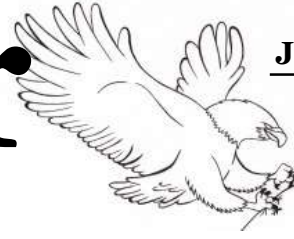


Need a last-minute card for Feb. 14? Ms. Naughton in room 130 has you covered!
Read page 2

What are you most looking forward to in the brand new year of 2023?
Read page 3

Celebrate Black History Month with a Super Bowl singer and NBA star, all city natives.
Read page 7

The Eagle Flyer



January/February 2023
Kennedy High School
422 Highland Avenue
Waterbury, Conn. 06708
Volume XIX, Issue V



Green growing, eating kicks off new year

GEAR UP hydroponics gives STEM lesson



AFTERNOON CLUB
Sophomores (from left to right) Lindsay Figueroa, Angela Mboya and Dainah Person clean the net pots after harvesting round one of the tower garden in the Grow with GEAR UP Club after school Tuesday, Jan. 24, 2023 in room 242. The tower garden has a 20 gallon water tank that pumps water up the hanging roots of each pot, and butter lettuce, kale, swiss chard, basil, and squash were among the items harvested, according to program director Mrs. Agati.

NO SOIL NEEDED
In photo above, GEAR UP program director Mrs. Agati, left, and teacher adviser, second from right, Ms. Aldana, assist students with project-based learning and STEM activities such as harvesting plants grown in the tower garden (see near right photo). Senior Angelina Severino, second from left above, stopped by to help sophomores Jade Camaco (middle) and Alicia Keller, far right, Tuesday, Jan. 24, 2023 after school in room 242.



EATING HEALTHY
The top far right photo shows the salads students enjoyed from the tower garden Tuesday, Jan. 10, 2023 and the bottom right photo is the bagged produce they brought home. The bottom left photo is sophomore Lindsay Figueroa cleaning net pots.



WAVE program at NVCC enables students' success

Compiled by staff reports

Did you know that nearly in your own backyard--well, Kennedy's backyard, that is--there is a program designed for your best success in the real world?

It's true: the program, known as WAVE (Workforce Achievers Value Education) has been around since 2005, and seniors heard an inspiring presentation from two Naugatuck Community College students and the director Wednesday, Jan. 25, 2023 in room 110.

SOARING TO SUCCESS Kennedy graduate and Naugatuck Valley Community College (NVCC) student Luis Colon (far left), speaks to seniors regarding the benefits of the WAVE program at NVCC. A Crosby High School graduate (middle) also spoke, as did program director Ms. Tracy Mahar (right) Jan. 25, 2023.

The program has been a wonderful asset and he enjoys it, said Luis Colon, a Kennedy graduate.

A Crosby graduate spoke of how affordable WAVE makes college while offering employment she enjoys.

Program director Ms. Tracy Mahar explained many of the benefits, including financial resources, internships, part time jobs, mentoring, academic tutoring, and more. For more information, contact her at tmahar@nv.edu, by phone at 203-575-8224 or, see Ms. Moutinho in the school counseling office.

Some scintillating science from 2022

Edited by Nirupama C. Nigam, Ph.D.
Science teacher

News includes, brain cells play video game

Brain Cells Grown in Lab Learn to Play Video Game

Australian researchers have grown brain cells in a lab that have learned to play the vintage video game Pong. The 'mini-brains' they created can sense and respond to their environment. Dr. Brett Kagan said his team had created the first 'sentient' brain grown in a lab.

"We could find no better term to describe the device," he said. "It is able to take in information from an external source, process it, and then respond to it in real-time."

In the experiment, researchers grew human brain cells from stem cells and mouse embryos into a mini-brain consisting of 800,000 cells. They connected the mini-brain to the game Pong via electrodes that indicated which side the ball was on and how far from the paddle it was. Upon 'viewing' the video game, the cells produced electrical activity, said the scientists, who gave the cells feedback on whether they were hitting the ball.

The mini-brain learned to play the game in five minutes, the researchers said. It frequently missed the ball, but its connection rate was higher than random chance.

Some Who Seem to Be in a Coma May Be Conscious; Can Hear Us

It's called "covert consciousness," a state in which the brain reacts to the outside world with some comprehension, but the body remains unresponsive. *Scientific American* reported that as many as 15 to 20 percent of patients who appear to be in a coma exhibit this kind of internal awareness when monitored with technology that

can measure brain activity. This is changing scientists' understanding of comas and other unresponsive states.

Studies have found that people whose "covert consciousness" is detected early have a greater chance of full, functional recovery.

"This is very big for the field," a neuroscientist said about the first major study of the phenomenon. "The understanding that, as the brain recovers, one in seven people could be conscious and aware, very much aware, of what's being said about them, and that this applies every day, in every I.C.U.--it's gigantic."

Scientists Successfully Transplant Human Brain Cells Into Baby Rats

In a study published in the journal *Nature* in October 2022, scientists injected human nerve cells into the brains of rats. They found that those neurons continued to grow, forming connections with their host's brain cells and guiding their behavior. Those cells ultimately grew to comprise one-sixth of the animals' brains.

"The ultimate goal of this work is to begin to understand features of complex diseases like schizophrenia, autism spectrum disorder, bipolar disorder," said Paola Arlotta, a Harvard neuroscientist.

But some scientists are nervous. At what point does a rat implanted with human cells cease to be a rat? And could the process create, gulp, highly capable 'super rats'?

"It raises the possibility that you're creating an enhanced rat that might have cognitive capacities greater than an ordinary rat," said Julian Savulescu, a bioethicist at the

National University of Singapore.

Men Age Faster Than Women; Are 'Four Years Older' by Age 50

Scientists said they've found evidence that men age faster than women, and men are biologically four years older than women by the time they're 50 years old. This 'aging gap' also exists between men and women in their 20s. Researchers in Finland looked at 2,240 twins in two age groups: Those between 21 and 42 years of age and those between 50 and 76. Using the epigenetic clock, a biochemical test used to measure age, the scientists compared each person's chronological age to how old the epigenetic clock said they are biologically.

Using the clocks, the researchers found that men were biologically older than women, and the difference increased with calendar age, even when accounting for lifestyle. When comparing male-female twins, the male was about one year biologically older than his sister in his 20s and four years in his 50s. These pairs have grown in the same environment and share half of their genes. The difference may be explained, for example, by gender differences in genetic factors and the beneficial effects of the female hormone estrogen on health.

One Billion Crabs Mysteriously Disappear from Alaska

In October, CBS News reported that one billion crabs have disappeared from Alaska in the last two years, and experts cannot give a reason yet. That amounts to 90 percent of their population. The decline is so severe that fish and game officials have canceled

Handmade cards for sale



CREATIVE COMMUNITY Ms. Naughton and her Community Based Training (CBT) students are selling handmade Valentine cards (pictured above) for \$2.00 each. Stop by room 130 in the Business hallway for more information.

Photo by A. Cybart-Persenaire/staff

the upcoming winter crab season for the first time in state history, and the economy is likely to take a \$200 million hit. What's more: scientists worry this may be an ominous sign for the global ecosystem.

Disease is a potential explanation. Climate change is another. NOAA indicates that Alaska is the fastest-warming state, and crabs need cold water to survive.

Miranda Westphal, a biologist with Alaska's fish and game department, said between 2018 and 2019, the Bering Sea "was extremely warm and the snow crab population kind of huddled together in the coolest water they could find. They probably starved to death and there was not enough food."

Greenland Disappears Much More Quickly than Previously Believed

The world's second-largest sheet of ice, also known as Greenland, seems to be disappearing faster than scientists previously thought. Warmer ocean waters and rising air temperatures have accelerated the arctic land's melting. According to a study published in the journal *Nature Geoscience*, Greenland is losing about 250 billion metric tons of ice each year.

Those losses are accelerating over time. Warm air causes the surface of the ice sheet to melt, and the runoff is deposited into the oceans. Scientists said this churns the waters, which causes heat to rise from the oceans and further warm the waters that touch the ice. That makes the glaciers melt faster.

This "could push up ocean levels to the degree that even New York and San Francisco will have to prepare for a new normal," *MarketWatch* reported. "Scientists are particularly concerned about the effects that a melting ice sheet could have on some coastal U.S. cities, such as New York City; Washington, D.C.; San Francisco; and New Orleans. These popular metro areas could become underwater cities if ice sheets melt enough to raise the sea level significantly."

30,000-Year-Old Baby Woolly Mammoth Found in Canadian Ice

When miners in Canada discovered an animal frozen within the permafrost, they quickly called experts. None of them were prepared for what emerged: University of Calgary researchers were stunned when it was determined to be a female baby woolly mammoth, about 30,000 years old, with perfectly preserved toenails, skin, trunk, and hair--the best-preserved woolly mammoth ever found in North America.

"It is as close to meeting a living mammoth as one can get," the school said in a press release. "It was incredible to think this was an animal that died so long ago, but here it is, preserved so well that it still has hair on it--frankly, it was mind-blowing,"

said Dr. Dan Shugar, a science professor at the university. He called it "the most exciting scientific thing I have ever been a part of."

Ice Age-era Footprints Discovered

A study published in August revealed scientists had found 88 fossilized footprints belonging to adults and children, likely dating back 12,000 years, in shallow Utah riverbeds. It's just the second set of human tracks from the Ice Age to be identified in the United States (the first was in 2021).

They suggest humans occupied the area 7,500 years earlier than previously thought, and that could shake up society's current understanding of how humans evolved.

"Now that we have this human element, the story of the very early people becomes more real," David Madsen, an archaeologist at the University of Nevada-Reno, told CNN. "There's more funding available, there's more interest in it, there'll be more recovery."

Near-Earth Asteroids Found

The European Space Agency said there are more than 30,000 near-earth asteroids (NEAs) in the solar system. They're space rocks--occasionally huge ones--that revolve around the sun on paths relatively close to Earth's orbit. And 1,425 of them have a "non-zero chance" of hitting the earth.

Of the 30,039 NEAs, about 10,000 are larger than 460 feet in diameter, and 1,000 are larger than 3,280 feet in diameter. The 1,425 that have a "non-zero chance of impact" are being watched closely by astronomers. Possibly comforting: on average, Earth is hit by a large asteroid every 5,000 years and a civilization-ending asteroid every one million years, said NASA.

Nudge Asteroids Off Track

NASA smashed a spacecraft, known as DART, directly into an asteroid in September. Their aim: to see if such a collision could knock the asteroid off its orbit, something that could protect Earth from an apocalyptic asteroid strike, like the one that wiped out the dinosaurs millions of years ago. The \$325 million craft--about the size of a vending machine--was directed at the asteroid Dimorphos, about 6.8 million miles away from Earth.

It slammed into the space rock at 14,000 miles an hour and was destroyed instantly. The mission seems to have been successful, nudging Dimorphos off its previous orbit.

"As far as we can tell, our first planetary defense test was a success," said Elena Adams, DART's mission systems engineer at the Johns Hopkins University Applied Physics Laboratory (JHUAPL), after the impact. "I think Earthlings should sleep better. Definitely, I will."

JUNIOR CLASS FIELD TRIP

LAKE COMPOUNCE

JUNE 2ND 2023

\$50 AND INCLUDES CATERED LUNCH.

YOU CAN SAVE YOUR SPOT WITH \$20 AND MAKE PAYMENTS UNTIL MAY 5TH.

FINAL PAYMENT IS DUE ON MAY 5TH, NO EXCEPTIONS

IF YOU WOULD LIKE TO ATTEND, SEE MS. DEVEAU IN ROOM 151 FOR PERMISSION SLIPS!

What are you most looking forward to in 2023?

By Justin Montanez, Aryana Rivero
Features Editor, Managing Editor



"Having my baby girl."
Mrs. Gianelli, Spanish teacher



"Looking forward to license, moving out, more income, a car."
Inam Majee (left), Tajanae Angus (right), sophomores



"Going into a new year I don't really look forward to a lot of things because I feel like anything you want to do you should just start as soon as you can. I look forward to mainly just making more money and I'd like to get another tattoo."
Raja Crawford, junior



"Honestly, having fun, and enjoying my last year of high school before I have adult responsibilities. And being a kid, and having fun with friends."
Dereck Ledo, senior



"Looking forward to the new game coming out: Legend of Zelda Tears of the Kingdom."
Mr. Pannoni, grades 9, 12 English teacher



"I'm looking forward to seeing the continued growth from my students, and their improved work and maturity at the end of the year versus the start of the year."
Ms. Hartsoe, grade 9 English teacher



Welcome to a new feature where one staff writer shares her love of seasonal foods

Good eats with Gariann Noodles, dumplings bring luck, \$\$

By Gariann Scott
Staff Writer

Celebrating a happy Chinese New Year (Xinniánkuàilè) --also called the Lunar Year --is a traditional way that Asian and Asian- American people start their new year to honor a household and heavenly deities and ancestors, with modern Asian countries following a specific order of long standing traditions from Jan. 22, 2023, for 15 days with Feb. 5, 2023 as the ending ceremony.

"This feast is extremely important to the Chinese. All family members must come back. Even if they truly can't, the rest of the family will leave their spot empty and place a spare set of utensils for them," according to chinesenewyear.net, an online site providing insight on the Chinese New Year.

Each food on the table for Chinese New Year has a meaning and history behind it. Even the way the food is served has special importance.

"Certain dishes are eaten during the Chinese New Year for their symbolic meaning; 'lucky' food is served during the season, especially on Chinese New Year dinner on New Year's Eve, which is believed to bring good luck for the coming year," according to www.chinahighlights.com/, a website about Chinese culture.

Just like for Americans, the start of a new year means new beginnings and changes. But interesting these 'lucky' foods calls for a year of luck, prosperity and long life, especially if one eats certain noodles and dumplings.

"Long-life noodles," which are up to two feet long, are said to bring luck. According to Chinese tradition, the longer the noodle, the luckier you'll be. Also, according to ancient legend, the number of dumplings you eat during the Chinese New Year predicts the amount of money you'll make

in the upcoming year. Finally, the round Tray of Togetherness...with small treats like dried fruit, nuts or candy... represents peace and family harmony," according to www.tasteofhome.com/, an online network of home cooks founded in 1993.

Comfort foods + chocolate

People who love comfort foods can use this winter season to enjoy tasty foods that can grow during the cold season, ultimately creating dishes that help us get through the cold times during the month of February--including fruit!

"Winter makes us crave comfort foods like stews and fresh-baked breads, but don't forget all the nutrient-dense fruits and veggies in peak season right now," according to cookinglight.com/food/in-season, a site with nutrition information.

The cold and sometimes unbelievable weather causes many people to get sick. So get your vitamin C wherever you can.

"This is a semi-obvious one, but regardless, citrus is in season in February! Thank tangerines, mandarins, grapefruit, lemons and limes--the list goes on," according to spoonuniversity.com, a food site for the next generation started in 2012.

One of the biggest holidays in the middle of one of the shortest months is Valentine's Day, with its main star being chocolate. Chocolate is great all year round. It gets a huge reputation for being special on Valentine's Day, but it does have benefits.

Chocolate contains compounds which "help protect your cells from inflammation, improve your brain function, and boost your immune and cardiovascular health," according to www.webmd.com, a site providing health information.

Celebrate Pooh, creative author

By Serenity Poole
Staff Writer

Author sells more than 50 million copies

Do you know why we celebrate Winnie the Pooh?

Winnie the Pooh is a beloved bear and a name mentioned in nearly all households; first written in a book in 1926, by A.A Milne, people celebrate Winnie Jan.18 annually to give remembrance to Milne, who sold more than 50 million copies.

The name Winnie the Pooh was a combination that came from a black bear named Winnie and a swan named Pooh, according to www.wincalender.com, which is a website to inform people about national holidays

All of the characters from Winnie the Pooh are also based on stuffed animals Christopher Robin owned.

Pooh found much success when introduced in a book; the story hit *The New York Times* bestseller list, according to www.nationaltoday.com, which is a website for holidays and moments worldwide that helps people celebrate with special events.

A.A. (which stands for Alan Alexander) Milne the author and creator of Winnie the Pooh, attended Westminster School in London and Trinity College as well as Cambridge. Milne had wrote and edited for *The Granta*, then later moved to London to become a freelance writer.

After coming home from the Army, he worked towards writing little comedies and gained popularity. He wrote many plays such as *Mr. Pin Passes By*, *Micheal and Mary*, and *The Red House Mystery*, according to www.britannica.com/biography/A-A-Milne, a website used to teach and tell stories to people.

Chinese New Year offers hope

By Evan Perry
Staff Writer

Celebration goes from January to February

New year, new you!

The Chinese New Year, also called the Lunar New Year, is an annual 15-day festival in China that starts the end of January and goes into February. Did you know the dates follow the phases of the moon and, since the 1990s, people in China were given seven consecutive days off from work during the Chinese New Year? Learn more about it!

The origins of the Chinese New Year are steeped in legend: one legend is that a thousand years ago, a monster named Nian would attack villagers at the beginning of each new year.

A quote from the Chinese new year is "(Cantonese) Gong hei fat choy (meaning) best wishes, wishing you happiness and prosperity," according to everydaypower.com, an inspirational website created in 2013.

Some activities that people do during the

Chinese New Year are worshipping ancestors, getting rid of evil spirits and praying for a good harvest. Lunar New Year is one of the most important celebrations of the year among East and Southeast Asian cultures, including Chinese, Vietnamese and Korean communities

Among other Chinese New Year traditions, one of the traditions is a very thorough cleaning of one's home to get rid of any bad luck. People even sometimes prepare and eat special foods on certain days of the celebration to gain more luck, according to britannica.com, a website dedicated to telling real stories and teaching that learning is a lifelong journey.

Another quote for the Chinese New Year is "Wishing you a prosperous year of the Rabbit!" according to chinahighlights.com, a site about Chinese culture, since 2023 is said to be the year of the Rabbit.

Staff Editorial

Let music guide you into fresh start for 2023

Sometimes when day-to-day school or life can get stressful, we can use music to heal or subsist.

While civilizations around the world have been celebrating the start of each new year with festivities beginning Dec. 31 (New Year's Eve), the last day of the Gregorian calendar that continues into the early hours of Jan. 1 (New Year's Day), consider listening to music to help you through all twelve of the months in 2023.

Did you know listening to music can help "reduce anxiety, blood pressure, and pain as well as improve sleep quality, mood, mental alertness, and memory," according to www.hopkinsmedicine.org, the website from Johns Hopkins Hospital and Johns Hopkins Health System.

In addition, making music through singing or playing an instrument in school, in a band, or with friends can connect you with a community of people who share a common interest. And even if you don't play or sing, you can also find people who share your love for a particular band or type of music. Feeling a sense of belonging to something larger than yourself is a proven way to improve mental health. The impact starts in the brain, where music activates many regions, including those associated with emotion and memory.

"There are so many mechanisms that explain the powerful impact that listening to a piece of music can have," according to contributor Suzanne Hanser, on www.aarp.org, a site that is a nonpartisan organization empowering people as they age.

Be sure to queue up the very best track for all the songs you like and which cheer you up or bring you joy. That way, you can truly say 'cheers to 2023' and all the songs of new and old can be a soothing way to get through your day.

As someone pointed out, "(w)hat's a celebration without a soundtrack?" according to www.countryliving.com, a site that participates in various affiliate marketing programs. Why not make each day be a celebration, and whether you listen first thing in the morning, after school, or afternoons and evenings, consider using music as a relaxing, or maybe even energizing, way to handle your day.

While the new year might be quite pressured, let music guide you through the tough days and help manage your fresh start.



INFLUENCER Notable individuals influenced by J. Krishnamurti (pictured at left) -- who is regarded globally as one of the greatest thinkers and timeless, universal teachers of all time -- include George Bernard Shaw, David Bohm, Jawaharlal Nehru, Dalai Lama, Aldous Huxley, Alan Watts, Henry Miller, Bruce Lee, Terence Stamp, Jackson Pollock, Toni Packer, Achyut Patwardhan, Dada Dharmadhikari and Eckhart Tolle. J. Krishnamurti left this planet Feb. 17, 1986, at the age of 90, at Ojai, California.

Image compiled by Dr. Nirupama Nigam/staff

Madame Blavatsky, Dr. Annie Besant: Part III Meet J. Krishnamurti, philosopher educator

By Nirupama C. Nigam, Ph.D.
Science teacher

Gave timeless teachings until Feb. 17 death at 90

COMMENTARY

The world was waiting to welcome the world teacher, but the person groomed to be, denounced the order during the annual Star Camp at Ommen, the Netherlands, August 3, 1929, saying, "I maintain that truth is a pathless land, and you cannot approach it by any path whatsoever, by any religion, by any sect. That is my point of view, and I adhere to that absolutely and unconditionally. Truth, being limitless, unconditioned, unapproachable by any path whatsoever, cannot be organized; nor should any organization be formed to lead or coerce people along a particular path. This is no magnificent deed, because I do not want followers, and I mean this. The moment you follow someone you cease to follow Truth. I am not concerned whether you pay attention to what I say or not. I want to do a certain thing in the world and I am going to do it with unwavering concentration. I am concerning myself with only one essential thing: to set man free. I desire to free him from all cages, from all fears, and not to found religions, new sects, nor to establish new theories and new philosophies."

The world teacher to be, transformed himself into a friend of the universe and he was Jiddu Krishnamurti, popularly known as philosopher J. Krishnamurti. Jiddu Krishnamurti was born May 11, 1895 in Madanapalle, a small town in south India.

He and his brother were adopted in their youth by Dr. Annie Besant, then president of the Theosophical Society. Dr. Besant and others proclaimed that Jiddu Krishnamurti was to be a world teacher as per Theosophists' prediction. To prepare the world for this coming, a world-wide organization called the Order of the Star in the East was formed and the young J. Krishnamurti was made its head. In 1929, however, J. Krishnamurti renounced the role that he was expected to play, dissolved the Order with its huge following, and returned all the money and property that had been donated for this work.

From then, for nearly 60 years until his death Feb. 17, 1986, he travelled throughout the world talking to large audiences and to individuals about the need for a radical change in mankind. J. Krishnamurti is regarded globally as one of the greatest thinkers and religious teachers of all time.

He did not expound any philosophy or religion, but rather talked of the things that concern all of us in our every day lives, of the problems of living in modern society with its violence and corruption, of the individual's search for security and happiness, and the need for mankind to free itself from inner burdens of fear, anger, hurt, and sorrow. He explained with great precision the subtle workings of the human mind, and pointed to the need for bringing to our daily life a deeply meditative and spiritual quality.

J. Krishnamurti belonged to no religious organization, sect or country, nor did he subscribe to any school of political or ideological thought. On the contrary, he maintained these are the very factors that divide human beings and bring about conflict and war. He reminded his listeners again and again that we are all

human beings first, that we are like the rest of humanity and are not different from one another.

He asked that we tread lightly on this earth without destroying ourselves or the environment. He communicated to his listeners a deep sense of respect for nature. His teachings transcend man-made belief systems, nationalistic sentiment and sectarianism. At the same time, they give new meaning and direction to mankind's search for truth. His teaching, besides being relevant to the modern age, are timeless and universal.

J. Krishnamurti spoke not as a guru but as a friend, and his talks and discussions are based not on tradition-based knowledge but on his own insights into the human mind and his vision of the sacred, so he always communicated a sense of freshness and directness although the essence of his message remained unchanged over the years.

When he addressed large audiences, people felt that J. Krishnamurti was talking to each of them personally, addressing his or her particular problem. In his private interviews, he was a compassionate friend, listening attentively to the man or woman who came to him in sorrow, and encouraging them to heal themselves through their own understanding. Religious scholars found that his words threw new light on traditional concepts.

J. Krishnamurti took on the challenge of modern scientists and psychologists and went with them step by step, discussed their theories and sometimes enabled them to discern the limitations of those theories. J. Krishnamurti left a large body of literature in the form of public talks, writings, discussions with teachers and students, with scientists and religious figures, conversations with individuals, television and radio interviews, and letters. Many of these have been published as books, and audio and video recordings.

Education formed a central core of J. Krishnamurti's world view. In fact, J. Krishnamurti spent his entire life talking about education as being the agent not only of inner renewal but also of social change. Education is therefore the foundation on which the good society will build itself.

J. Krishnamurti always asserted the individual's responsibility to the social order: 'You are the world.' One individual's action

therefore affects another, since 'to be is to be related' and in this sense there is no individual consciousness but only a collective human consciousness, which implies that the world is not separate from the individual.

J. Krishnamurti pointed to the harmonious development of the inner and outer worlds of an individual: 'what one is inwardly will eventually bring about a good society or the gradual deterioration of human relationship.' This harmony, however, 'cannot possibly come about if our eyes are fixed only on the outer.' The inner world is the 'source and continuation of the disorder,' and for J. Krishnamurti education should be concerned with

He ... talked of the things that concern all of us in our every day lives, of the problems of living in modern society with its violence and corruption, of the individual's search for security and happiness.

See Behavior, action, relations matter, page 5



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 journalism skills in editorial and business areas. The Eagle Flyer is a member of the New England Scholastic Press Association and the American Scholastic Press Association. School building hours: 7:20 a.m. - 1:50 p.m. Address: 422 Highland Avenue, Waterbury, Conn. 06708 Phone: 203-574-8150 Fax: 203-574-8154

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Poetry Corner

Crossing the Bar

By Alfred, Lord Tennyson

Sunset and evening star,
And one clear call for me!
And may there be no moaning of the bar,
When I put out to sea,

But such a tide as moving seems asleep,
Too full for sound and foam,
When that which drew from out of the
boundless deep
Turns again home.

Twilight and evening bell,
And after that the dark!
And may there be no sadness for farewell,
When I embark!

For tho' from out outbourne of Time and Place
The flood may bear me far
I hope to see my Pilot face to face
When I have crost the bar.

Poem Commentary: I choose this specific poem by Alfred, Lord Tennyson because as the new year begins in 2023 the previous year ends, nearly calling out to me as a sunset, and almost like a metaphor for bright beginnings and no more sadness. The sunset and evening stars initiated the new year of a fresh start for everyone. I thought it would be a great addition to positivity in the new year.

By Melissa Guajardo
Poetry Editor

JOIN US: You, yes you! Calling all students and staff: we invite you to submit poetry for publication here in our monthly Poetry Corner. This is a family-friendly publication, so poems must be appropriate in language and content for that audience.

Knives Out sequel enjoyable

By Kristian Ngjela
Sports Editor

MOVIE REVIEW

Glass Onion is a sequel to the 2019 film *Knives Out* about a billionaire inviting his closest friends on a private Greek island to solve the supposed murder of Miles Bron when it turns into a murder mystery or perhaps, something else eerie. The film was released Sept. 10, 2022 and I highly recommend it if you like plot twists and mysteries

Disclaimer: this movie is rated PG-13. It contains strong language, violence, explicit content, and drug content.

What I like about this movie is the amount of plot twists that happen within it, and how people have different jobs within the movie such as Detective Benoit Blanc (played by English actor Daniel Craig, known for his *James Bond* movies).

It was a surprise seeing mega superstars

such as Kareem Abdul-Jabbar (former NBA player) and Serena Williams (tennis legend). Abdul-Jabbar came in at the spur of a moment during an online meet and Williams played an athletic trainer for the billionaire

It is rated 92 percent on www.rottentomatoes.com, a website whose scores stand for the “percentage of professional critic reviews that are positive.”

Now what kind of got me a little angry was how the movie ended, because I expected something different but nothing really happened besides the large fire.

The movie being shot on a private island in Greece was extravagant. There are compelling parts within the movie. I've been wrong with guessing who the supposed murderer is; watch it for yourself, it's on Netflix.

Walters opens door for women

By Cris De La Cruz
Staff Writer

COMMENTARY

Legendary news anchor Barbara Walters passed away in her New York City home Dec. 30, 2022. Walters, who was born and lived in Boston, Mass. for a time was a TV journalist for NBC news--the first female evening news anchor journalist--who paved the way for women in TV.

“In 1976, Walters joined ABC News as the first female anchor on an evening news program,” according to cnn.com, a cable news channel.

It was her *Barbara Walters Specials* that really turned the news anchor into a star. The specials began in 1976, which made Walters famous just like the celebrities she started off interviewing.

“In a career that spanned five decades, Walters won 12 Emmy awards, 11 of those while at ABC News,” according to abcnews.go, a broadcasting television network where Walters began her career.

Her journalism personality was at times criticized but heavily influenced the world of media and the women who run it today.

“Walters’ comprehensive and wide range of interviews presented a deep chronicle of the personalities that influenced the latter 20th century,” according to biography.com, a website featuring exclusive biographies of historical and celebrity personalities.

Alongside her personality being adored by millions and her inspiration to many women in the media world, Walters was a generous woman who helped many.

“Walters has donated to organizations such as the American Foundation for AIDS Research, the American Heart Association, the American Stroke Association, the Cancer Research Institute, and many others,” according to nationaltoday.com, a website that gathers holidays and special moments from across the world.

Behavior, action, relations matter

Continued from page 4

changing the source which is the individual, since it is ‘human beings who create society.’

J. Krishnamurti asserted that the schools functioning under the auspices of the Krishnamurti Foundation India (KFI), some of which were established in his lifetime, did not exist as organizations for the indoctrination of children, but rather as places “where students and teachers can flower, and where a future generation can be prepared because schools are meant for that.” The notion of ‘flowering’ here implies an unfolding of the consciousness of individuals in relationship to one another in educational praxis. The psychological development of individuals is therefore as important as acquiring academic knowledge and skills.

The intention of the KFI schools is that they “are not only to be excellent academically but are to be concerned with the cultivation of the total human being.” These schools “fundamentally exist to help both the student and the teacher to flower in goodness. This demands excellence in behavior, in action and in relationship. This is

our intent and why these schools have come into being; not to turn out mere careerists but to bring about the excellence of spirit.”

J. Krishnamurti founded five schools in India, one in England, Brockwood Park School, and one in California, Oak Grove School. When asked, he enumerated the following as his educational aims:

1. **Global outlook:** A vision of the whole as distinct from the part; there should never be a sectarian outlook, but always a holistic outlook free from all prejudice.

2. **Concern for man and the environment:** humanity is part of nature, and if nature is not cared for, it will boomerang on man. Only the right education, and deep affection between people everywhere, will resolve many problems including the environmental challenges.

3. **Religious spirit, which includes the scientific temper:** the religious mind is alone, not lonely. It is in communion with people and nature.

J. Krishnamurti left this planet Feb. 17, 1986, at the age of 90, at Ojai, California.

We need you:
calling all artists, writers, poets, photographers: join
The Eagle Flyer, Kennedy’s award-winning student newspaper!
Stop by room 105 or sign up for Journalism with your school counselor.

Lobster Mayhem, Part II.

a short story

By Arlex Linares
Staff Writer

Three months had passed since the tragic death of Patrick Nutmeg’s wife. She was murdered by Maunxi warriors (a Hybrid race of Humans and Goats) dispatched by The Sons of Slaier (a cult that worships a Maunxi named Slaier).

After her death, Patrick received a mission from a God named Asseber who instructed him to travel to Arquebus Mountain where he will find the necessary ‘tools’ to destroy the cult.

Patrick stamps the snow-covered gravel road with his knee-high boots. In an attempt to stay warm on his lengthy journey, he makes adjustments to his kilt. He strokes his ink-black beard and looks at a map Asseber gave him. He scratches his head through his wool bonnet whilst facing the mountain before returning to his map. He then recognizes that the mountain in front of him is Arquebus Mountain and heads toward it.

Suddenly, he’s interrupted by a loud shattering blast coming from the top of the mountain. Startled, he jumps but, quickly reclaims himself and readies his sword. Another loud

blast comes from the top of the mountain. Patrick starts making his way up the mountain cautiously to not get himself hurt.

Once he reaches the top he notices some men in elegant and fancy clothes. They seemed to be shooting at breastplates to see if they were up to standards. Patrick then sees a cave and heads inside, sneaking past the well-dressed men. In the cave, he sees a hall full of breastplates, helmets, cannons, swords, and guns. The place seemed to be a fortress of some sort.

He looks around for a bit but then hides behind a pillar after hearing footsteps coming close. Patrick peaks from the pillar and sees the well-dressed men putting away some of the breastplates and taking others. Once they leave the room, Patrick runs off into the cave looking for the ‘tools’ he was sent to get.

He then finds himself in front of a door with a sigil, a type of rune specifically used for magic, on it. He wonders if this is the place he was sent to retrieve the ‘tools.’ He opens the door and sees a suit of armor with sigils all over it. He then hears the sound of

someone walking from behind him and decides to go into the room.

He tries to close the door but a hand stops him from closing it all the way. The door then swings wide open with a bright glowing shine coming from the doorway. Patrick then realizes it’s Asseber.

Asseber announces in an olden, royal accent, “Patrick, you’ve found the tomb of the great Solenfier Lord! You must take his armor as it will help you defeat the plague that is the Maunxi.”

Patrick replies in his Highlander accent, “But my lord, that hundred-year-old armor is heavy and I have to walk for miles!”

The God answers back, saying, “Worry not, you shan’t take all of the armor as at some point it will be a hindrance to you. Take only the breastplate and helmet as it shall protect you from all you will encounter.”

He replies, “Alright, I’ll put on the armor but, where am I wandering off to next?”

The God answers, “You shall go to the city of Gabriellston and convince the people to join your cause against the Maunxi.”

He responds, surprised, saying, “Gabriellston? Everybody in that forsaken place wants my head on a pike!”

The God answers for the last time, saying, “I shall protect you from above so as nothing goes wrong.”

Suddenly, Asseber disappears and Patrick is left all alone in the room. He hears the sounds of running coming towards him and readies his sword. One of the well-dressed men comes into the room with a gun pointed at him.

He quickly slashes his sword at their necks. They fall to the ground with blood spewing out of their neck like a fountain. Patrick quickly puts on the breastplate and helmet.

He cautiously sneaks out of the cave where the other well-dressed man fires at him with a gun. The bullet ricochets off the armor as Patrick charges at the man, slicing open his chest. He falls to the ground, dead. Patrick continues his journey back into the forest to Gabriellston.

To be continued...

Puzzle Day offers mental benefits

By Joshua Marte
Staff Writer

Jodi Jill created National Puzzle Day as a way to share her enjoyment of puzzles, which can be celebrated anywhere to exercise your brain and can be acknowledged by doing puzzles during Jan. 29 of every year.

"Scientists have discovered that when we work on a jigsaw puzzle, we utilize both sides of the brain, improving memory, cognitive function and problem solving skills in the process. By utilizing puzzles, people can stimulate the brain and improve a number of skills," according to nationaltoday.com, a site dedi-

cated to sharing holidays.

You may be wondering: how do you even celebrate this?

"The best and the most obvious way is of course to spend your time solving puzzles. It could be a crossword or a word search puzzle depending on what you want to do. Enjoy doing it by yourself or share a competition with your friends on the fastest completion of the game and so on," according to www.nationaldaytoday.com, a website to unite people and recognize various cultures, food and more.

There are many different puzzles that can benefit just about anyone, regardless of age or ability.

"Puzzles also have the added

benefit of being a great social tool. Solving problems with others provides a healthy and productive way to interact with people. Whether it's with a partner or larger group, these interactions can keep children socially active, whilst providing them with the necessary social skills to thrive," according to www.twinkl.com, an online educational publishing platform.

Here are a couple of ways to celebrate the holiday even after Jan. 29. Complete a 500- or 1,000-piece jigsaw puzzle. Do sudoku or crossword puzzles. Make puzzling statements. Buy a puzzle book. Play online. There are plenty of free apps. Give a puzzle book to someone.

Welcome to Kennedy!



NEW STAFF MEMBER
Ms. Melanie Andrash, the new secretary in the vice principals' office, is seen here Monday, Feb. 6, 2023. "It's interesting, challenging work, especially with growing technology," said Andrash. "I love Kennedy, it's a great school, it's friendly. And, it's very welcoming." Her goal? "To motivate the students, and add value to the department with my skills," she said.

Photo by J. Montanez, A. Rivero/Staff

Benjamin Franklin gets his own day

By Steven Rodriguez *Founding father responsible for public services, bifocals*
Staff Writer

Ever heard of Benjamin Franklin Day?

Benjamin Franklin Day is about paying tribute to one of the founding fathers. It is done to honor Franklin and the contributions he made to society and can be recognized by reading an autobiography and immersing yourself in the Franklin experience. It is actually celebrated every year, Jan. 17, in the United States.

Who exactly was Franklin?

"Benjamin Franklin was a founding father and a polymath (which is an individual with knowledge of many different subjects), inventor, scientist, printer, politician, freemason, and diplomat. Benjamin also helped draft the Declaration of Independence and the U.S. Constitution and negotiated the 1783 Treaty of Paris ending the Revolutionary War," according to biography.com, a site that captures stories about people.

So what is the history behind this day held in January?

"The origin of Benjamin Franklin Day is not known but the day has been created to honor a man born of humble circumstances who quickly worked his way up in the world," according to nationaltoday.com, a website that gathers special holidays and moments from around the world that brings people together and helps everyone celebrate.

How aware are you of all that Franklin contributed to society?

"Ben Franklin is often remembered for emphasizing prudence, industry and honesty. He became prosperous and promoted public services in Philadelphia, including a library, a fire department, a hospital, an insurance company, and an academy that became the University of Pennsylvania.

Some of his inventions include the Franklin stove, bifocal spectacles (glasses), and his experiments that help the understanding of electricity," according to britannica.com, the oldest English language general encyclopedia that was first published in 1768.

Franklin expanded into science and entrepreneurship in his 1743 pamphlet "A proposal for promoting useful knowledge," which details his interests and served as the founding document of the American Philosophical Society.

When he was 42 years old, he had become one of the richest men in Pennsylvania and became a soldier in the Pennsylvania militia. He

turned his printing business over to a partner to give himself more time to conduct scientific experiments.



January

Word Search

By Kristian Ngjela
Sports Editor
(using Puzzlemaker.com)

Find the following:

- AQUARIUS
- CHEESE LOVERS DAY
- JANUS
- THREE KINGS DAY
- CAPRICORN
- CHINESE NEW YEAR
- MLK DAY
- CARNATION
- GARNET
- OPPOSITE DAY

N A P R J G T Y P D T Y X N J Y
R Q M Y A C X G K F N A S Q D A
S E Q R S I I H C O S D N I L D
D G N U B S M B I A W S D J S S
Q E N D N D W T I O E G N V O R
T A I F A J A R P U E N D N P E
J A P Z R N A F M W K I G Q P V
Y K G R R U Z D Y A D K L M O O
F A U A Q F H K Q X Q E K F S L
T E C A P R I C O R N E Q N I E
S H G A W K Z L I A X R D H T S
V R R X F O T Q E E J H W M E E
Q U Q G A B W M Z O G T R N D E
C H I N E S E N E W Y E A R A H
J T K J X J I Y O T Z W J C Y C
I O I N K Z G P Q C T M N F I Z

Scrambled!

Unscramble these five words or phrases related to January.

1. LCDO
2. IRTHYT EON
3. WNE ARYE
4. MRNOA
5. EODOHSI

Email answers to
acybart-
persenaire@waterbury.k12.ct.us
First to email receives a \$5
DD gift card.
Separate prizes for students
& staff!
Created by Serenity Poole,
staff writer



February

Word Search

By Brooklyn Escobales
Staff Writer
(using Puzzlemaker.com)

Find the following:

- AMETHYST
- FREEDOM
- PRIMROSE
- VALENTINE
- AQUARIUS
- GROUNDHOG
- SPRING
- BLACK HISTORY
- PISCES
- TIGER

Y A W F J P S A D D X K T H A
R C Q Q Y E U E W W B C Q I C
O J W U C G B F D Y L J W X A
T S N S A J O A M E T H Y S T
S R I M U R X H A Z D Z N W M
I P C G O F I X D O B L D S Y
H D X U I D B U G N I R P S N
K R A Z R D E E S X U Q G T P
C S E N I T N E L A V O I S R
A J N X J N D C R W K G R B I
L X Y P M C C S W F E E F G M
B N H B C Y O W P R E U I Q R
D Y A V U Z B P V G I A H R O
M X Y S U U I V K O Z G F H S
X S Q I C J Q X M G K M L V E

Scrambled!

Unscramble these five words or phrases related to February.

1. IPCDU
2. OROHDGUNG
3. YEWNTN
HITGE
4. RUANL EWN
EARY
5. AKLBC
OIHTRS NHOMT

Email answers to
acybart-
persenaire@waterbury.k12.ct.us
First to email receives a \$5
DD gift card.
Separate prizes for students
& staff!

Black History Month offers opportunity to learn of city greats

Super Bowl singer, original 'Dreamgirl' on Broadway, started at Driggs Elementary School

By *Kyleigh Gorman*
Staff Writer

MEET SHERYL LEE RALPH

Did you know that Sheryl Lee Ralph, born and raised in Waterbury, Connecticut, was a special guest at the LVII Super Bowl Sunday, Feb. 12, 2023?

Sheryl Lee Ralph, 66, an actress born and raised in Waterbury, Conn., later living in both New York City, NY, and Kingston, Jamaica, initially wanted to be a doctor but changed her mind to follow theater and the arts, where she then became one of the original Dreamgirls.

"As one of the original Dreamgirls of the groundbreaking 1981 Broadway musical of the same name, she earned a Tony Award Nomination and a Drama Desk Nomination for best actress," according to www.bronsonlibrary.org, a website with free public access to foster ideas, promote education, disseminate general information and to make a positive contribution to the cultural heritage of Waterbury.

Ralph, who attended Driggs Elementary School then Notre Dame Academy high school, both in Waterbury, performed at the LVII

Superbowl singing *Lift Every Voice and Sing*, more commonly known as "The Black National Anthem."

"Sheryl Lee Ralph -- the star of stage and screen who happens to be a native of Waterbury -- will perform the song *Lift Every Voice and Sing*, often referred to as 'The Black National Anthem,' " before the kickoff of Super Bowl LVII on Sunday," according to www.courant.com, a website committed to engaging new audiences by providing journalism that will serve increasingly diverse communities.

Not only was she nominated for both a Tony and Drama Desk Award, but she also received an Emmy for her acting on television.

"She took home an Emmy Award for best supporting actress in a comedy for her role as Barbara Howard, a kindergarten teacher at Abbott Elementary," according to www.ctinsider.com, a website of the state's most important news properties, providing local, watchdog, and investigative reporting that impacts communities across Connecticut.

2023 Workers' Memorial Day

Scholarship Essay Contest

Sponsored by the CT AFL-CIO Health and Safety Team

Each year during Worker Memorial Day ceremonies on April 28th, workers, legislators, members of organized labor unions, worker advocates and others gather to honor the memory of those workers who have lost their lives because of workplace injuries or illnesses. The ceremonies highlight the sacrifices made by these workers and of the families left behind and inspire us all to work harder on behalf of the welfare of all workers.

This year the Connecticut AFL-CIO Health and Safety Committee, as part of its efforts to "mourn the dead but fight like hell for the living", is offering a scholarship essay contest to inspire high school seniors to think about the importance of workplace health and safety, of the consequences that arise when workers are forced to toil in unsafe working conditions and of the role that organized labor has played in protecting workers both in the past and present.

In this year's scholarship essay contest, Connecticut high school seniors are asked to respond in **1,000** words or less to **ONE** of the three questions below with serious thought, some research (with cited sources), and, most importantly, awareness of the true cost of workplace hazards on the lives of workers.

1st Prize is \$1,500

2nd Prize is \$1,000

3rd Prize is \$500

All entries will be judged anonymously on content, originality and clarity of vision. The winners of this contest will be asked to share a portion of their essay during our 2023 Worker Memorial Day event on Friday, April 28, 2023, at 12 pm, at the Bushnell Park Worker Memorial.

In 1,000 words or less please respond to ONE of the following scenarios:

- 1) Why do you think that there is a resurgence of union organizing within some worker groups such as Starbucks and Amazon employees? What health and safety concerns do you think that workers from these settings may have?
- 2) If you took a summer job on a construction site, in a supermarket or another job site, what sorts of things would you be on the lookout for to make you feel confident that you would come home safely from work each day? If you discovered things that you thought might be injurious, what would you do? Discuss with co-workers, supervisors? Post on social media? Contact OSHA? Explain your reasoning.
- 3) Do you think that safety and health at work is a concern to young workers who are high school, trade school or college students? If not, why? Should it be? Why?

This essay contest is open to all Connecticut high school seniors. Please email the completed essay and application to pamela@ctcosh.org or send to

ConnectiCOSH
683 North Mountain Road
Newington, CT 06111
ATTN: Pamela Puchalski

The completed essay and application must be received by April 1, 2023,

Wilby grad excels in NBA

By *Kiara Nazario*
Managing Editor

MEET RYAN GOMES

Did you know that a Wilby H.S. student had gotten into the NBA and was even an All-Rookie second team?

Ryan Gomes, 40, a Waterbury, Conn. native, got into the NBA after the hardships of not getting offers and proved to be a great role player for teams, only making it because he kept persevering to get into college, getting recognized by the basketball nation, in the process, and became an advocate for placing Automated External Defibrillators (AEDs) in schools and other public places to save lives.

"He was selected to the All-Big East First Team and earned nine All-America honors, including First Team All-America by both the Associated Press and Sporting News," according to bronsonlibrary.org, which provides free access to information and educational opportunities "to make a positive contribution to the cultural heritage of Waterbury and its environs, serving as the focal point for the enrichment of the community."

He was inducted into the Providence College Friars Hall of Fame in 2016 for many accomplishments while at the school, one even being the accomplishment of grabbing more than 1,000 rebounds.

"(Gomes) led the Big East in scoring with 21.6 ppg, 2005 (and) led the Friars to a 20-9 record and a NCAA berth, 2004," according to friars.com, which is all about building "champion citizens, scholars, and athletes who will positively impact the world around them."

While in college, he would even lift up and help others and newcomers on his team, not letting the success and his goal being met get to his head.

"He's constantly helping the future rookies out, dishing out advice, giving them veteran pointers, wowing them with his skill level in the post and on the perimeter, and just being the class act that he's always been," according to draftexpress.com, which covers basketball on all levels, specializing in the NBA Draft.

Always putting youth first, Wyrick nurtured nearly 100

By *Jade Gadue*
Staff Writer

MEET KATHERINE 'KAY' WYRICK

Katherine 'Kay' Wyrick, experienced a lot as a child and made it her goal to help others out by development in youth education which kept young people off the streets, though she sadly died in 2006 at the age of 83.

"She decided to become a foster parent, and she and her husband nurtured over 75 young adults by helping them stay off the streets, develop good work habits and learn the value of money," according to www.registercitizen.com, one of the Hearst newspapers out of New Haven, Conn.

Along with her helping youth education, she helped with after school activities and cultural events. She enlisted her husband to assist.

"Later, in 1967, the couple raised money to purchase the old Salvation Army building at 186 Cherry Street and founded the PRIDE, which stands for Preserving Racial Identity through Development of Education." At one point, the building serviced about 65 children per week from ages 6-18. They did cultural activities like African dance and also had joint programs with the Connecticut Junior Republic, according to www.waterburyobserver.org, "an independent newspaper taking an in-depth look at the people" in Waterbury.

She was even rewarded because of her efforts.

"Over the course of 50 years of service, Wyrick has received numerous awards for her commitment to young people. The Mansons gave her a plaque for outstanding community services," according to www.bronsonlibrary.org, a website about city natives and residents who accomplished significant feats.

To learn more about accomplished, successful Waterbury natives and residents, visit The Silas Bronson Library's Waterbury Hall of Fame digital website at bronsonlibrary.org/hall

Victory hoodie



By Kristian Ngjela, Jaikwon Francis
Sports Editor, Staff Writer

Thriving teamwork leads to good deeds. The varsity boys' basketball team are in the midst of a winning regular season to secure a spot in the NVL tournament to compete for a championship by the commitment they've made during the 2023 winter season.

"The team overall is 16-4 overall, with a league record of 5-3," according to Maxpreps.com, a website about state high school sports.

Coaching plays a big role in the team's success. "Coach (Mr. Armand LeVasseur, a Kennedy graduate) has been motivating me to play and win by leading and helping the team become a leader and energizer without being a team captain," said senior Johnarieus Davis.

Yet, each team is different when it comes to a game. "Every game is a different type of challenge for us," said sophomore Terrence Morrison, Jr.

A game is always a challenge, mentally and physically. "There are a lot of hard games to win but I'd say any of the city games are hard especially because it's people I know. Every game I play should be 100 percent with all effort," said Davis.

Commit to the team and success is on.

"My weakness as a player is I put my head down when I don't have confidence or get enough shots; I put myself down and that lowers the energy and the vibes of the team," said Davis.

With the 16-4 record, the team is doing extremely well. "I think we're playing well. We just have to play together more and make sure we're all on the same page so we can win a chip," said Morrison.

Play hard and succeed against rivals is their goal. "At home, we went against Waterbury Career Academy (WCA); we broke their winning streak and gave them their first NVL loss," said senior Ergi Musollari.

There is only one team goal for the 2023 season. "I just want to win a championship and celebrate with my guys on the team," said Morrison.

Despite losses, the team keeps their heads up. "I make sure they know there is still time on the clock and we can come back and win the game," said Morrison.

Since this issue originally went to press, the team has been victorious over Crosby (Feb. 14, score 64-63), Torrington (Feb. 17, score 70-68) and Ansonia (Feb. 21, score 81-61).

FANS OF ALL AGES Assistant principal Mrs. Fitzpatrick's son Jack (left) celebrated the morning of Wednesday, Feb. 15, 2023 after learning both the girls' basketball team and the boys' basketball team defeated Crosby High School in their respective games. Mom said, "Jack insisted on wearing his Eagles sweatshirt today." Thank you to Mrs. Fitzpatrick for the photo and information!

Indoor track team sets personal records, heads to States

By Kristian Ngjela
Sports Editor

The indoor track team has exceeded expectations for their season, competing against rival schools for a spot in States during the winter 2023 season.

"It's been a really good season for everyone who ran and there's a lot of PR (personal records). A personal record is the boys 4x2 relay and a lot of qualifying times," said junior Raja Crawford.

Personal records play a big part in the team's success.

"I do the SMR (sprint medley relay). I could've done better and there's still opportunities to focus and I definitely think

I'm above average. I also do the 300m dash, I'm two seconds off to States," said senior Josiah Pizarro.

Pizarro had another event he wanted to challenge.

"I'd probably say the 600m just to try it out and see how I do," said Pizarro.

Setbacks have put the team behind.

"Beginning of the season we had a big team but from lack of commitment we had a small roster and it pressured my coach a lot and (he) had to fill in those gaps," said senior Jashell Jones.

Despite the setbacks, it didn't put team members behind, instead they are excelling! "Two runners on the girls' team are go-

ing onto Nationals," said Jones.

Coaching also plays a role in doing well.

"In Indoor (track), the coach focuses on everyone and gives us a little more time indoors. He'll come up to people to help and he wants us to be great," said Crawford, explaining the positives of working with indoor track coach Mr. Nick O'Brien.

Crawford hopes to excel.

"I haven't ran in any events but for school. I hope to get a personal record in 300 meters and a solid girls' 4 x4 team," said Crawford.

Indoor and Outdoor are different aspects, Indoor prepares you differently, players said. "Distance wise for me, I enjoy Indoor be-

cause it has the shorter track and it has a bad and good side. Even though indoors, we are connected with each other. Outdoor has good positive vibes but Indoor is harder than Outdoor," said Jones.

Jones, now team captain, has improved throughout her years on the team.

"I'm mostly proud of my personal records and improvements with myself and teammates. The girls are thriving in our 4x2 so there is a lot of improvement with the team," she said, followed by advice for her team:

"Don't give up, push through with your best effort or else they'll regret it later; as their captain I want them to thrive as well as myself," said Jones.

Boys' swim team aims to keep it fun, with jokes, silly stuff

By Kiara Nazario
Managing Editor

Have you been wondering how the boys' swim team has been throughout their 2022-2023 season?

Juniors Jacob Balikian, Isaac Alvarez and Jordan Jefferson talk about their swim season as it's approaching its end, to share their success and continued growth by talking about hardships and their work to improve from them, as of Feb. 14, 2023.

"I missed a whole month of swimming because I was moving and then, when I had to get back in, everybody was already doing well. And then I had to slowly get back in," said Alvarez.

Their team hasn't seen much success, overall, at meets but sees no problem in that and has a completely explain-

able reason as to why.

"We haven't won any (meets) but it's mainly because of the sheer size of the other teams. We've been able to keep up with the other teams but we've only been losing because of the points and them having more swimmers than us," said Jacob Balikian, captain of the swim team.

Even with this and the loss of three swimmers at the beginning of the season, they've still managed to stay happy with their performance and been able to keep great chemistry with one another.

"As a Waterbury Public School, we're not the best team but against other schools, we typically win in the Waterbury District, like (with) the Crosbys, the Wilbys," said Jefferson.

With practices to be almost every day you may wonder how they fit that into their busy high school schedule.

"It is what it is. It kind of sucks because we just have to wait in the school for two hours for practice to start but I

don't know how it's going to work now because he (principal Mr. Johnston) just made the announcement that sports teams aren't allowed to wait [in the school] and there's not really any transportation," said Jefferson.

With these busy schedules, sometimes these members can't even go to practices.

"That's been kind of hard because I also have stuff on Thursdays that I can't go to practice and usually Fridays I have band, so it is kind of hard to fit that in my schedule," said Alvarez.

Even with the discouragement of not winning meets as a team, they try their best not to feel too down about it and it doesn't tend to affect them much.

"We usually just joke around a lot. In the locker room, we'll tell a lot of jokes or we'll be really silly. If it's an away meet, we'll be just jumping around on the bus. We'll just be having a lot of energy and that usually brings up our spirits," said Balikian.

Girls' basketball, cheerleaders stay strong

By Kristian Ngjela
Sports Editor

Sports briefs: basketball heads to state tournament Feb. 27

Although the girl's basketball team is 6-12, according to www.Maxpreps.com, a website about high school sports, they still play their hearts out, winning by 30 against Wilby (62-32, Feb. 9) and defeating Crosby (60-53, Feb. 14).

They next face St. Joseph of Trumbull in the CIAC Girls' Basketball State Cham-

pionships Class L first round Monday, Feb. 27 at 6:30 p.m. at St. Joseph High School.

Cheerleading

The cheerleading team has improved throughout the year, as senior manager Tressanne Crossley explains.

"It's been good. I feel like they've been practicing

really hard and getting better; I'm sad that I have to leave," Crossley said.

Along with senior captain Ariana Schofield, the team keeps the energy alive during practice and at games.

Boys' swimming

Boys swimming has been fun as all sports teams are, but also competing has seen some swimmers breaking

their personal records.

"I don't think we'll make States but everyone's personal records are good," said senior captain Alexander Arias.

The team swam well against Seymour, with swimmers such as junior Jacob Balikian and senior Andres Arias placing first in their respective events.

A note to our readers:
This issue was originally published in early February on some teachers' Google Classrooms. Since then, our staff has updated Sports, and we thank principal Mr. Johnston for putting this issue on our school's websites.