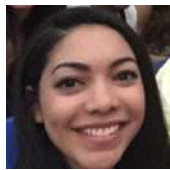


What does it take to rank top 10 in your class? Learn more Read p. 2



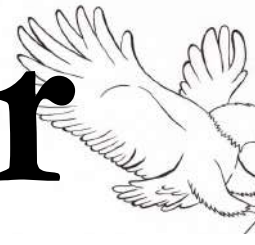
Construction changes life as we know it: new wing beautiful but problematic. Read p. 4



Sophomore Hotchkiss stands out in field of 400 state runners. Read p. 8



The Eagle Flyer



October 2015
Kennedy High School
422 Highland Avenue
Waterbury, Conn. 06708
Volume XII, Issue I

Committee names Hayes state winner

Seize every opportunity, CT teacher says

By Jaleesa Bellamy, Lyne Charles, Caitlyn Abrantes
Staff Writers

She's style, she's grace, she's Mrs. Jahana Hayes. Hayes, Waterbury Board of Education members, state teacher of the year selection committee, newscasters, invited students, and friends came to Kennedy's auditorium for the official announcement and award ceremony followed by reception in the library announcing her winning 2015 Connecticut Teacher of the Year Friday Oct. 9.

"Mrs. Hayes's message is clear: you seize every opportunity, you never know when something small is going to impact you," said Ms. Marianna Cavanaugh, a member of the state teacher of the year selection committee.

"She's amazing; she got what was due to her today, we all knew it," said Mr. Tom Van Stone, Board of Education Commissioner.

"I'm so proud of her. She's an awesome teacher and good friend and she deserves everything she gets," said paraprofessional Mrs. Nancy Cocchiola.

How would you describe Hayes?

"Inspiring and definitely a rock star," said Ms. Beth Retain, a retired teacher who is also on the selection committee.

"Mrs. Hayes is the whole package. She represents the best in a teacher and we are all proud to have her represent all teachers and be Connecticut teacher of the year," said Ms. Susan Pelchat, chairperson of the selection committee.

"She's our mother here, she's a giver, she's a social butterfly," said senior Lynadia Whiting.

Hayes is changing the ways for others around her.

"She's been a big inspiration through my four years of high school. When I first came here I was bad but now I've changed a lot," said senior Sarah Emanuel Norwood.

"I really appreciate her community involvement and her being a role model to her students," said Ms. Karen Harvey, vice president of the Waterbury Board of Education

She's also an inspiration to the Kennedy community, those in attendance noted.

"It's inspiring and fantastic to see a Waterbury teacher recognized," said Mr. Paul Whyte, supervisor of Turn Around.

"Mrs. Hayes should be an inspiration to you, be inspired by her accomplishment. You gotta dream big, find a way to give back and find a way to be great," said Governor Dan Malloy.

"Jahana is Waterbury's rock star!" said Mr. Charles Stango, Board of Education president and a retired Waterbury teacher.

In the words of Mrs. Hayes herself:

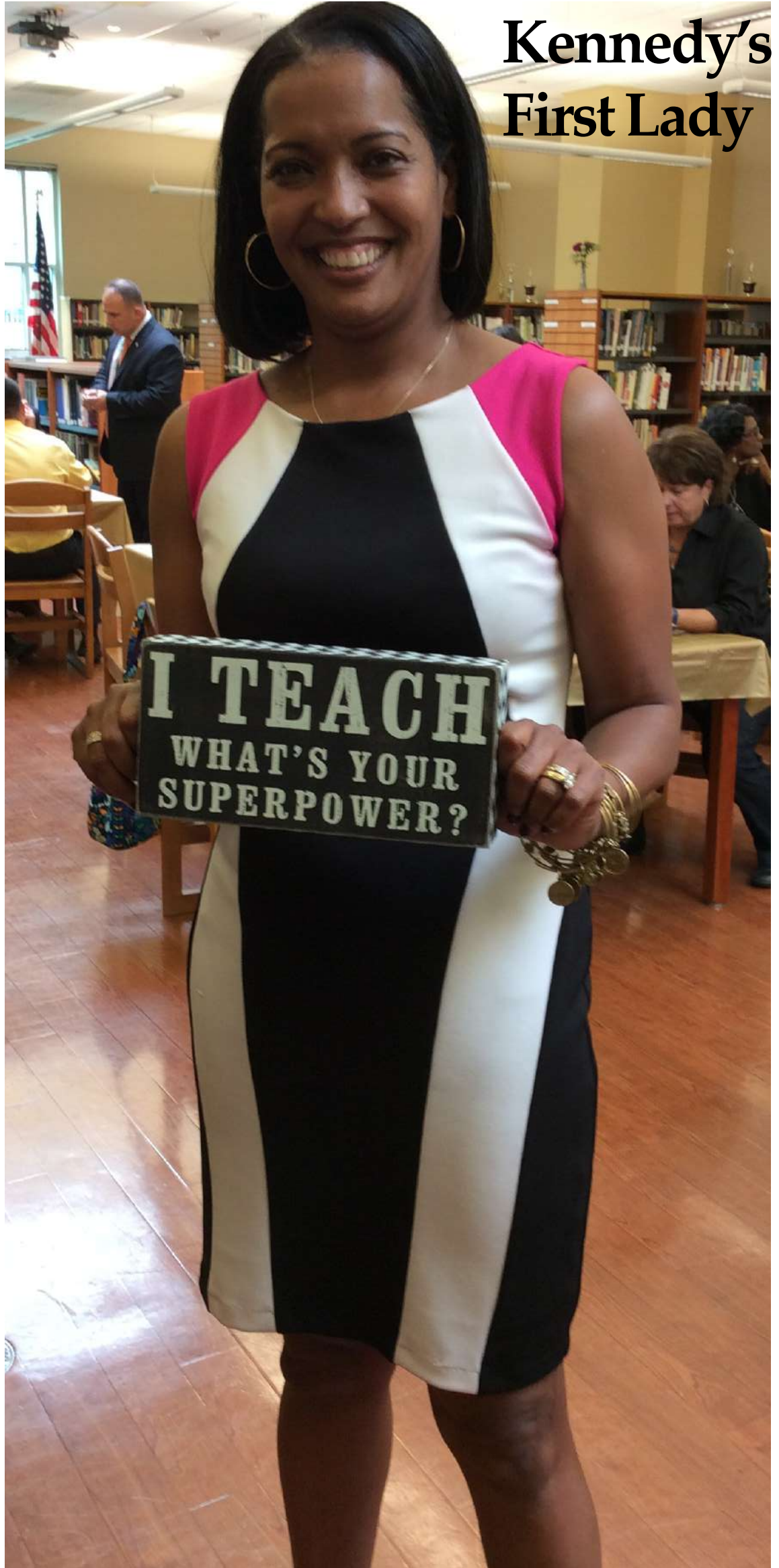
"I love teaching, I love teaching here, I love teaching in Waterbury," said Hayes. "I'm a teacher, what's your superpower?"

But Hayes shares and spreads everything.

"Mrs. Hayes has made an impact. May her hope give us hope, may her strength give us strength, may her love give us love," said Mr. David Barslow.

DYNAMIC DUO Newly appointed Connecticut Teacher of the Year Mrs. Jahana Hayes stands with paraprofessional Mrs. Nancy Cocchiola during a reception in the school's media center Oct. 9, 2015.

Photo by J. Bellamy, L. Charles, C. Abrantes



Kennedy's First Lady



PREDICTION COME TRUE The banner hanging in Kennedy's front lobby was changed Oct. 9 to acknowledge the naming of Mrs. Hayes as state teacher of the year during a morning press conference in the auditorium.

Photo by J. Bellamy, L. Charles, C. Abrantes

TOP TEACHER IN STATE History teacher Mrs. Jahana Hayes holds the sign a student gave her which includes the words Hayes herself has cited. She was photographed in the school's media center Friday, Oct. 9, 2015 following a morning press conference in the auditorium during which the selection committee formally announced she was named Connecticut Teacher of the Year.

Photo by J. Bellamy, L. Charles, C. Abrantes

Top 10 in Class of 2015 credit family, hard work for success

By Xheklin Nano
Staff Writer

Earn nearly \$200,000 in scholarships

6:00 a.m. Wake up, shower.
7:20 a.m. Homeroom bell rings.
11:05 a.m. Lunch time. 1:48 p.m. Bell rings school ends.
2:00 p.m. Key Club meeting.
2:30 p.m. Tennis practice begins.
5:30 p.m. Tennis is over.
6:00 p.m. Cash register shift at Kmart starts.
9:00 p.m. Shift is over.
9:15 p.m. Start homework.
12:30 a.m. Finish homework. Repeat.

This schedule is what an average day holds for some students. Kennedy's top ranked students in the class of 2015 almost seem to have super powers with so much on their plates but they all share one secret ingredient giving an extra energy boost: their drive and desire to become successful with the help of teachers, friends and most importantly their families, they said.

"My starting rank was 155th during sophomore year, and now here I am," said Sohan Aziz, ranked seventh.

The drive to succeed is evident in these top ranked seniors, so take a look for yourself to learn how they altogether won \$190,000 in scholarships and how they were able to manage it all while ranking high in a class of nearly 310 students.

Mackenna Jacovich

Valedictorian Jacovich attended Saints' Peter and Paul in Waterbury for elementary and middle school.

"I am going to Manhattan College in New York City and have plans to major in either

international studies or English and minor in Spanish," said Jacovich.

Some advice she has is to "just be motivated, have determination, and want to be successful in the future. Believe in yourself and you can literally do anything."

Jacovich won the Julia Ashe scholarship, the Merit Scholarship from Manhattan College, and the Small Manufacturers Association Scholarship which combined are worth about \$20,500, while also being a part of The Eagle Flyer, Key Club, tennis and the National Honor Society.

She finds that "tennis helped a lot because it gave me an outlet to get away from school work and focus on something else; it helped me destress," said Jacovich.

"I think competing with myself and no one else throughout high school really helped," said Jacovich.

She also said, "encouragement from others really helped me to try my best."

"Mackenna gives 100 percent for everything she signs up for, she is dedicated and works for excellence," said English teacher Mrs. Martins, who has worked with Jacovich in S.A.T Prep and AP English classes.

Kelly Edwards

Salutatorian Edwards went to Our Lady of Mount Carmel for elementary and middle school, where she was Valedictorian for middle school.

She attends UConn in Storrs to study mechanical engineering.

Her advice for the underclassman is to "work hard and reach your goals but always remember to have fun. You need to keep a steady balance between work and fun," said Edwards.

Thus far she has won the UNICO scholarship of \$1,000, the Connecticut Water Works Association Scholarship of \$1,000, and the UConn Presidential Scholarship, which is a full ride to UConn with tuition worth about \$10,500 adding up to \$12,500.

Edwards was a member of The Eagle Flyer, D.E.C.A, Key Club, P.A.S.S, Italian Club, National Honor Society, the swim team, Relay for Life, and has participated in the blood drive.

"To keep a balance you need to remember what your main goal is in life and do not stop working until you have achieved that goal. However, you need to give yourself room to relax and enjoy each moment of your life. If you become too goal-oriented and wrapped up in your work then sooner or later you are going to run yourself dry or regret not making memories," said Edwards.

While balancing her priorities, Edwards has a strong support system, too, she said.

"There have been a lot of factors leading to my success but I think the biggest one has been just having friends and family there to support me and remind me to always work hard. Whenever I felt like giving up, my friends and family have always been there to get me back on track. It also helped to have teachers that genuinely care about their students," said Edwards.

"She's hardworking and friendly," said math teacher Mrs. Cutrali, who worked with Edwards for Pre Calculus SOAR her junior year.

Caitlyn Silva

Silva, ranked third, attended Wendell Cross Elementary School then West Side Middle School.

"I was ranked third in West Side, too," said Silva, in her class of 2011.

She attends Post University in Waterbury to major in business management.

Silva won a full tuition scholarship from Post worth about \$26,000 a year, the Malcolm Baldrige Scholarship which is around \$2,000, the East Mountain Neighborhood Association Scholarship of \$500, and the American Savings Foundation Scholarship, with the amount still undetermined.

She participated in cross country and track the past four years and was involved in Key Club, P.A.S.S, and National Honor Society as vice president.

"I also worked two jobs, so it was very difficult to balance, but you just have to keep moving forward and working hard, because all the late nights and long homework assignments were 100 percent worth it," said Silva.

Her advice is "to push yourself to your limits, because looking back, you'll never regret working hard and giving your



Photo by Samantha DeCena

TOP RANKED SENIORS During the June Awards Night Ceremony in the auditorium, senior Samantha DeCena, on left in first row, took this photo of her fellow classmates ranked in the top 10. To her right is Tyler Wrenn (#4), Caitlin Silva (#3), salutatorian Kelly Edwards, valedictorian Mackenna Jacovich, and back row (left to right) Kerri Mastrantuono (#10), Ashanti Flemming (#9), Tea Culani (#8), Sohan Aziz (#7), and Julissa Rodriguez (#6).

full self to everything you do," said Silva.

One of the greatest factors to her success were "my parents, I could not have worked so hard without their encouragement," said Silva.

Her best academic memory was "all the essay writing in Mrs. Cybart-Persenaire's class. It was a lot of rigorous work, but I got to be creative, challenge myself and become an advanced writer," said Silva.

"I would say she is the total package, intelligent, hard working, active, very responsible, and kind," said science teacher Mrs. White-Clark, the National Honor Society advisor.

Tyler Wrenn

Wrenn, ranked fourth, attended Our Lady of Mount Carmel for all eight years of school before coming to Kennedy.

His middle school rank was never clearly specified but he knew he "was within the top 10," he said.

Wrenn attends Trinity College in Hartford aiming to major in neuroscience, which is the study of the nervous system.

"For the underclassmen, start seriously looking into colleges as soon as possible. College is a huge chapter in a person's life and it needs to be spent at the perfect place for them for maximum development and success," he said.

Wrenn won the Zimmitti Memorial Soccer Scholarship of \$1,000 and a Memorial Scholarship from his church, Our Lady of Loreto for \$1,000, he said.

He participated in Key Club, P.A.S.S, Yearbook Committee, Chess Club and was the President of National Honor Society, as well as captain of the soccer, swimming and tennis varsity teams.

"I was able to balance it all by making the necessary sacrifices needed such as setting priorities and having to give up time on activities that otherwise might've been enjoyable but were in the way of what needed to be done," said Wrenn.

"He is a gentleman. He seemed to have a quiet understanding and he could see where I was coming from," said Mr. Mobilio, who worked with Wrenn junior year in AP U.S. history.

Samantha DeCena

DeCena, ranked fifth, went to B.W. Tinker Elementary,

then to Our Lady of Mount Carmel School.

In college, she hopes to pursue pre-med and major in biology at Boston University.

"Self-motivation, determination, focus, and unwavering support from my teachers, friends and family was crucial to my success," said DeCena.

Samantha won the Connecticut Community Foundation Regional Scholarship, and was given a full tuition scholarship to Boston University, worth about \$45,000, she said.

"I advise that if something is not right, one should do their best to make it right. Don't be afraid to change something just because others are reluctant to do so. Also, remember that courage is relative. Just like pain, courage is subjective and there is no way to tell exactly what another person is feeling or all that they have been through," said DeCena.

She was the senior class vice president and participated in Best Buddies International, Harvard Model United Nations, volleyball, National Honor Society, Key Club, Yearbook Committee, and Pride and Spirited Seniors.

Her favorite academic memories were whenever "I was not suffering from a crippling case of procrastination," said DeCena. "To me there is not a satisfying balance between work and play since I have found myself having to sacrifice sleep or socializing."

"She was interested and focused about her education which I loved, overall a very nice person, very accepting of everyone, which in today's world can be unusual," said psychology teacher Ms. Tuttle who worked with DeCena in AP Psychology during senior year.

From a parent's perspective, DeCena prospered as an individual.

"From winning prom queen to getting an amazing scholarship from Boston University, she makes us so proud," said her mother, Divina DeCena.

Julissa Rodriguez

"I spent most of my life in New York City and went to Public School 210, Saint Joseph Catholic Academy, and another one I cannot recall at the present moment for elementary school. I went to Intermediate School 52 for middle school," said Rodriguez, ranked sixth.

"You start out with an (A) in this class and it is your job to keep it," said Mrs. Ruff her sixth grade teacher, according to Rodriguez, and that memory in particular motivated her.

"It may sound cheesy, but that inspired me to try my best and to work hard in school," said Rodriguez.

She wants to major in psychology and possibly minor in neuroscience, and is attending Gordon College.

"Many people haven't heard of it but it's a small Christian college in Wenham, Mass. I aspire to become an immigration lawyer. But one of my greatest goals is to live life to the fullest and have as many good and wholesome adventures along the way," she said.

Rodriguez won the Carter Cares Scholarship worth \$2,000 and the Connecticut Community Foundation Regional Scholarship of an undisclosed amount.

Rodriguez was the senior class treasurer, and was on the Prom Committee, National Honor Society, Library Club, and served as Art Club co-president, and participated in P.A.S.S.

"I have had some of my best memories in these clubs, it was more than worth it," Rodriguez said. "With grace, patience, and diligence you get through it. It was stressful, but I took it a day at a time. It also helps to keep a planner, rather than relying on memory; it gives your mind space to focus on the task at hand."

Her favorite academic memories were "all the puns and funny moments with friends in class, and when you studied so hard for a test and you get the satisfaction of good grade after all the hard work, it just makes it all worth it in the long run," she said.

Some factors helping Rodriguez to succeed were her "faith, family, friends, and last but not least the staff here at Kennedy. I owe all my success to those who have helped me along the journey and for that I will always be proud to call myself a Kennedy Eagle," she said.

After all the long nights of studying, exciting moments, and new relationships that will last a life time, she will be an "eagle forever," said Rodriguez.

"She is a very hardworking student and she always looks out for others," said Mr. Clark, who worked with Rodriguez in his Talented and Gifted classroom her senior year.

See Top Seniors, page 3

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Top seniors

Continued from page 2

Sohan Aziz

"I came to Kennedy in the 2012-2013 school year as a sophomore from Bangladesh," said Aziz.

His first elementary school is located in a "remote village" and the second one is a "boarding school located in the capital Dhaka." His middle school and high school is the same institution. It goes up to two years of college. It's called Rupnagar Model School and College, located in the capital of Bangladesh, Dhaka. His middle school rank was eighth and his high school rank was first.

"I was about to finish grade 10 in December of 2012, but I had to leave because we received a family visa and my dad wanted us to have a better future so I enrolled at Kennedy in November," said Aziz.

Sohan attends the University of Connecticut at Storrs majoring in biology and studying for medical school.

"For the underclassmen, prove every unbeliever wrong through actions, not words," said Aziz.

Aziz was editor-in-chief for the yearbook, D.E.C.A historian, National Honor Society member, and a P.A.S.S member. He has also played boys' tennis last year, and volunteered at Saint Mary's Hospital's Emergency Room every Friday from 3 p.m. to 5 p.m.

"I would say thirst for success is the leading factor to my success. Success is my motivation. Also, I must give credits to all the Kennedy teachers and staff who have helped me throughout these past few years. They are the real hero behind the scene," said Aziz.

His favorite academic memory is "my first day at Kennedy, I was just thrilled and excited, and I did not mind taking on the new environment," said Aziz.

"He was an overall pleasure to have

in my class; he was always respectful and dedicated to his studies, while also being active in after school activities," said History teacher Mrs. Fitzpatrick, who worked with Aziz in her honors History class his sophomore year.

Tea Culani

Culani, ranked eighth, attended Bunker Hill Elementary School and West Side Middle School, where she was ranked ninth.

She attends Central Connecticut State University; her major is undeclared business, meaning she is undecided as to what field in business she wants to pursue.

"Advice to underclassmen would be to get classes you think you are prepared to take. Some classes are not for everyone, and don't overdo it. Have fun and get involved. It's the best way to make your high school experience memorable," said Culani.

Culani won the Connecticut Community Foundation Scholarship of an unknown amount. She was president of Key Club, vice president of D.E.C.A, volleyball captain, and was a member of the Student Council.

With so much on her plate she had "to stay organized to balance it all," said Culani. "My family, teachers, and friends always pushed and motivated me to be a successful student and a well rounded person."

"She has grown as a person and has a stronger sense of what responsibility really is, especially while maintaining her job, sport, clubs, and grades," said Teuta Culani, Tea's mother.

Ashanti Fleming

Ashanti, ranked ninth, completed grades one through four at Chase, and 5th grade at Kingsbury. In 6th grade she was at North End, while 7th and 8th were at West Side School since her family are house flippers who buy, fix, and sell houses. Her middle school

rank remained fifth.

"I am going to Clarkson University (in Potsdam, New York) where I will major in pre-med with a focus in biology. I aim to become a psychiatrist," she said.

Her extracurricular activities include P.A.S.S, Writing Club, National Honor Society, Book Club all four years, Broadcast Club until her sophomore year, and Glee Club during junior year.

"To be really successful, you need a calm and cool approach to calculate the best course of method for doing anything, including work. Also, my parents, especially my mom, helped a lot since she always pushed me to do good. Then having others, like Dr. Mikael, always say I am great, and can achieve great things, always helps," said Fleming.

Scholarships she won include "the National Congress of Black Women of \$1,500, J&J Inc. of \$500, Ronald McDonald House Charities of \$8,000, First Congregational Church of \$4,000, American Savings Bank Foundation of \$6,000, two Connecticut Community Foundation Scholarships, and a full ride to Clarkson worth \$58,000; two thirds from Clarkson the other one third from the National Science Foundation as an ASPIRE Scholar," according to Fleming, for a total of \$78,000.

"I have watched her blossom from a shy introvert into a young lady who can speak up for herself, and I love how she stands up for not only herself, but the underdogs too," said Mrs. Fleming, Ashanti's mother.

Kerri Mastrantuono

Mastrantuono, ranked tenth went to Tinker, then Blessed Sacrament for grades six to eight.

She attends UConn in Storrs, majoring in elementary education.

She was involved in four years of volleyball and softball, two years of basketball, Key Club, Relay for Life, was the fundraising chair of National

Honor Society, and a Super Senior.

"How was I able to balance it all? I honestly don't know! I took on so much right from the start that I think my motto was always just, I will figure it out. Whenever someone asked me how I would manage three APs junior year and five APs senior year, my athletics and my social life, I feel like I always just avoided the question with 'I'll figure it out, don't worry' and I continue to say that to this day," Mastrantuono said.

For someone whose goal freshman year was to graduate in the top 10, Mastrantuono's "favorite academic memory was finding out I was graduating in the top 10," and said she was shocked when she found out her rank from this reporter.

"Some factors leading to my success were a combination of personal ambition, as well as external motivators such as my parents and friends. I

had an amazing support system through it all. All of my friends were going through the same thing I was, as far as a very full plate. So I had people to talk to and lean on for support who know exactly how I felt. That was good and definitely made me more comfortable with testing my limits both academically and athletically."

In addition, her parents played an important role to her success.

"They were always very strict with school work when I was growing up, but they became more lax once I got to high school," she said.

"Your education is on you now. It is all about what you make out of it. Either make the most of it, or just get by. It's your choice," said her parents, Mr. and Mrs. Mastrantuono.

This provided her with an inspiration: "I took that freedom and ran with it, it was more of a motivator to make them proud than anything," she said.

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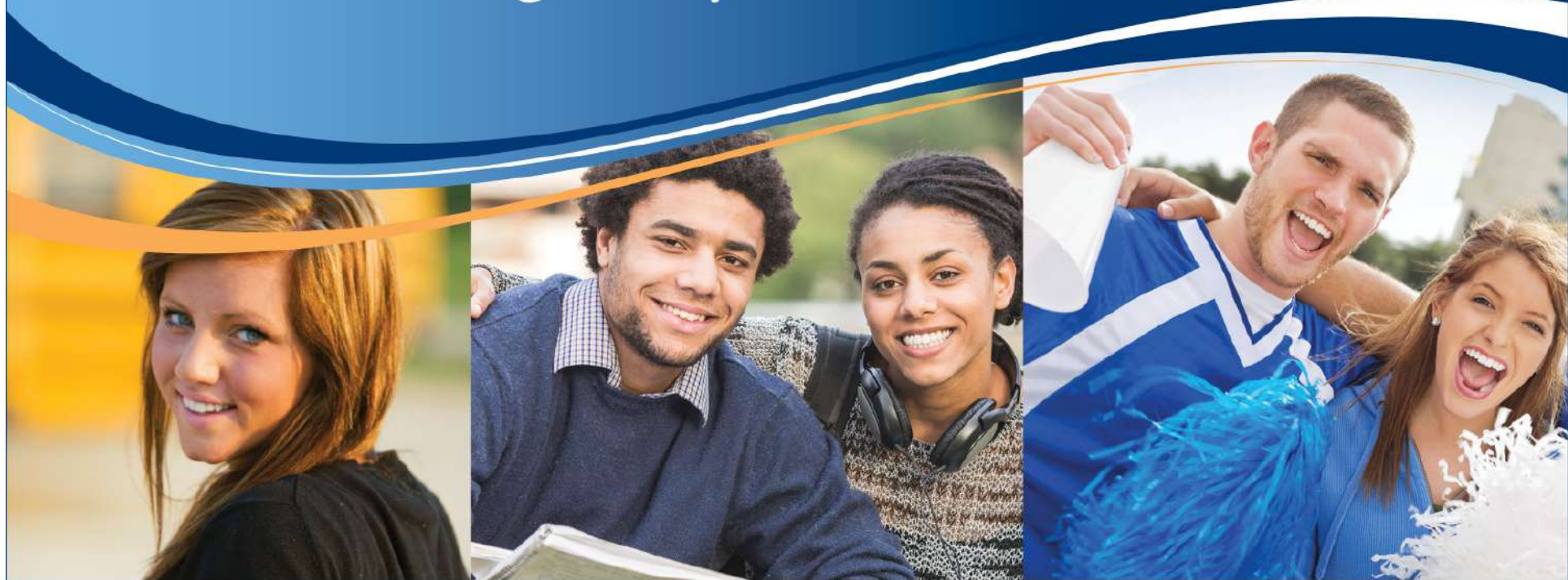
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Homeless numbers rise, so participate in coat drive

Staff Editorial

Life's good, or so they say until the end of the month comes and the envelopes start piling up. Homelessness and tenant evictions are becoming an increasing problem nationwide.

The Wall Street Journal cites homelessness in New York cities. Numbers had risen from 50,000 to 57,000 from January 2014 to September 2014. Contrary to popular belief not all those kicked out are single people or those living alone; many are families who were kicked out because of the abundance of expenses. When evicted there are a few shelters to go to and there is always overcrowding. The homeless are humans and deserve the right to a nice life, instead of the street.

All across the United States and the world like in Germany, who has had to install new transport systems, there are homeless people. Germany has had "more than half a million migrants who have poured into Europe" (Thomas & Feher, 2015). The homeless are forced to move around and beg for food, plus live out of shopping carts and boxes along the sides of streets. On TV there are always commercials about helping the homeless in another country like Africa, but what about America? All around us there are people being kicked out onto the streets whether we realize it or not.

All across the world there are organizations that try to help with homelessness like the National Coalition for the Homeless since "the number of homeless people sleeping each night in municipal shelters (is) exceeding 60,000 people, including 25,000 children, for the first time ever" (2015). That is just New York.

However, the real issue that needs to be brought up are costs. Expenses like bills are the main reason why many people are evicted or start out homeless. The rising taxes are becoming more difficult to pay, especially with low wages. The average cost of living has skyrocketed. Let's do something with the cold weather approaching and put our Eagle spirit and Kennedy pride to good use. Acts4 Ministry, a non-profit charitable group in Waterbury, is conducting a coat drive. Check your closet, and even if you only have two, consider giving one to a man, woman or child who truly needs it. Bring coats to room 105 and start making a difference today.



New wing lovely but long on problems

By Samantha Campanaro
Staff Writer

Sound, temperature, hallway crowding need addressing

COMMENTARY

"Please get out of the way." That's all you hear as a small junior makes her way down the new corridor struggling to get to second period.

While the new building in its glory is very essential to the school, it comes with its pros and cons.

According to most students the new wing's worst features are the hallways. Many students believe they are too small and are hard to navigate. Much like myself who you read about in the beginning.

With smaller hallways it's difficult to get from class to class especially when people crowd them up to talk to their friends. So it results in tardies and upset teachers. It wouldn't be so bad if the distance from the main building wasn't so bad, but that adds a good minute onto every commute. And the stairs, whew. Fire drills in that building are a pain.

Bells ringing and announcements being heard?

“Let's not forget the outside (of the renovations). As a tennis player myself when I first saw those courts it brought tears to my eyes.”

Forget about it. There have been many issues with the announcements and alarm system in the new wing because of technological problems, even after a month and a half. This causes students to continue to be late and not know when classes end.

Besides the cramped feeling and tardy issues, one major issue that has students trying to worm their way in and out of the dress code, is the temperature.

The new building has a fluctuating temp which never seems constant. Students complain about it constantly being too cold, especially in rooms like science teacher Ms. Velez's, room 350. The AC seems like it is always blasting even though the rooms are supposed to reach a stable tem-

perature at 70 degrees Fahrenheit.

While the rants about the addition could go on and on forever, it's important to balance the cons with the pros.

Our school had been getting a little outdated for the twenty-first century which is why the renovation on the previous main office and guidance office area and the new building are completely necessary.

The extra space and new classrooms are beneficial because of the over abundance of students. With more than 1,400 students overcrowding was becoming an issue. With new rooms, students can be more evenly spread out creating less chaos.

Not only is the inside of the renovations beneficial but let's not forget the outside.

As a tennis player myself when I first saw those courts it brought tears to my eyes. For those who might not be able to recall the old courts behind the school, they were in a horrifying condition. The cement was tearing up with huge cracks in the playing area. And we only had two, which seriously limited our usage.

The rickety wooden bleachers leading down to the football field are getting replaced, which is a good thing because there were many ways someone could have gotten hurt on them.

Football players are most likely excited to be playing on new turf with actual yard lines on the field and no muddy puddles every 10 feet. While many of us complain, we should be happy because this was a much needed improvement. And with time, these issues might get fixed.



The Eagle Flyer

The Eagle Flyer is published monthly and distributed free of charge to Kennedy High School and the greater Waterbury community.

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

The Eagle Flyer is a member of the Columbia Scholastic Press Association, the New England Scholastic Press Association and the Journalism Education Association.

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

Staff

Samantha Campanaro, Jade Roman, Almesa Sabovic, Micaela Snow, Kailee Alvarado, Alani Arias, Julita Becolli, Justyn Welsh, Caitlin Abrantes, Mahalia Anderson, Talia Bairstow, Jaleesa Bellamy, Casandra Berro, Vincent Guareno, Aaron Hernandez, Ganiya Hunter, Gabriela Tlalpan, Carlie Collini, Jackie Hernandez, Franchesca Araujo, Melisa Castro, Lyne Charles, Reese Coran, Bryan Garcia-Medina, Selina Kamo, Xheklin Nano, Jeanette Rendon, Michael Dunn, Anya Grant, Darian Houghtaling, Madison McPeck-Turner

Illustrator
Melisa Castro

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Mrs. Cybart-Persenaire

State must help mentally ill to avoid shootings

By Carlie Collini
Staff Writer

COMMENTARY

As a concerned citizen and student I feel it is my obligation to address the cutback on funding help for mental institutions. This cannot go on.

Oct. 1, 2015, a shooting took place at Umpqua Community College in Roseburg, Oregon. As school shootings become more and more of an issue it is shocking to see Connecticut does not have the funds to accommodate the mentally ill.

Only three years ago, Dec. 14, 2012, Connecticut endured a heavy loss of 20 students and six staff members, at the Sandy Hook school shooting. As heartbreaking and surreal as these events are, they cannot go on ignored.

Now if I remember correctly Mr. Adam Lanza applied for a Connecticut state gun permit and due to a line of mental health issues in his family, he was denied. If this is the case then I'm not sure why he wasn't looked into, as a way to possibly prevent the events that occurred Dec. 14. Perhaps if

“In a time of such confusion and hopelessness, it is imperative that people who suffer from mental illnesses receive help. (The cutback on funding for mental health institutions...cannot go on.”

Connecticut offered more access to help for those with mental illnesses, he could have been treated, thus preventing 26 deaths. This is not to say that all mentally ill people will commit such an act, but it is evident that those who have committed these acts are mentally unstable.

In a time of such confusion and hopelessness, it is imperative that people who suffer from mental illnesses receive help, as they can be detrimental to themselves and others. Not only are these shootings hate crimes, they are a cry for help. As Connecticut cuts back its ability to help the mentally ill, it is essentially promoting more tragedy.

Awareness extends beyond breast cancer

By Sheila French Correspondent *Drinking, smoking contribute to head/neck cancers*

COMMENTARY

With October, and breast cancer awareness here, people should also know about some less-discussed but still deadly cancers, such as: lung cancer, pancreatic cancer, colon cancer, and head and neck cancer.

Many people hear about lung cancer when someone is smoking, but there are other causes. Chemotherapy can cause other cancers; “women who skipped chemo based on the test had less than a one percent chance of cancer recurring far away, such as the ... lungs, within the next five years,” (Marchione, 2015). Not many people know lung cancer is the number one cause of cancer-related deaths for U.S. men and women (dosomething.org 2015). This is reason enough for this cancer to be talked about more. But in addition: the survival rate of this cancer is only 17 percent (dosomething.org 2015) and there are about 221,200 cases of lung cancer nationally this year (cancer.net 2015).

Pancreatic cancer is rarely mentioned, despite some shocking statistics. In 2015 in America alone, about 48,960 new cases have been reported (American Cancer Society 2015). This is a decently large number, especially since only 7.2 percent of those diagnosed will live five years or more after diagnosis (seer.cancer.gov 2015). Although it only makes up about three percent of all cancer cases, it also causes seven percent of cancer deaths (American Cancer Society 2015).

Being the second leading cancer-related cause of death in American men and women (and third if the genders are separate) (unitypoint.org 2015), colon cancer is not adequately mentioned among most people. This can-

cer tends to affect more men than women, but, together, 93,090 new cases have been diagnosed and reported in the United States in just 2015 (American Cancer Society 2015). There are not many activities bringing awareness to colon cancer, despite the number of deaths it causes.

Those diagnosed with cancers of the head and neck have about a 50 percent chance of living five or more years (mcancer.org 2015). About 59,340 people will develop this cancer in 2015 (cancer.net 2015). 50 percent

of this number is not very high, but the causes of these cancers are too commonly used for this to be talked


about as little as it is. 85 percent of all cases of head and neck cancers are caused by tobacco and people are at an even higher risk with alcohol use (medicinenet.com 2015). These two items, smoking and drinking, are popular in today’s society, so this cancer should be discussed as a risk associated with these behaviors.


Many cancers are not sufficiently discussed, compared to their statistics. Lung cancer, followed by colon cancer, are the leading causes of cancer-related deaths in America (lung cancer having only a 17 percent survival rate), pancreatic cancer has a 7.2 percent survival rate, but claims less victims, and head and neck cancers may be caused by two popular vices: alcohol and tobacco.



CONGRATS MRS. HAYES ON BEING NAMED TEACHER OF THE YEAR IN CT!

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Poetry Corner

We All Believe

We are all humans,
 with blood and bones
 But some of us are being held
 down by society's stones
 Trying to get up
 is harder than it seems
 Why can't we just be happy
 and live our dreams?
 Society needs to come together
 and let others be free
 Acceptation is necessary,
 to many it is key
 It is in the distance
 and within time we will see
 We will arise and fight
 for what we can achieve
 Our right to be who we are
 is what we all believe

-Kailee Alvarado

Flawless Imperfections

You may hate yourself,
 But you make my heart melt.
 You hate the way you laugh and how people say it's funnier than the joke,
 But without it I swear I can feel myself choke.
 You hate that your voice has a tendency to crack,
 If it makes you feel better it's what brought my happiness back.
 I can tell you've been through a lot just by the way you stand,
 If I was there, to you I would have ran.
 You have your battle scars and I have mine,
 Noticeable still yet they've faded over time.
 I can't imagine life without you,
 Even though I only met you what feels like a short time ago.
 You seem stressed or sad some of the time,
 Anything that breaks you should be considered a crime.
 You make me feel more a part of this world just by saying my name,
 I'm not just some droplet lost in the rain.
 You may feel worthless, afraid or alone,
 But you won't ever have to face it on your own.

-Alydia Madera



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Make dinner healthy, fun with these tips

By Mahalia Anderson
Staff Writer



Easy lemon pasta with chicken

- 1 pound dried penne
- 2 chicken cutlets, cut into fingers
- Salt and freshly ground black pepper
- 3 cloves garlic, sliced
- 1/4 teaspoon red pepper flakes
- 3 tablespoons olive oil
- 3 tablespoons roughly chopped fresh parsley, for garnish
- 2 lemons, juiced
- 1/2 cup grated Parmesan

Cook the pasta in a large pot of boiling salted water, until al dente. Drain well. Season chicken with salt and pepper. Heat a large grill pan over medium high and add chicken. Grill until golden and completely cooked. Remove to a plate and slice. Add the garlic and red pepper flakes to a saute pan with 3 tablespoons of olive oil and saute until fragrant. Add the cooked pasta and turn heat off. Mix all together. Remove pasta to a large bowl. Add chicken to the warm pasta and season with salt and pepper. Sprinkle in chopped parsley. Add the juice of two lemons and mix.

Chocolate chip cookies

- 2 1/4 cups all-purpose flour
- 1 teaspoon baking soda
- Fine salt
- 1 1/2 sticks (12 tablespoons) unsalted butter, at room temperature
- 3/4 cup packed light brown sugar

- 2/3 cup granulated sugar
- 2 large eggs
- 1 teaspoon pure vanilla extract
- One 12-ounce bag semisweet chocolate chips

Position 2 racks in the center of the oven, and preheat to 375 degrees F. Line 2 baking sheets with parchment.

Whisk together the flour, baking soda and 1 teaspoon salt in a large bowl.

Beat the butter and both sugars on medium-high speed in the bowl of a stand mixer fitted with a paddle attachment (or in a large bowl if using a handheld mixer) until light and fluffy for about 4 minutes. Add the eggs, one at time, beating after each addition to incorporate. Beat in the vanilla. Scrape down the side of the bowl as needed. Reduce the speed to medium, add the flour mixture and beat until just incorporated. Stir in the chocolate chips. Scoop 12 heaping tablespoons of dough about 2 inches apart onto each prepared baking sheet. Roll the dough into balls with slightly wet hands. Bake, rotating the cookie sheets from upper to lower racks halfway through, until golden but still soft in the center, 12 to 15 minutes (the longer the cook time, the crunchier the cookies). Let cool for a few minutes on the baking sheet, and then transfer to a rack to

I Am

I am from the meals cooked by the women in my family;
From the ghetto,
From the Cape Verde Islands,
From Avocado,
And roaring seas.

I am from the marriage of my grandmother to her unbidden love;
I am from a tropical place,
From Mexico,
From fruit trees.
I'm half gang banger.

I am from a quiet place;
From Cristo de los Milagros,
Whatcha gonna do about that?

I am from the house that smells like food.
I am from the family where education comes first.
I am from corner stores and brick condos.
I am from the complex that smells like lavender,
From roses, apple trees and people constantly arguing.
I am from the ugly yellow apartment;
From the pearl,
The pearl is a part of me.

I am from curly hair and family dinners
Where no one can hear each other.
I am from Garcia,
From bad tempers
And from loving women.

-Written by the Allied Health Class of 2016-
Formatted and compiled by Ms. Travisano



Attention! Anyone interested in science, writing, or photography, join the Audubon Society Club, a non-profit environmental organization dedicated to conservation. This club is great to sharpen skills, and to be involved in a community, and we're looking for writers, photographers, artists, and anyone interested. To join just go speak to Mr. Morgan in room 137.



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Sports

Hotchkiss places 18th out of 400 runners

Cross country teams compete statewide afternoons, weekends



BOYS' TEAM Cross country runners pause for a photo during a September 2015 meet. Top row, from left to right: sophomores Matthew Farley, Andry Evangelista, junior Don Cianciolo, seniors Shareef Ferrer, Matthew Sergeant, sophomores Kyle Hotchkiss, Cody Bassett, senior PhyaevKyaw. Bottom row, left to right: freshmen Michael Graham, Sergio Guevara, junior Christian Milian, sophomore Ansel McKinney, freshman Aaron Lamar, junior Dan Mead, and sophomore Arlen Milian.

Photo by Mr. Graham



GIRLS' TEAM Members of the girls cross country team pose for a photo during a September 2015 meet. From left to right: senior Lineshka Ruiz, freshmen HertaSufka, Risper Githinji, senior Gabrielle Moss, sophomores Fuka Reale, Cameron Feliciano, Tatiana Odasz, junior Jaessy De Los Santos, sophomore Syrenitee Kee, freshman Allison Rivera, and junior Leslie Dennis.

Photo by Mr. Graham



TROPHY WINNER
Sophomore Kyle Hotchkiss won 18th place out of 400 runners at Wickham Park in Manchester, Conn.

Photo by S. Gaynes

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