us care about the well-being of our peers.

Photo compiled by E. Duro/staff

Mother's cancer care inspires future oncology nurse

By Evi Duro
Staff Writer

COMMENTARY

Just by going to her mother's doctor appointments, Anxheliki Duro knew what she wanted to do for the rest of her life...save people.

Duro, a 2013 Kennedy graduate, is a registered oncology nurse (oncology focuses on cancer care, according to oncology nursing foundation at www.ons.org) at the Connecticut Children's Medical Center (CCMC) in Hartford, Conn., and is constantly surrounded by sadness. So why would she want to do this for a living?

"The main reason why I started nursing was because of my mom. She was diagnosed with breast cancer seven years ago and when I would bring her to the doctors I got to see the different types of healthcare workers," Duro said. "Nursing appealed the most to me because I saw the effect a nurse can have on another person's life."

Duro looked into the medical field and discovered that an oncology nurse would be perfect for her. She said she loves working with kids and is a kind-hearted person, which is very important when working in the hospital.

"There is a huge difference to a patient when they get a nurse that day (or night) who is willing to listen to their complaints, treat them with respect, and honor their dignity, a nurse who will empathize with them and treat them as a person rather than a diagnosis. Their hearts are touched because they have someone who makes them feel safe and 'more like a human,'" according to registered nurse Brittney Wilson in her blog article *How Nurses Can Touch All Hearts to Make a Difference*.

When being around patients all day, every day, it can get kind of hard to stay kind and polite. That's why true talent is needed to become a nurse. Unfortunately, America is at risk of a nursing shortage right now, specifically with registered nurses.

"With more than 500,000 seasoned RNs anticipated to retire by 2022, the U.S. Bureau of Labor Statistics projects the need for 1.1 million new RNs for expansion and replacement of retirees, and to avoid a nursing shortage," according to the American Nurses Association's website nursingworld.com.

Although being a nurse isn't always fun and happy, for Duro it's a great job to have because you get to make a difference in people's lives.

"I think that with the work we do it's inevitable to not be surrounded by sadness," Duro said. "Although I cannot pinpoint what has been the saddest moment yet, I can say that a great deal of sadness comes from getting to know your patients and their families, allowing them to become a part of your life, and you become a part of theirs; only to be there and help them through their last breath."



SAVING LIVES Oncology nurse Anxheliki Duro, seen at her University of Connecticut graduation, recently decided to expand her career to become a nurse anesthetist.

10-year challenge: what simple steps can you take to save our environment?

By Arly Paulino
Correspondent

COMMENTARY

The Earth's 10-year challenge shows devastating pictures.

You've seen it everywhere: everyone is posting their 10-year challenge of what they looked like a decade ago to now. Someone decided to post the changes Earth went through in the last decade and sadly, the pictures will leave you shocked.

One major thing that has been altering Earth is climate change, which is a pressing issue many don't even know much about. Climate change involves global temperature rise, warming oceans, shrinking ice sheets, sea level rise, and many more serious concerns, according to climate.nasa.gov, a site with detailed information about climate change.

"The evidence for rapid climate change is compelling," according to NASA, such as shrinking glaciers, ice on rivers and lakes breaking up quicker, trees flowering sooner, higher sea levels, and more intense heat waves.

There a few things you can do to

help the planet including:

"Use energy efficient lightbulbs, turn your computer off overnight (you will save an average of \$14 a year), don't prerinse the dishes, don't pre-heat your oven, always recycle glass, choose your diapers wisely, use a clothesline, have a vegetarian day, launder sensibly (don't wash half loads), don't waste napkins, use all of the paper, never throw away newspapers (recycle)," according to www.50waystoohelp.com, a site that shows you various ways to help with different causes.

Hopefully in the near future we humans will learn to take more precautions for the environment, such as:

"Shorten your shower time... buy second hand... invest in a travel mug

...(and) turn off lights when you're not in the room," according to www.50waystoohelp.com, which actually describes 50 different simple ways you

can make a difference "to help the planet--save our environment and planet Earth."

So what do faculty think is some-

thing that might help us environmentally in the near future?

"Electric cars," said chemistry teacher Mr. Lafayette.

Beware Ides of March: day brings some dread just like Friday the 13th

By Evi Duro
Staff Writer

COMMENTARY

"Beware the Ides of March," said a soothsayer to Julius Caesar. Well, it's safe to say that Caesar didn't pay much attention to the warning because that day he ended up being stabbed to death by his own friends. So do us all a favor and just be extra careful March 15...

"He tried to get away but was surrounded by a mob of about 60 men. He was stabbed 23 times, although only one of the wounds was fatal," said historyonthenet.com.

It's no wonder why people dread this day every year. No one wants to end up like poor Caesar who was brutally stabbed to death. When you think about it, March 15 is very similar to Friday the 13th. They both are days when supposedly bad and unlucky things happen to unsuspecting victims. So to play it safe, just avoid the numbers 13 and 15 at all costs.

"Some hotels skip the number 13 and go straight to 14 when numbering floors. It is because of a general dislike of or superstition regarding the number 13. This practice and some of the beliefs surrounding it have been around since architects have been capable of adding that many floors to a building," according to usatoday.com.

The fear of the number 13 is real: it is called triskaidekaphobia (good luck trying to pronounce that), and so is bad luck. But luckily for us, there isn't going to be a Friday the 13th for a while, the closest one is in September 2019. So we have a couple weeks to get ready for March 15 and another seven months to get ready for Friday the 13th. Plenty of time to come up with a plan to have a bad-luck free day, and avoid the fate of others in history.

"On Friday, Oct. 13, 1972 a plane crashed in the Andes. Twelve people died instantly, and survivors resorted to cannibalism. That same day in Russia... 174 people were killed when a Russian airliner crashed on landing near Moscow," according to rd.com news reports.

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Attend 'greatest street party' in twin islands

By Natalie Dames
 Staff Writer

Trinidad and Tobago Carnival culminates by Ash Wednesday

As the greatest street parade in the world, bringing in billions of dollars to the twin island country of Trinidad and Tobago, Carnival is one of the many reasons this country is the third wealthiest in the Caribbean. While Carnival attracts more than 37,000 people per year, there is a deeper meaning to Carnival, and one local woman hopes to experience it herself.

Carnival represents the start of the Lenten season, the beginning of which is Ash Wednesday March 6 leading up to Easter Sunday April 21, 2019. During Lent Catholics are advised to abstain from or give up "some earthly pleasure like chocolate as a form of penance stemming from the Old Testament book of Daniel," according to Duke Divinity School professor and priest Lauren F. Winner. For some, this is red meat or other things you are devoted to or really enjoy.

"The word Carnival itself is thought to mean farewell to meat or farewell to flesh, the former referencing the Catholic practice of abstaining from red meat from Ash Wednesday until Easter," according to Tripsavvy.com, a travel website.

While the modern Carnival in Trinidad and Tobago started with French settlers in the late 18th century, Carnival began much earlier.

"Carnival originated during the period of slavery when the slaves, banned from attending their masters' fancy balls and parties, would improvise by staging their own costumed event in their quarters. After Emancipation, these former slaves challenged the plantation owners to publicly host their (own) Carnival celebration," according to DiscoverTnt.com, another travel website.

A big misconception with Carnival is that it runs Monday and Tuesday before Ash Wednesday but the party starts way before.

"Trinidad and Tobago's Carnival is not just one festival, but a series of festivities sandwiched between Christmas and Ash Wednesday. The duration of the Carnival season varies because Ash Wednesday signals the beginning of the 40-day Christian Lenten period of reflection, that ends with the moveable Christian feast of Easter. Carnival is usually six to ten weeks long," according to Ttconnect.gov.tt

One woman whose family is in Waterbury, Conn. is traveling to Carnival, plus she also experienced Brazil's Carnival.

"During carnival in Brazil, I spent nights partying and dancing up and down the streets of Brazil. I will probably be doing the same during Carnival in Trinidad. I'll be playing mas as part of an organized band, which will make a difference," said Porsche Dames, an Amherst College graduate.

Playing mas--as the locals say--means being in the parade and being in masquerade rather than being a spectator, so what is Dames most looking forward to?

"I'm particularly excited to play mas. I ordered my costume and I am playing with one of the most acclaimed bands, Yuma. I will get a chance to walk across the carnival stage in my costume and embody the traditions I have learned about," she said.

Although this Carnival is one big party other traditions within it make it unique.

"Panorama is held on Saturday before Carnival at Queen's Park Savannah, recognized as the pre-eminent steel band competition in the world. Panorama is an annual music competition open to conventional and single pan steel bands. Another tradition popular to Carnival is J'ouvert which is the official start of carnival; it takes place before dawn on Carnival Monday and bands of revellers dressed in old clothes cover them-

selves in oil, grease, paint, chocolate, or mud and dance through the streets (until the sun comes up. Lastly, Mas are costumes worn by masqueraders on Carnival Monday and Tuesday varying from simple to very elaborate," according to GoTrinidadandtobago.com

Mas is the most recognized part of Carnival but what exactly does it represent?

"On Carnival Monday where traditional carnival mas happens, individuals cover themselves in mud, while others try to depict characters from colonial times such as the French upperclass women. On Carnival Tuesday in Trinidad, the pretty mas is depicted. Revelers don costumes made with beads, glitter and feathers. These costumes depict products of nature such as animals, waterfalls and even plants. However, in more modern times following the 1990s the costumes became less conservative," according to Trinidadcarnivalthegreatestshowonearth.wordpress.com

So what makes Dames gravitate to Trinidad's Carnival?

"In college, I studied Art History and Black Studies and have always been interested in the manifestations of African culture across the world. I've experienced carnival in Salvador da Bahia, Brazil and was interested in comparing carnivals," she said.

While Carnival brings in millions of dollars how do locals enjoy the Carnival with so many additional tourists?

"Locals--those who repatriate annually for their beloved festival--and wanderers the world over, convene in Trinidad to party in the days and weeks leading up to the culminating two-day parade, when masqueraders hit the streets in colorful costumes to march to the rhythmic sounds of soca music," according to HuffingtonPost.com

Winter sports prepare to honor senior athletes

WINTER SPORTS, from page 8

life," said Phoebe Cossette, senior.

"I will really miss the sport overall and my teammates, especially the seniors Francie, Shy, Phoebe and Ni. Every year, the seniors are the ones that make the season special because you'll most likely (not) play on a team with them again. Then, of course, I'm going to miss the practices and all the work put into it every day. Nothing feels better than a workout for a sport you love," said Vivian Bunker, a sophomore.

Cheerleading

"It's been exciting, we had a cheeroff with another team and its still been the same, we've won a couple basketball games which is also exciting," said Maylene Malichanh, a senior.

Boys' basketball

The team faces nonstop action with just a day in between a string of three February games:

Tuesday, Feb. 12, 2019, a home game against Naugatuck;
 Thursday, Feb. 14, 2019, an away game against Torrington;
 Saturday, Feb. 16, 2019, a home game against Kaynor Tech.



Track and field

Barring any inclement weather, Friday, Feb. 8, 2019 will be the Class L State final meet for indoor track and field.

"I'm extremely nervous and don't know what to expect," said senior Jordyn Wilson, whose teammate agreed.


"I'm just a little nervous but confident at the same time," said senior Tariq Phillips.

Write now: the deadline for the April 2019 edition of The Eagle Flyer is Tuesday, Feb. 26, 2019. See any editor for information or stop by room 105.

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International Day joy continues

By *Leylah Veliju*
Staff Writer *Students learn cultural diversity, enjoy new food*

Kennedy's annual International Day celebration had a huge turnout with students celebrating the school's cultural diversity in the Jack Taglia Gynasium Friday Dec. 21, 2018, the day before Christmas vacation, and now, many are sharing memories while planning for next year's.

"I loved seeing people of all cultures celebrating each other," said senior Arianna Cruz.

Music was played throughout all four periods (2, 3, 4, and 6 since 1 is setup and 7 is cleanup--5 is cafe) while food

was provided and posters displayed information about various regions and countries.

"We all became one and enjoyed it without caring about where we came from," said junior Himalay Torres.

Students learned about cultures that they had little to no knowledge of prior to International Day.

"I learned about so many different traditions," said sophomore Anthony Rivera.

Many seniors enjoyed their last year's experience before graduation.

"It was a great experience celebrating and I will always remember it," said senior Eh ThaBoe.

The experience was even more entertaining for some who had their horizons expanded.

"I really enjoyed trying new foods and desserts," said junior Malique Mack.

If you missed it, get ready for International Day's return in December 2019.

"I wasn't there the day of International Day, but it seemed so fun," said sophomore Isaiah Montilla.

Try book 'speed dating': visit library

By *Alyssa Birnam, Elizabeth Dolloff*
Staff Writers *Dive into new genres, meet texts*

Do you enjoy reading? If so, then 'Speed Dating' with books is the occasion for you! This event took place for the very first time in the Kennedy library Tuesday, Jan. 29, 2019 to encourage a fresh generation of 9th grade English classes to dive into a new world of books from genres such as sports, poetry and even graphic novels with only 5 minutes to 'interview' or interact with the book during each of the five rounds.

"We want to get kids reading, to make sure that each student leaves here with a book," said Ms. Lizak, school librarian.

This experience guarantees to inspire students and get them interested in obtaining more of an open mindset when it comes to books, even if they cannot see what the book looks like.

"If they don't like a book on any of the eight tables we have set up then they get to go on a 'blind date' so they don't know what they're getting," said Lizak.

The 'blind date' refers to books covered with

brown paper bags and sealed with a question mark so students can't see what they're choosing.

"Last week I gave their (English 9) teacher, Miss Drewry, a survey to gauge what they'd like to read, and if they don't find a book on the tables then they're going home with what's behind curtain number two," said Lizak.

How does someone even think of the idea for this function, you may ask?

"I went to a PD (professional development workshop) meeting and the girl we had brought in, her focus was on how to diversify your collection and she had mentioned the 'Speed Dating,'" said Lizak.

However, the turnout for this activity had been more successful than the library staff had expected.

"Hopefully we can make this a yearly occurrence because it went very well," said Mrs. Cocchiola, a paraprofessional who assisted with the event.



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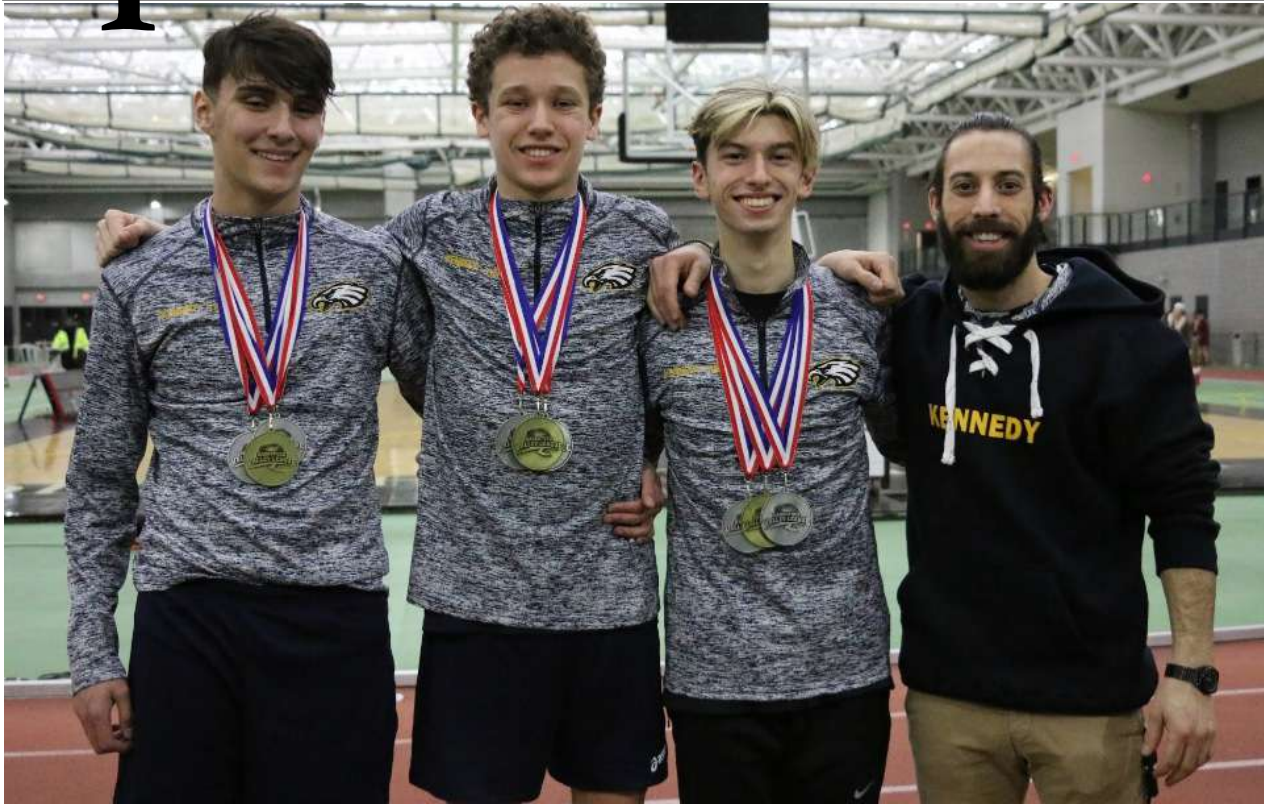
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WINNING RELAY Seniors Michael Trinkley (from left) and William Mahony, with junior Alex Brites and coach O'Brien display their three medals: gold is one they share for winning first place all NVL Monday, Jan. 28, 2019 in the 4x800m relay. Senior Aaron Lamar is missing from the photo.

Indoor track & field shines in NVL battle

By Jazmin Estrella
Artistic Director

Wins medals, breaks records

COMMENTARY

Zooming through the competition.

Kennedy's indoor track and field stars shone once again, breaking records and setting new personal records, at the Naugatuck Valley League (NVLs) competition Monday Jan. 28, 2019.

Kennedy athletes started off NVLs on the right foot with junior Tyreke Scarlett setting a new personal record with a time of 6.69 seconds, as well as junior Kyle Gordon-Pierce with a time of 7.09 in the 55 meter dash preliminaries. In the 300 meter dash finals, senior Tariq Phillips came in second with a time of 37.77. Senior William Mahony set a personal record of his own in the 600 meter dash finals, coming in second with a time of 1:28.50.

Similarly junior Alexander Brites set his own personal record in the 1600 meter dash finals with a time of 4:44.09, coming in second. And in the 4x200 relay Gordon-Pierce, senior Michael Trinkely,

Phillips, and Scarlett placed second with a time of 1:37.92. They also placed second in the 4x400 relay with Mahony in place of Gordon-Pierce. In the 4x800 relay Brites, Mahony, Trinkely, and senior Aaron Lamar placed first with a time of 9:01.20.

Senior Jordyn Wilson and junior Christina Capozzi placed third and second, respectively, during the 55 meter dash finals with the same time of 7.72, breaking their own school record, according to Athletic.net.

How did the track athletes themselves feel about NVLs? Going in did they expect anything; did they leave satisfied?

"I felt NVLs went good. We all ran great and had times to prove it. Yes, I expected a lot, going in we were expecting to take medals home. But we definitely left satisfied, we didn't expect to come in top three overall as a team (for the boys). So that was also a great

accomplishment for us and we will take that and try to improve it at NVLs outdoor," said Trinkely.

During a race or competition, you are bound to feel a multitude of emotions. How did running those races feel in the moment?

"Running the 4x200 gave me a huge rush, it was almost like I wasn't even the one controlling my legs anymore. Participating in NVLs made me feel like my hard work actually paid off, it was time to show them what I was made of," said Gordon-Pierce.

Now that NVLs are over, how confident is the indoor team about States?

"I know States is going be harder than NVLs, but I hope me and my team will rise to the challenge. To move onto State Opens I have to place top six during States and currently I'm



Photos by Ann Marie/Leo Brites

PREPARATION Seniors Risper Githinji (from left), Alondra Diaz and Madison Sargeant warm up for their events at NVLs Monday, Jan. 28, 2019.

in ninth place. Since it's my first year running track I'm not sure what to expect exactly, but I know we're all good enough to make it past States if we apply ourselves enough," said Mahony.

Are you captivated by this team determination? Interested in seeing how far they make it? If you'd like to keep tabs on the team and their accomplishments feel free to follow their Instagram page, @Kennedytf_.

As this issue went to press in late January 2019, the team was preparing for States. Read more about them in our next issue.

Winter winds down by honoring seniors

By Toni Lopez
Sports Editor

As this issue went to press in late January 2019, winter sports were gearing up for Senior Nights to honor those athletes graduating in June, while also preparing for their final events and sharing memories, a few of which are included below.

Boys' swimming

"I am very pumped for all the meets that come my way and to think about Senior Night (since it) is only a few days away and it makes me so emotional because it will be my last year," said Tyler Spooner, a senior captain.

"We still have a week or two before NVLs and our senior night is next week Friday," said Sergio Guevara, a senior captain.

Girls' basketball

"I feel very emotional that our season is coming to an end because as a senior it's going to be my last time playing with my team since freshman year. I've developed a great bond with them and I just can't believe it's going to be over sooner than I thought," said Francielys Comas, a senior.

"It's a bittersweet feeling. I'm sad it's coming to an end because of all the great memories, but I'm ready to move onto a new chapter in

See WINTER SPORTS, page 6

COMMENTARY

Track star keeps fans

By Toni Lopez
Sports Editor

WINNERS Senior Jordyn Wilson (left) and junior Christina Capozzi display their third and second place 55m NVL medals.

The 'track star' is what she is known as in Kennedy: senior Jordyn Wilson is a student athlete whose friends and acquaintances shared their loving thoughts about her as of Jan. 28, 2019, including a Gear Up mentor who saw much potential in her.

"I have known her since she was a freshman at Wilby. She is funny, never gives up and has a good attitude; I went to one of her meets and she showed once she went on that line that she was fearless, and also very very caring," said Ms. Arroyo.

So how did Wilson get involved with the sport in which she just captured a third-place medal at NVLs for the 55m dash?

"Sophomore year I started indoor and outdoor track. I looked up to Roshica Dehaney, a graduate from 2017, because everyone compared me to her and felt that I can be as good as her," said Wilson.

Another graduate of 2017 introduced Wilson to track when she was a newcomer to Kennedy having just transferred from Wilby.

"Doretha Johnson made me start track," said Wilson.

Even her cross country coach said she saw the greatness in her. "She always strives for excellence, she always tries to do better," said coach Ms. Hagley, a special education teacher. "She started the season (as a) sprinter and she didn't have any distance experience and by the end of the season she was the fastest. She motivates the female athletes to do better, too, and challenges them to do better just like her and she has a natural competition through the team."

What is it like doing a sport for the first time your senior year? "I felt like I did awesome for my first year in it," said Wilson.

"Okay one, she's amazing, funny, shy (yet) very outspoken; be careful how you talk to her she will chew you up," said city resident Maria Lopez, whose daughter is friends with Wilson, laughing. "But other than that, a very motivating person and positive-thinking type of person. She is the sweetest person I ever met. I love her."

How do school acquaintances and a teammate view her? "She is really dedicated and a very strong person (whose has) been through a lot in her life. She's stubborn, and a caring person," said Amelis Evangelista, a junior.

A person can be so great at one thing and it can impact others. As the author, I must admit she made a big impact in my life and I never knew God would be so great to bring me a friend like her. She is the most hilarious, loving, bold, and trustworthy person you will ever meet. I'm just glad she is my friend and I can share this moment with her and show other people in Kennedy how amazing she is.

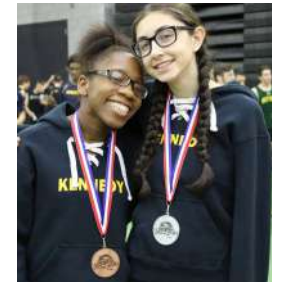


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