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 KELLENBERG
 MEMORIAL
 HIGH SCHOOL
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 1400 GLENN CURTISS BLVD,
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*Marianist
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In Memory of Dylan Murphy KMHS Class of 2024

By Anya Murphy '19

On September 18, 2018, the Kellenberg community said goodbye to a precious new member of the school family. Dylan Murphy '24, passed away on DATE, after a long and arduous battle with Leukemia. Dylan was first diagnosed with a Wilms Tumor on his kidney in December 2015, and struggled through chemotherapy and surgeries. After a year, Dylan went into remission, but was finally diagnosed with Leukemia in April 2017. In August of that year, Dylan had a bone marrow transplant, and recently celebrated its success with a pool party.

The kind of courage it takes to have a pool party in the midst of such a struggle is what defined Dylan's life, and it is what made him fit in so well as part of the Kellenberg Family. When brother John '22, and later Dylan, enrolled at Kellenberg, it was the spirit of family at school that resonated with the Murphy family and made both boys incredibly excited to start school.

Aidan Quinn '20, was part of Dylan's close-knit network of cousins. Related to the Murphys through his mother, he spent summers and vacations playing baseball, soccer, basketball and manhunt with Dylan and John.

"I have countless memories with Dylan," he said. "Although there was an age gap between the two of us, it never stopped us from getting along with each other. We always used to play wiffle ball together and it was always a blast playing the Wii with him and John. Also, over the summer, we spent most of our time together playing or talking about Fortnite."

Dylan had a very close relationship with many of his cousins, Aidan included. The "OMC," made up of cousins from the Otaru, Murphy and Conka families, was a group of people with whom Dylan spent his life. The OMC's annual family trip to Kalahari Water Park in Pennsylvania was a chance for Dylan to spend time with his family in the arcade or on the miniature golf course. It was on

trips like these that Dylan became close with his cousin Aidan. Their relationship only grew after Dylan followed John to Kellenberg.

"I was very excited when I initially heard the news that Dylan was going to Kellenberg and John was going to be a freshman," Aidan said. "I was looking forward to seeing the both of them in school. I was also excited to help them if they needed any help with their classes."

"Kellenberg has been a great help in comforting my family and I. It amazes me how supportive the school was. I was so glad when they opened up the ability for people to attend the funeral services. What really caught my attention was during the last day of the wake; Kellenberg teachers and seniors went to pay their respects to Dylan and after that, they started praying. It was started by the teachers and eventually most of the people there joined together and prayed the rosary. This was great comfort for my family and I."

Dylan's Marianist Mentor, Lauren Glupe '19, said, "The overwhelmingly supportive response by the Kellenberg community was truly a testament to the motto of 'One heart and one mind,' as members of the community, from faculty

to students, came together to support the Murphy family in this especially trying time."

Dylan's lifelong friend Antonia Marie Satriana '24 has lived in the house next door to the Murphy family for her whole life. She grew up in the same house her mother did, just as Dylan grew up in his mother's childhood home. They have gone to school together since kindergarten, and both transferred to the



Dylan holds a picture of his own Superman symbol.

Latin School from Saw Mill Elementary School just a few months ago. "Probably my favorite memory of Dylan is on the snow days we used to have when we were a lot younger," Antonia explained. "We live on a dead end street, so there would always be a snow hill at the end of the block, and we would always run down there and make a

giant igloo inside.

Fr. Daniel Griffin, S.M., the newly-ordained Chaplain of the Latin School, delivered touching homilies at both Dylan's wake and his funeral.

In his funeral homily, Fr. Dan discussed how, though he only had the opportunity to know Dylan for a few days, the young man's joyous spirit and overwhelmingly positive attitude changed his life.

"I met Dylan one week ago today at

Memorial Sloan Kettering Hospital in New York City. Although I have only known him for a short time, he has had a huge impact on my vocation. I no longer believe in coincidences, but rather 'God Instances,'" he explained.

When Fr. Dan administered the Sacrament of Confirmation to Dylan, he and his parents chose St. Robert Bellarmine to be his patron saint. By "God Instance," Dylan's wake fell on St. Robert's feast day.

"I could not believe, it and I took it as a sign that the Holy Spirit is among us," said Fr. Dan.

Another "God Instance" took place even before Fr. Dan met the Murphy family. On August 18, the same day of the pool party celebrating Dylan's one-year transplant anniversary, Fr. Dan was ordained a priest at Kellenberg. Fr. Dan's links with the Murphy family were clear in his homily and wake service.

"Father Dan's homily brought back a lot of memories that we had when we were younger," said Antonia. "I was surprised that he seemed to get us to a 't,' the way we were when we were little and always hung out a lot."

Aidan reflected, "Fr. Dan's homilies were very strong and I can't thank him enough for what he did. It meant a lot to me for him to talk to me and John to gather information about Dylan. During the funeral, he delivered this amazing homily that perfectly described the life of Dylan. He was able to touch the hearts of everyone at the funeral. I am extremely thankful for Fr. Dan and everything he did for my family."

Though Dylan cannot be physically here at Kellenberg, his spirit and lasting impact are evident in the ways he has touched so many members of the school community. Singing his favorite "Fight Song" by Rachel Platten and unencumbered by a wheelchair, Dylan is forever in the grace of God, who welcomed him to heaven with the same warm embrace that made him a vital part of the Kellenberg Family.

Last Week at Mass: Re-Centering on Christ

By Ceili Donnelly '20

After a cross country meet in Pennsylvania all day on Saturday, my parents and I decided to stay overnight at a hotel in New Jersey. On Sunday morning my mom and I would take the train back to New York, while my dad would drive down to North Carolina, where he works during the week, so that he could have a car with him. We got back to New York around noon, when I had a two-hour session with my SAT tutor. Since I hadn't been home all weekend, I was feeling extremely stressed about getting all of my homework and studying done, along with going to five o'clock Mass, which I had forgotten about until then.

After my SAT tutoring session I ate lunch, and then got right to work on my homework and studying, because I knew it would be quite late by the time I got home from Mass, had dinner and showered. Time passed quickly though, and by the time I had to leave for Mass, I felt like I had gotten nothing done and was begin-

ning to feel more and more overwhelmed, to the point where I didn't even want to go to Mass.

As usual, we arrived at Church about two minutes after Mass started, while everyone was standing as Msgr. Vlaun said the introductory rites. My mom knelt down in prayer, while I remained standing to say a silent prayer to myself, because I always get self-conscious being even a little late to Mass, and that feeling is compounded if I'm the only one kneeling while everyone else is standing.

During Mass, I tried my best to focus on the hymns and readings, but the pressure of all the schoolwork and SAT work I had to get done kept weighing down on my shoulders; that is until the priest began to read the Gospel. It discussed how John came to Jesus and told him that someone who was not a follower of Him was casting out demons in His name and Jesus' followers had tried to stop him. Jesus told John that if someone is doing something in His name, that person cannot speak ill

of Him at the same time, for, "whoever is not against us is for us." Jesus goes on to tell his followers that if their hand, foot, or eye causes them to sin, they must cut it off or pluck it out, because it is better to have Eternal Life in Heaven with only one of those things than to go to Hell with both. This particular Gospel drew my attention because I always found it to be a bit odd and illogical that Jesus was telling his followers to harm themselves so that they may enter into Heaven.

Then, when Msgr. Vlaun clarified Jesus' meaning, I understood this Gospel for the first time in my life. This Gospel seems counterintuitive, somehow contradicting Jesus' usual Gospel message. While the other Gospels call us as followers of Christ to be good, kind, loving people, this one also calls us to be prophets of Christ, and spread not only Jesus' word, but the meaning of that word.

Msgr. Vlaun emphasized that God must always be put above everything else in our lives, regardless of how burdened

we may feel, because He is the only one who can relieve us of those burdens. He carries us when we are at our weakest and walks beside us when we need a friend. Jesus reminds us not to allow our own bodily and emotional desires to prevent us from doing what is right.

It was as though this Gospel and homily were especially meant for me that day. While I was sitting next to my mom in my pew, contemplating everything I would have to do as soon as I got home from Mass, I was called to re-center my life on Christ, rather than all of the stresses of my everyday life. I felt as if Msgr. Vlaun was speaking directly to me when he said "not to let the 'thingdom' get in the way of the kingdom (of Heaven)." I was reminded not to let the "thingdom" of schoolwork, SAT preparation, cross country, and various other things to get in the way of living my life to be the best possible Catholic I can be by doing things such as going to Mass, as I almost let it that weekend.

Kellenberg Family Welcomes New LS Chaplain

By Theresa Fox '19

Over the past summer, the Kellenberg Memorial family grew in size. Aside from the new freshmen and Latin School students, Brother Daniel Griffin, S.M. took vows to become a Marianist priest, and two puppies joined our community.

On August 18, 2018 Brother Dan was ordained at Kellenberg Memorial High School. As a Kellenberg alumnus, he has always called Kellenberg home. Growing up, he said that he always knew that he is called to become a priest, but he wanted to teach as well. Upon coming to Kellenberg, he discovered the Marianist Community. Marianist brothers and priests are also called to be teachers, which was exactly what he was looking for. After his graduation from Kellenberg, he began actively pursuing his religious vocation. For three years, he attended the Chaminade Seminary and then lived in Rome, Italy. After a short time as a brother, Brother

Dan was ordained as a priest.

Father Dan teaches religion to eighth grade Latin School students. However, students from all grade levels come into his office throughout the day and ask him to pray for their sick family members.

When asked how becoming a priest has changed his relationship with the students, he said, "I enjoy helping and guiding them in all aspects, especially in the spiritual matters of their young lives. Students come to me all the time for prayer intentions, guidance and confessions. I enjoy being someone they can come to for that."

Father Dan looks up to Father Thomas Cardone, S.M., as his role model.

He reflected, "When I was a student here, Father Tom was the chaplain. He really guided me and helped me to start on the path towards priesthood. I hope to affect my own students as he affected me."



Fr. Dan is ordained by Bishop Cardone, brother of School Chaplain, Fr. Thomas Cardone.

Bishop Barres Attends Triumph and Meets Lourdes Vols

By Nicole Aponte '20

On the morning of Friday, September 14, 2018, Kellenberg Memorial High School greeted bishop of the Diocese of Rockville Centre John Barres at the school's prayer service of the feast of the Triumph of the Cross attended by Kellenberg students, faculty and parents as well as St. Martin de Porres School students and parents. Bishop Barres preached

from the Gospel of John on the saving mission of Christ, through the power of His Holy Cross. The bishop reminded those in the Kellenberg community of the role of the Cross in salvation and how "the light of Christ's mercy streams from his wounds and we celebrate the triumph of the Holy Cross."

After the prayer service, Bishop Barres continued his visit of Kellenberg, first meeting with senior missionaries who participated in a mission trip to serve at the holy site of Lourdes, France this past summer. Joseph Tallini '19 and Anya Murphy '19 recalled their experience working with the people of Lourdes and serving the thousands of pilgrims who make their way to the grotto where Our Lady appeared to St. Bernadette 160 years ago. Several other students shared their experiences about the working the baths, working behind the scenes at the Notre Dame, a Lourdes pilgrim house, or working the daily processions for those who come to Lourdes every day.

"Bishop Barres spoke about missionaries and spreading the faith

and how it's important to share our talents with others," says Lourdes missionary Lauren Bernic '19, "It was really nice to get all the Lourdes students together and talk about our time there and how we all were able to have our own experiences but also shared experiences with the whole group."

Kellenberg's School Chaplain, Fr. Thomas Cardone, S.M., remarked, "Each senior was touched by their faith in their experiences when sharing them with the Bishop."

Fr. Tom brought Bishop Barres to the ETV studio next, where he was impressed by the quality of the work done by the ETV crew. They watched prayer videos, which are live-streamed every morning accompanying announcements, as well as a touching program made by Kellenberg students last year after the March for Life. The bishop's visit ended with a tour of Kellenberg, including some of the newly renovated and updated classrooms, other areas of the building and the beginning of the athletic complex.

"The Kellenberg community lives the Joy of the Gospel with great vibrancy. Our Triumph of the Holy Cross prayer service showed the great unity and charity around the mission of the Catholic Church of the entire community," Bishop Barres stated, going on to say, "I love hearing the students talk about their prayer lives, their love for the Eucharist and how that translates into living our Catholic faith in the global Catholic square. My episcopal motto is 'Holiness and Mission.' If we are holy, we have a missionary spirit. Kellenberg students inspire and evangelize all of Long Island by living these words of Saint John Paul II."



Bishop Barres folds his hands in prayer as he blessed the cross.

Triumphant Cross

By Ella D'Addona '19

On Friday, September 14, Kellenberg Memorial hosted its annual Triumph of the Cross prayer service. Each year, Kellenberg and St. Martin De Porres Marianist School students gather to celebrate the blessing of the Cross and to help remember Jesus' great sacrifice to save us from sin. This year, Bishop Barres of the Diocese of Rockville Centre attended the service, assisting Fr. Thomas Cardone, S.M. in leading the Triumph of the Cross service. Each student not only witnessed the blessing of the massive cross opposite the main staircase but was also given a personal cross necklace to be blessed by the Bishop. A group of Latin School C.R.O.S.S members gave the Bishop a gift of cards and prayers to thank him for attending the service.

Kellenberg students involved in the S.A.L.T. program assisted in the set up for the service by setting up tables and laying out snacks for after the conclusion of the service. Members of the E.T.V club set up speakers, microphones and cameras to allow the large crowd to hear the service over the roar of the nearby Meadowbrook Parkway and to stream the event on Kellenberg's website.

The entire student body assisted by singing along with the Gregorian Consortium and praying the responses written on the Holy Card that had been distributed in homeroom that morning. "As everyone sang the opening songs I felt a sense of community," senior Mackenzie Godley said.

The prayer service concluded with the gathered students praying the Anima Christi, while the scent of incense still hanging in the air. Students then began to line up at their homerooms' tables to indulge in muffins and juice boxes. As the students filed back to their homerooms to continue the school day and the parking lot was cleaned up.

"The fact that this was my last Triumph of the cross made me a little upset," remarked senior Liz Solferino, "But being able to celebrate my faith with my homeroom for one of the last times is a memory I'll always remember."

Grandparents Honored at Annual Mass

By Veronica Tadross '21

On Friday September 14, sophomore students and their grandparents gathered in the auditorium for Kellenberg's second annual celebration of Grandparent's Day. As the students and their grandparents gathered before the altar, the Gregorian Consortium serenaded the crowd with tunes including "At the Cross" by Chris Tomlin and the classic "Amazing Grace." Once all were seated, the Mass began for the celebration of Christ and the most senior members of the Kellenberg family, the grandparents.

Following the Scripture readings, Father Thomas Cardone, S.M. took the opportunity to address the guests. He spoke ardently of conversations he had earlier with many sophomores, asking

them what comes to their mind when they think of their grandparents. Aside from the casual response of their grandparents reminding them of certain foods and childhood memories, many students regarded their grandparents as spiritual, inspiring individuals. This built upon the introduction Father Philip Eichener, S.M. gave to some of the same grandparents the year prior. In his homily a year ago, Fr. Philip had reminded the students that they are attending Kellenberg because their grandparents raised their parents to value the spiritual and academic growth of their own children. The Mass concluded as the students called upon their Blessed Mother for intercession through the singing of the Salve Regina.

After Mass, the day had just begun, as all students and grandparents were invited into the gymnasium for a light

breakfast. While feasting on crumb cake, coffee, bagels and juice, the students were given an opportunity to bond with their grandparents and one another. Many guests sat on the bleachers and around tables set up around the cafeteria to meet their grandchildren's peers and teachers.

Grandparent's Day was begun at Kellenberg to echo International Grandparent's Day, which occurs on September 8 each year. The inaugural event took place last year for the freshman class of 2021, and will continue this year for new freshmen, returning sophomores, and Latin School students.

As the grandparents departed, they were each given a package prepared by the staff of the Ark, thanking them for their participation in the wonderful event. Each bag included discs of the hymns of the Gregorian Consortium that they had

heard during Mass.

Osonitch, grandmother of sophomore Meghan Osonitch exclaimed about the event, "It was a great opportunity to learn more about my granddaughter's school. I look forward to listening to the recordings of the students singing and returning next year."

As more Grandparent's Days await the classes of 2021, '22 and beyond, the founding of a new Kellenberg tradition helps students find unity with their grandparents and Eucharist.



Ava Kaiser '21 and her four grandparents enjoy quality time together at the annual Grandparents' Day Mass and Brunch.

Because We Care

By Adanya Jeudy '19

On November 6, Kellenberg Memorial will host its annual "Because We Care" seminar. While this is open to all parents, it is specifically catered to incoming parents of this year's sixth graders, seventh graders, and freshmen. Hosted in the auditorium, the primary focus of the event is to highlight both the dangers and alarming accessibility of drugs and alcohol, to teach parents how to best protect their children in today's society and ways to remain alert.

As an epidemic of drug and alcohol abuse runs rampant through adults on Long Island, hitting close to home for many, it is more imperative now than ever that parents remain aware of the various influences surrounding their children. In contrast, among teens, drug abuse statistics are currently at an all-time low.

According to this year's Monitoring the Future survey, the trend of drug abuse in high schools is on a steady decline. Substances such as alcohol, cigarettes, heroin and prescription opioids have continued to show a significant decrease in their prevalence.

For example, alcohol use and binge drinking has declined by 8% in 8th graders, 19.7% in 10th graders, and 33.2% among 12th graders. However, to remain vigilant and continue combating our island's ever changing landscape, Kellenberg does its best to protect students by creating an environment shaped by a strict no-drug policy, imparting an understanding of both the corrosive effects of drugs in the body and legal implications of abuse, a fostering of self-respect for the body and hosting organizations for student presentations such as LIC-CAD, the Long Island Council on Alcoholism and Drug Dependence.

This year's "Because We Care" speaker is John Groshans of the Floral Park Police Department. As a certified school resource officer, Groshans' travels across Long Island to develop a comprehensive program to communicate effectively with teens. He addresses topics such as internet safety, underage drinking and drug and substance abuse.

Mr. White, the coordinator of this event, cited the importance of this event, saying, "Because We Care is important because it allows our parents to have the most effective and comprehensive tools to protect their children from influences they may face."

Gregorian Sings at 9/11 Memorial

By Julia Zacharski '21

On Tuesday, September 11, twenty-six members of the Gregorian Consortium travelled to the September 11 Memorial at Point Lookout with Mr. Basile, Mr. Bursig, and Miss Solimeno. There, the students had the opportunity to sing and watch the memorial for those who died seventeen years ago in the attacks on the World Trade Center.

At 7:30 AM, hundreds of people began to gather for the memorial. Members of Gregorian Consortium sang hymns such as "How Great Art Thou" and "Let There Be Peace" as people processed in to the memorial.

Many of the students who attended have participated in this event more than once, and see it as a wonderful commemoration of those lost to the attacks on September 11, 2001. Senior Sarah Narcisse, who has sung at this memorial for the past three years, remarks, "This event makes me feel the reverence and

the sadness of those who have lost loved ones due to the September 11 attacks. Listening to the stories of those lost, family and friends, I am glad that we can attend and play a small part in helping them feel better, even for a moment."

As the ceremony began, Laura Gilen, Hempstead Town Supervisor, spoke, stating that the annual memorial "is an opportunity to reflect, pay tribute and honor the heroes who died." Town officials, firefighters, and police officers joined her in honoring victims.

The ceremony also featured various religious speakers, such as Reverend Sedgwick Easley from Union Baptist Church, who lead the crowd in prayer. Speakers also included those who lost family members and friends due to the tragic attacks, sharing their stories of loss and the impact that the events left on their lives.

At 8:46 AM, the time that the first plane crashed into the North Tower, officials rang a bell in remembrance of those

whose lives were lost.

The monument is also accompanied with a 35-foot long mural. "This is the right spot, this is the right time, so that all of us remember and reflect," remarked Anthony Santino, Hempstead's former town supervisor.

Sophomore Clara Ambrosino states, "It was a beautiful ceremony and it was so touching to see that all of the people who lost a loved one in this tragic event have somewhere to talk about what happened with others who experienced similar things."

After the memorial, students had a quick breakfast on the beach in Point Lookout where flowers were placed to honor lost loved ones.



Members of the Gregorian Consortium lend their support to attendees of the memorial and grieving family members.

Waters of Lourdes, Language of Healing

By Anya Murphy '19

So much of our faith is centered around water: the rushing river Jordan where John baptized Jesus, the roaring Sea of Galilee He stilled with a thought, the stream that bubbles up from underneath a rock in a small town in the south of France. In this case, water that a poor girl named Bernadette Soubirous was guided to 160 years ago. Water that has been the source of more than 70 confirmed physical miracles and has healed countless more emotional and spiritual ailments as well.

On our last Saturday in Lourdes, my work group and I had the opportunity to actually bathe in this water ourselves. This experience alone would have shifted my worldview completely, but what was truly life-changing was what happened after. Leaving the baths, bones chilled from the icy water but skin warmed by my sweatshirt and what little sun seeped in through the cracks in the clouds that day, I felt a deep sense of connection and purpose. It is not that all of a sudden I transformed into a perfect Christian. It is not as if everything God has been trying to tell me all these years finally started to make sense. I felt guided in a particularly significant way. I felt that if God were to speak to me in that moment, I would be able to hear him.

My thoughts stilled for the first time in a long time. Usually, my mind is occupied with a hundred different things, racing along at a fevered pitch. My unbridled energy surges through my fingertips and at times I lose control. Since that moment, since that trip to Lourdes, I have learned to slow down and think, and that is what brought me to an incredible realization.

As I passed through the stone archway leaving the baths behind, a woman working outside touched my shoulder warmly, and for a moment I felt very small. Not unimportant, not unable to effect change, but small in the sense that I was part of something far larger than myself. I was acutely aware that the woman



Members of Lourdes Group B view the Rosary procession from the Bridge of the Rosary Basilica in Lourdes, France.

who had bestowed just that small gesture of kindness upon me had her own life and her own problems and was sacrificing her time for the good of not religion, not Catholicism, not even the mission of Lourdes, but for faith as a whole. The water that flowed in those baths is the same that Bernadette washed in. The blood that flows through my veins is the same as the blood in hers, in yours, in all of ours, because we are all a part of God's body. I learned that in Lourdes.

During the first week of school, when Father Albert assigned my Christian existence class our first homework, I considered his question in terms of what I discovered in Lourdes.

"Is the whole thing," meaning religion, even belief in a higher power, the textbook inquires, "really worth even mild consideration?"

I thought back to Lourdes, and of the times during those two weeks when I felt God's presence, and found that I had an easy time answering the question in the affirmative with a fair degree of confidence. I started listing places where I had found God in Lourdes, shocked by how many I alone could list. I recalled the connected feeling I had after going into the baths, and realized that each and every single other person who has visited Lourdes had a list like mine.

A quick Google search revealed that more than six million people visit Lourdes every year, as service pilgrims and missionaries, ill *malades*, or tourists. Six million. The enormity of the number shocked me. Sure, standing at one of the

moments: the mother bringing her baby into the baths with whom I communicated despite the fact that she only spoke Spanish; the eleven P.M. Mass in the grotto we attended to discover, much to our joy, that it would be said in English; the mother I met standing up on the steps of the Rosary Basilica hoping that her young sons would be selected to pray a decade of the rosary in Arabic; the tour guide from Bordeaux who needed our help using words in English to describe what we were seeing.

Being surrounded by this Babel of languages reminded me that Lourdes is a place to move outside myself. As someone who is planning on majoring in English in college, I have long and often

found myself at home inside a book, lost in the myriad idiosyncrasies of what is probably the most intricate language in existence. Words are how I express myself best: they always have been. Being pulled from my safe shelter of understanding and literacy had quite the shock factor until I realized that the words didn't matter - they only served as a vehicle for deeper meaning to be transferred. The parts of the Mass are the same no matter what language they are in - like poetry, like music, prayer transcends comprehension.

So, what I learned in Lourdes was not about myself. It wasn't even about religion or my relationship with God. What I learned was about others, and how I can move beyond my own limitations and setbacks to become a part of something larger than I.

48 Travel to Service in Lourdes

By Hope Gharagozlo '21

Lourdes, France is a place where dozens of Kellenberg students went for spiritual refreshment and soul searching this summer. Students apply in their junior year. After the application process is complete, trip moderators Mr. and Mrs. Harnisch select students. On the first trip to Lourdes the mission itself was new and not as many people knew about it so Kellenberg was only able to take 13 students. This year 48 students traveled to the holy site.

Mr. Harnisch, who supervises and plans the journey to Lourdes, describes the trip: "The Lourdes mission is not like a day at Kellenberg. It's probably not an experience you'd even have anywhere other than Lourdes. And for each student, it's a different experience."

Dates for the trip have changed throughout each year. Last year, the first trip left the day after comprehensive exams and the second trip left July 11. In 2019, it is the hope of the moderators that the trips leave on similar dates.

Students who have gone on this amazing missionary experience have described the trip as life-changing, magnificent, and, "Something that you will possibly never be able to feel again in this lifetime."

Service varies day-to-day. Most of the service is in the form of assisting the malades (French meaning "the sick") as they make their own pilgrimage to the grotto, the baths, the basilicas, the daily Eucharistic procession or the nightly rosary procession. The students also served in L'Accueil Notre Dame, a combination hotel and hospital where the sick who need continual medical care are able to stay when visiting Lourdes.

Every single day at Lourdes was described by the young Kellenberg missionaries as an amazing experience that is never to be forgotten. A variety of students with different interests go on this trip with hardly any knowledge of one another, but by the end of the trip, a bond that is more than unbreakable is clear.



Pictured above are Groups A and B as they completed their weeks in Lourdes.

350 Attend Freshman Dance

By Nicholas Motta '20

On Friday, September 21, the freshman class kicked off its year with the dance, each homeroom vying for the coveted breakfast, won by the group with the highest attendance. They danced all night to DJ O'Brien's constant stream of pop, country, rap and Kellenberg classic Christian rock music. DJ O'Brien played Kellenberg hits to create the mood of faithful fun that permeated the event.

The event, organized by the Freshman GSO, whose members worked diligently to curate an action-packed evening for the freshmen. Along with the GSO, Marianist Mentors and Mr. O'Brien provided the attendees an interesting and interactive first Kellenberg dance experience. Universally known and beloved songs such as "The Great Adventure" and "Dive" by Steven Curtis Chapman as well as "God's Great Dance Floor" by Chris Tomlin were introduced to the freshmen for the first time. Songs like "The Cupid Shuffle" that freshmen practice in Music 9 also made an appearance

in addition to other dance hits like the "Cotton Eye Joe."

The dance took place in the boys' gym and attendees were provided with refreshments in the cafeteria.

Freshman Ryan Figueroa said, "The dance had a crazy dynamic to it that increased the liveliness of the experience. I've never had so much fun!"

The theme of the night was a harvest festival. The autumnal spirit was present with the many balloons that had vibrant seasonal colors and in the outfits of the Marianist Mentors, who dressed in flannels for the occasion.

Freshman Joe Mercogliano '22 commented, "The dance allowed me and my friends to have a great experience to further our faith in fun!" He states that his faith "was enhanced tenfold through songs, friends and Mentors." His favorite song was "Dive" which he said "gave the dance a religious vibe."

The dance affords the freshmen a chance to bond with new friends and make new memories. The faith aspect of the dance also gives them a chance to further their respect and reverence for God in a social setting.

Athletic Facility Renovations



Kellenberg's new track features a beautiful blue running surface.

By Sean Ronan '20

During the summer of 2018, in preparation for the new school year, Kellenberg Memorial High School's track and locker rooms underwent significant renovations under the directions of Mr. John Fechtmann, the Kellenberg's Athletic Director and Mr. Furlong, the Construction Supervisor.

After seven weeks the 22-year-old track was replaced by a new all-weather track, made of a blue, half-inch, thick rubber. For several months, the new surface will undergo a process called ambering, by which the sun's ultraviolet rays temporarily discolor it, but it will eventually balance out to become a lighter blue.

"The track has a smoother, safer, and more forgiving surface. The old track served its time, but needed to go to the great beyond bin of memory and times past of many a great developed Firebird runner," commented Mr. Brown, the Lady Firebirds Track and Field team coach. The blemished and weathered track proved far too dangerous for young runners to stay on their feet.

Mr. Moncada, who coaches the Girls Track and Field team, hopes that the new track "will resemble the crashing waves of passion that our athletes have."

Simultaneously, at least ten workers and multiple students carefully recon-

structed the boys' and girls' locker rooms. The Blendex Company installed a new epoxy blue floor in the girls' locker room, replacing the old carpet flooring, and the walls were covered with stucco. Student workers assisted with carpentry and with the installation of new blue and gold lockers, replacing the old ones which had been there since 1966.

To compensate for the rising number of students, 100 more lockers than were previously in the locker rooms were installed.

Additionally, lighting was improved. The new locker rooms also feature shower fixtures and Corian shower partitions which are resistant to bacteria and germs. A new coaches' office was constructed in the girls' locker room too. Mr. Fechtmann said that the renovations make the locker rooms "sanitary, easy to clean, and prevent the spread of germs." One student complimented the upgrades, comparing the new rooms to those that would be seen in a prestigious college.

Mr. Fechtmann also gave insight to Kellenberg Memorial High School's future plans are in order to improve the athletic facilities in the form of new tennis courts on St. Charles field and an athletic center on Mark Field. News on these developments will be sure to come in Phoenix Sports throughout the year.

Academic Awards Assembly

By Arlene Miller '19

Kellenberg Memorial hosted its annual Academic Awards Assembly on Tuesday, September 25 to honor high school students for their academic accomplishments the previous school year. During the assembly, deserving students were given awards for making the Honor Roll and achieving Perfect Attendance. At the conclusion, qualifying juniors and seniors were inducted into the National Honor Society.

After faculty and current members of the National Honor Society processed into the auditorium, Fr. Thomas Cardone, S.M., led the invocation to open the assembly. The first part of the ceremony consisted of the recognition of bright students who reached honor roll by attaining a final overall average of 84.5 or higher. These students were called to the stage by Assistant Principal for Academics Mr. Conrade to receive various pins, handed out by School Principal Bro. Kenneth Hoagland, S.M.

Seniors on Honor Roll for three years were awarded the coveted gold pins. Students on Honor Roll for two years

were presented with a silver pin. Those on Honor Roll for one year collected bronze pins.

Students were also recognized for reaching Perfect Attendance. They were given medals for their accomplishment.

Mr. Kennedy, moderator of the National Honor Society, conducted the final part of the assembly by inviting new members into the National Honor Society. The National Honor Society is an organization that recognizes high school students for achievement inside and outside of the classroom. It honors scholarship, character, service, and leadership. Being in this organization is an honor and a commitment to these ideas. The new members were given a National Honor Society pin by Bro. Kenneth.

In addition to these new inductions, leadership positions were appointed. Voted on by the current members of the National Honor Society, the officials are as follows: President William Hom '19, Vice President Rachel Nemeth '19, Corresponding Secretary Jack Russell '19, and Recording Secretary Madeline Lay '19.

The graduating class of 2022 had the time of their life at their first Kellenberg dance.

College Night Informs Seniors

By Elizabeth Mooney '22

On Wednesday, September 12, 518 members of Senior class along with their parents were given the opportunity to take a first step in gathering information about colleges and universities at Kellenberg's Annual College Night.

The purpose of this event is to provide information about the colleges, and to enable the students to meet face to face with representatives from each of these institutions. The students and their parents can interface and ask questions that would give them a better understanding to see if the school may be a good fit or match for them.

College night organizer Miss. Ronan commented, "We were very excited to have 10 additional colleges attend our college night this year. Having more colleges at our event gives Kellenberg students the opportunity to find schools that are a good fit for their talents and abilities."

There were 160 colleges that displayed at Kellenberg this year, an increase of ten new colleges. Colleges are invited by Kellenberg to attend this event and many accept the invitation to come. Kellenberg welcomes each new attendee with open arms as they continue to expand the representatives present at the annual event. These colleges and universities set up at tables throughout our cafeteria and gymnasium.

Elizabeth Solferino '19 said,

"College night was nerve-racking, but an exciting experience because I was able to have conversations with representatives from schools I was interested in as well as introduce myself to schools that I was unfamiliar with. There was a wide variety of colleges that attended our College Fair."

The evening is not one to interview potential candidates for the school, nor to make any determination on admissions. The first face of each college is based in the representative sent to visit Kellenberg.

Alexandra Bianco '19 said, "College night was extremely informative. There was an abundance of colleges and representative from many schools. With all of the information I received, the college process seems less intimidating."

Nicole Deissler, representing Sacred Heart University in Connecticut says, "Sacred Heart University loves starting off the fall travel season with Kellenberg! The students are always enthusiastic and eager to learn more about us. Kellenberg students are also very involved in helping and giving back to their community through volunteering. We really love to see that in our applicants."

Ms. Deissler's enthusiasm is an important element of the college fair, intended to inspire the same enthusiasm in this year's applicants.

Heatwave Melts First Week of School

By Aidan York '20

The first week of school at Kellenberg Memorial High School was bursting with the aspirations and excitement of new and returning students to a brand new school year. However, students also had to endure the intense heat of the closing summer. Beginning on Tuesday, September 4, temperatures in Uniondale began to touch triple digits, with Tuesday beginning at a high of 93 degrees. Kellenberg responded to the exceedingly high temperatures with a week-long suspension of blazers from the mandated uniform. Additionally, humidity percentages nearing 100% all throughout the week only added to the heat wave's power and strength.

What caused such a scorching situation? Why, two weeks away from the start of autumn, were temperatures comparable to those during the summer months of July and August? The effects of this heat wave were not only felt in the Kellenberg community, but all over the world. Throughout the summer of 2018, heat waves have been breaking longstanding records in places ranging from Denver, CO, to Montreal, Canada. The United Kingdom additionally had what was reported as their hottest summer on record this past year.

A heat wave can be defined on a basic level as a period of abnormally hot weather. One can generally be formed when a warm, high pressured air mass remains stationary over a region for an elongated time. This acts as a cap, inhibiting convection, trapping the underlying air mass and warming it. The eastern coast of the United States is often dealt heat waves due to the mixing of humid air from the Gulf of Mexico as well as hot and arid air from the southwest United States. Both the frequency and intensity of heat waves have been increased by global warming, earth's continuous heating, which has been accelerated by worldwide carbon monoxide emissions and the abuse of natural resources.

As the global atmospheric carbon dioxide concentration rises above 400 parts per million, and other greenhouse gases increase in concentration, earth's

average temperature continues to increase. While not only causing the melting of polar ice caps and the converse rise of sea level, this heavy concentration of greenhouse gases is also expected to surpass natural weather variations as the main cause of heat waves in the United States. Particularly, the western and northeast United States will be the first two regions where human-caused global warming will overtake nature as the leading cause.

While a heat wave may not be as obvious of a dangerous natural phenomenon as a hurricane, tornado, or flood, the damage a particularly powerful one can do to both to society and to humans is unquestionably strong. Extremely hot temperatures made their mark by being the most lethal natural disaster, causing more deaths from 1992 to 2001 than hurricanes or floods. Additionally, scalding temperatures can cause damage to infrastructure, warping roads or buildings due to thermal expansion, or the growing in size of an object when it is warmed. Crops and livestock often are heavily impacted by heat waves, as some cannot tolerate particularly high temperatures. These heat waves also can lead to wildfires due to drying out of vegetation, making it far easier to spark a large scale flame.

The effects of heat waves on people can be mitigated by following the warnings outlined in the NOAA (National Oceanic and Atmospheric Administration) heat index, which describes how the temperature feels based on relative humidity and recorded temperature. Exercising discretion to avoid heat exhaustion or hyperthermia (heat stroke) is also key in staying safe during periods of extremely high temperature.

While undoubtedly causing great discomfort within the halls of Kellenberg, heat waves are a large scale phenomenon which are affecting humans more and more each year. However, with increasing scientific advances and knowledge regarding their formation and their effects, there is still hope that the earth will reverse rising heat trends and begin to cool like Kellenberg students taking off their blazers.

Madonna Pavilion Makeover

By Monika Sweeney '20

Beginning on September 5, the Madonna Pavilion, Kellenberg's student courtyard, has been under construction. Renovations are anticipated to conclude by mid-November. The decision to begin such renovations was based on several factors.

The Koi fish in the pond have been inhabitants of Kellenberg Memorial for the past 20 years. Sadly, an estimated 250-300 of them passed away when they were infected with a disease this past summer. Suffering the loss of a majority of the beloved Koi, staff viewed this as an opportunity to begin a series of renovations that would not only resolve this issue, but benefit Kellenberg for the next several decades.

There are many aspects of reconstruction that are quite significant, though they are not incredibly noticeable. The first step in reconstruction was to disinfect the entire pond system, including all the rocks and the surrounding bogs. Having suffered a number of leaks and being re-patched a handful of times over the past two decades, the lining of the pond will be brand new. This is the first of many new additions.

For several years, the pavilion has been watered with overhead sprinklers. However, due to the height and growth of the trees, this has gradually become a less and less effective system. Now, an underground irrigation system will be installed to keep the gardens thriving and flourishing for years to come.

In addition to the brand new irrigation system, a better lighting system is being installed to accent the beautiful pavilion during the evening hours. This

new system will involve a series of underground electrical wiring.

These new renovations were viewed as an opportunity for a number of other changes to the treasured courtyard. Major pruning will allow for more sunlight to illuminate each and every inch of the courtyard and the central circle will be enlarged for a bench area. A breathtaking waterfall is even being installed at the base of the bell tower. This will be added as a heartfelt tribute to Dylan Murphy, a Latin School student who passed away this past September. It will be dedicated in his memory at the request of his friends, who asked to donate money towards a memorial for their classmate.

"Atmosphere Educates. Having beautiful gardens and ponds adds to Kellenberg Memorial being 'a beautiful place to grow,'" said Principal Brother Kenneth Hoagland, S.M., reiterating the philosophy that has made Kellenberg's physical grounds so noteworthy.

As for the Koi, as soon as the school is sure the pond is safe once again, small Koi will be reintroduced into the ponds. Bro. Kenneth says that after this step, "We will then look forward to the next 20 years of growth and reproduction."

These renovations are crucial to Kellenberg's positive atmosphere. It is not only beneficial in terms of the welfare and safety of students and faculty, but it serves as a refreshing spot to visit, if only for a minute, throughout busy day



Above, the new expanded center circle walkway of the courtyard can be seen under renovation.

...But what do I know?

Liberated from Hatred: A Reflection on Self-Hatred

By Randi Titus '19

"I hate my body."
 "I don't have enough friends."
 "My nose is too big."
 "I'm too short."

If I asked you what you hated about yourself, could you tell me? I asked 30 high schoolers this same question and these were the only responses I received.

Hate. A word tossed about with such ease and little regard for its true meaning. A word that denotes a feeling of intense dislike or passionate aversion. A word that has become a fixed part of our day to day vocabulary.

Isn't it true that we can all say or have said that we hate at least one small aspect of ourselves? That we all detest one measly quality we possess. I would venture to say that every person has uttered the phrase, "I hate myself," at one point in his or her life. So, why when asked does silence inevitably fill the room?

Out of the 30 people I asked, ranging from freshmen to seniors, only four dared muster up a response. The vast majority spit out the customary "um," "I don't know," or

"Constant comparison takes over our lives. Striving for goals that are not real or necessarily attainable fill our thoughts. And finally, these nagging thoughts become insecurities."

even gave a token nervous chuckle. I believe these reactions would extend to most people, of all ages, if asked, "What do you hate about yourself?"

The secret behind this outcome is fairly simple. Pride is the answer. I think pride, and shame, which is the counterpart of pride, holds our confession in check. Self-protection is a universal human instinct. We naturally avoid situations that could potentially cause us harm. Rejection by our peers is one of the biggest red flags that arises in life. The fear of not fitting in is enough to keep anybody silent. I think we would all rather keep our pride intact, then to make ourselves susceptible to harm by revealing an insecurity that could bring about shame.

In essence, something we hate about ourselves is an insecurity. A deep insecurity that we would prefer stay tucked away in the safety of our minds, locked in an impenetrable vault. Unlocking this vault would open up a can of worms that many of us are just not prepared for. Opening this vault would render us vulnerable.

Vulnerability is a dreaded feeling by all, especially young people. The second we feel vulnerable, our knee-jerk reaction is to do everything possible to escape it. The baring of our souls, revealing of our darkest secrets, or purging of our deepest fears are phenomena that will never be located at the top of our lists.

When you think about the question in terms of pride, shame, and vulnerability, the deafening quiet that often follows really does not seem so odd. It actually becomes very understandable.

But what about the rare anomalies who did have the nerve to share something they

hated about themselves? What unique quality did they possess that prompted them to crack the vault wide open? Why did they feel so comfortable sharing something so personal when the other 26 wouldn't or couldn't?

The obvious answer is bravery. The four students were brave enough to expose themselves to my judgement. They threw caution to the wind when the red flags of possible rejection arose. They were able to offer an insecurity that is probably recurrent among people of our age.

Critiques of our bodies, appearances, and social lives are linking themes in teenage, even some adult, insecurity. The responses to my question were all about perceived superficial or vanity based flaws. I firmly believe that this is the work of one great monster of the age.

Social media is the beast to which I give the credit.

Everybody is connected in some way through social media. Whether it be Instagram, Snapchat, Twitter, Facebook, or some other popular platform, we are constantly exposed to a certain, crafted image of perfection. People only post the best version of themselves and that idealized version becomes the seeming norm. Perfect bodies, perfect friends, and perfect lives become the standard. Images of celebrities and money regularly filter throughout our heads.

But what about the regular person who does not have these things?

Constant comparison takes over our lives. Striving for goals that are not real or necessarily attainable fill our thoughts. And finally, these nagging thoughts become insecurities. We then shove these insecurities deep inside of the vault because we feel that we are alone or would not be understood.

If these things we hate about ourselves are so common, what would really happen if we were to share them?

It's one thing to feel vulnerable and another thing entirely to let yourself be vulnerable. Letting yourself be vulnerable hints at both a recognition and an acceptance of the fact that, in one way or another, we're all vulnerable. Allowing vulnerability implies that you can eventually transcend it.

Those four people who were bold enough to tell me something they hated about themselves became stronger than their insecurity. They stood up to what could be perceived as a weakness with strength. They faced their self-hatred with acceptance.

What do you hate about yourself?

Perhaps the best and only good thing to do is to speak your insecurities aloud. Open the vault and face your fears. Expose your biggest insecurities. Allow yourself to be vulnerable among your peers. Overcome the hatred. And maybe, just maybe, gain a new strength and acceptance along the way.

But I mean, what do I know?

GRUMBLE, GRUMBLE

In *Grumble, Grumble*, the comic strip for The Phoenix, cartoonist Peter O'Keefe will be depicting the difficulties, inconveniences and pet peeves of daily life.



In the wake of an incredibly hot first week of school, summer relaxing turned into September grumbling.

| | |
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Opening the Conversation on Mental Health

By Maya Tadross '19

Remember the nauseating feeling that washes over your body before an oral presentation in front of your class, or the deep pounding of your heart as the European History trimester exam is passed out. Now imagine experiencing these feelings every day, coupled by constant racing thoughts, sweating, and excessive fatigue.

For the eight percent of children and adolescents living with an anxiety disorder, according to the National Alliance on Mental Illness (NAMI), these are only some of the many ways the anxiety monster can rear its ugly head. Anxiety disorders, such as generalized anxiety disorder (GAD), social anxiety disorder (SAD), panic disorder and specific phobias, are the most common mental health conditions in the United States.

In a close second, mood disorders like bipolar depression and major depressive disorder are widely prevalent in children and adolescents too.

This does not include young people with behavioral conduct disorders, eating disorders, psychotic disorders, obsessive compulsive and related disorders, etc. In total, one in five children and teenagers has a mental disorder..., so why does not one talk about them?

According to *Psychology Online* mental health stigma is the sign of disgrace associated with speaking out about mental health, and there are two kinds: social stigma, the shame society has for those who have mental illness, and self-perceived stigma, the fear of those with mental illness of the invalidation they may face by speaking out about their struggles. Both keep people from asking for help, and originated back in ancient times, when mental illness was viewed as religious punishment or demonic possession due to the lack of research and knowledge. The middle ages saw poor treatment of those suffering from mental disorders in inhumane asylums. Eventually in the late nineteenth century people began lobbying for the better treatment of those with mental illness, although the mindset of "suck it up," and "deal with it" stuck until the turn of the new millennium. Not until the early 2000s did mental health education and stigma reduction campaigns emerge and gain traction.

According to *WebMd Online*, alt-

hough the cause of mental illness is unclear, research has supported that most are a result of biological, psychological, and environmental factors. Just like diabetes runs in families, predispositions to mental illness seems to have a strong genetic composition. Brain defects/injury, prenatal damage, and even some infec-

for a few days, but after the due date he or she can relax again. A student with anxiety, however, may excessively worry and spiral of self-doubt even after the project has been completed. NAMI has compiled a list of warning signs for mental illness, urging anyone experiencing these symptoms or their loved ones who

them focus on the task at hand rather than the noise in their minds.

"Smelling essential oils can be a great form of mindfulness too," Mrs. Marconi introduced, opening a drawer full of tiny bottles of differently scented oils. "Every scent has a unique benefit, for example, peppermint opens and refreshes the mind and senses."

"Mindfulness has been a long-time spiritual tradition, and it has recently been adopted by the mental health community too, as it has proven to have significant psychological benefits," remarked Father Albert Bertoni, S.M., assistant principal of Guidance emeritus.

"I began incorporating mindfulness into my homilies and classes about three or four years ago," Fr. Albert continued, "and what struck me was when many returning alumni asked me if I am still asking students to 'squiggle their toes in their shoes' [a reference to one of his mindfulness practices]. It shows that mindfulness has made a good impression on them."

For students whose mental health issues require professional help, Kellenberg guidance counselors are equipped with a list of various referrals to therapists, psychologists and psychiatrists. The list of practitioners is updated yearly based on the feedback from students and their parents.

According to Mrs. Marconi, many students who suffer from anxiety and depression find DBT, dialectical behavioral therapy, very helpful. A type of CBT, cognitive behavioral therapy, DBT teaches mindfulness as well as emotional regulation, distress tolerance and interpersonal effectiveness.

Just like physical illnesses, mental illnesses can be so consuming and debilitating that their sufferers may be left homebound for extended periods of time. Every school district is responsible for providing a tutor for homebound students with any mental or physical condition.

With the help of the iPad, these tutors can teach students Kellenberg curriculum from home and even administer tests and quizzes until they are able to return to school again. Similarly,

Kellenberg has become quite flexible with accommodations for students presented with other challenges, like extended leaves for intensive outpatient or residential treatment and even in-class accommodations. As society becomes more aware of mental health issues, people become more open to discussing them and reaching out for help.

"If I could say anything to a student struggling with mental health, it would be to reach out for help, to a parent, guidance counselor, or any trusted adult," Mrs. Marconi concluded.

As a child or adolescent with an undiagnosed mental health issue, it can be incredibly difficult to reach out for help out of fear of being misunderstood or invalidated. However, remember that seeing a therapist for depression is just like going to the allergist for asthma or the dentist for a cavity. Nobody is perfect, physically or mentally, but there is always the hope of recovery. The more we speak out about our problems, the smaller the associated stigma becomes. Asking for help is not admitting weakness, rather, it is one of the greatest signs of strength.



How many of these kids might suffer from an anxiety disorder? Odds are... 1 in 12.

tions are linked to mental illness as well. Intense psychological abuse, a significant personal loss early in life, and neglect can also contribute to the development of mental disorders. Additionally, common environmental triggers for mental illness include a dysfunctional family life, changing schools or jobs, social or cultural expectations like the unrealistic beauty standards set by social media, and substance abuse.

Everyone has experienced feelings of worry, sadness, and agitation; they are simply part of the spectrum of human emotions. Therefore, it is sometimes quite difficult to recognize when the line between mental distress and mental disorder has been crossed. Anxiety, depression, and other mental illnesses become a problem when they begin to become disproportionate to everyday stressors and interfere with daily living.

For example, a student stressed about an upcoming project due date may feel more tense

notice them to reach out for help immediately.

Often children, teenagers, and their parents alike are unaware of where to turn for mental health support. A good first step is to visit your pediatrician for a referral to a counselor, therapist, psychologist, or even a psychiatrist if medication is recommended. It is especially important to find a professional who specializes in the area in which you suffer, so it is okay to go through several practitioners before finding the right one. Often exercise, a balanced diet, mindfulness, and meditation can be helpful practices to do on your own as well. There are also intensive outpatient, partial hospitalization, or residential programs to look into for more intense treatment if necessary.

Mrs. Ruth Marconi, head of Kellenberg Memorial's guidance department, encounters students struggling with stress and anxiety every day, and has created a safe environment in her office to help them in the moment.

"I often use a variety of tactics to help stressed students ground themselves and be more mindful," Mrs. Marconi began. "Mindfulness is the helpful practice of getting out of yourself and into your senses," she explained.

National Geographic documentaries play on a loop in the main guidance office. according to Mrs. Marconi, the soothing commentary and majestic animals provide a calm sensory environment for students waiting to speak with their guidance counselors. The guidance office also provides adult coloring books and drawing materials for students to help

Ten Mental Health Red Flags

1. *Feeling very sad or withdrawn for more than two weeks (e.g. crying regularly, feeling fatigued, feeling unmotivated)*
2. *Trying to harm or kill oneself or making plans to do so*
3. *Out of control, risk taking behaviors that can cause harm to self or others*
4. *Sudden overwhelming fear for no reason, sometimes with a racing heart, physical discomfort, or fast breathing*
5. *Eating, throwing up or using laxatives to lose weight, significant weight loss or gain*
6. *Severe mood swings that cause problems in relationships*
7. *Repeated use of drugs or alcohol*
8. *Drastic changes in behavior, personality, or sleeping habits (e.g. waking up early and acting agitated)*
9. *Extreme difficulty in concentrating or staying still that can lead to failure in school*
10. *Intense worries or fears that get in the way of daily activities like hanging out with friends or going to classes*

From The National Alliance on Mental Illness



Seniors! Prepare for the Magic... Get your Disney payments in!

| | |
|--|--------------------------|
| Down payment | due Friday, June 1 |
| Second payment | due Friday, September 21 |
| Third payment | due Friday, October 26 |
| Final payment | due Friday, November 30 |
| Final deadline for all payments is June 1, 2019 | |



Introducing New Canine Friend Beato

By Theresa Fox '19

As students entered Kellenberg Memorial on the first day of school, Beato, the new puppy of Brother Kenneth Hoagland, S.M., excitedly welcomed everyone back. Beato is a fluffy, white Samoyed, the same type dog as our beloved Tobit. In fact, they came from the same breeder.

At only 8 weeks old, Beato is adjusting very well to his new family. He gets along well with the students and other dogs.

"You can tell he enjoys the attention because of that Samoyed smile," Brother Ken said happily. "He's a very energetic puppy, and he just loves the attention."

For a while Brother Kenneth felt the need for this new addition.

"I see how much joy that Tobit brings to the school, and wanted to add to it." He exclaimed. The two get along very well together and feed off each other's energy. During the

day, you can find them chasing each other around the general office. Both Tobit and Beato were trained by Brother Kenneth himself and have free roam of his office. Throughout the school day, students stop by and greet the dogs on their way to class.

Beato's name has scriptural significance, as do the names of all the brothers' dogs. "Beato" is Italian for "blessed" and "happy," which Brother Ken had chosen after the Beatitudes.

"It suits him very well as he is a very happy puppy."



Athletic director and American history teacher Mr. John Fechtmann also invited a new dog into the Kellenberg family this year. Cody, his son's five-month-old golden retriever, accompanies Mr. Fechtmann to school a few days of the week while his son Brian is at work.

"I don't see why he should just sit alone at home all day," Fechtmann clarified. "Cody enjoys being outside, so I frequently walk him around the school during the day."

Senior Lab Assistants Program

By Caitlin Noonan '21

Throughout the 2018-2019 school year, seniors at Kellenberg Memorial High School are given a chance to apply and be selected to work as assistants in various science labs around the school during study hall periods.

The opportunity will allow students to enhance their scientific knowledge and gain experience for college. Students hope to be provided with experience that will benefit them later, such as the potential work environment in which they would be situated. Members will be able to unearth the wide range of careers in science they can possibly pursue.

Sarah Narcisse, a senior involved in the program, commented, "I like doing labs; I want to get more experience with them, especially in the field of biology." Sarah also wants to pursue a career in STEM (Science, Technol-

ogy, Engineering, and Math). She wants to become a doctor and acquire a PhD in epidemiology, the study of diseases in populations of humans and other organisms: how, when, and where diseases occur. Eventually, Sarah hopes to become employed at the Centers for Disease Control and Prevention.

Mr. Sangiorgi, a teacher at Kellenberg who helps out with Science Olympiad and the new Senior Lab Assistants program, says that having seniors in the lab is beneficial as he, personally, likes to provide himself with "a view from the other side of the desk," expressing his joy in acquiring the students' point of view when working in the laboratory.

Mr. Sangiorgi commented that he enjoys "providing the opportunity for seniors to explore the sciences."

Summer Reading Re-envisioned

By Josh Suarez '22

Summer reading assignments are often dreaded by students. Summer reading is to some just a cruel reminder that summer doesn't really last forever and that school is going to begin very soon. While there are students that do not care to delve into the world of reading, there are also a great many students that take joy in their summer reading, and become totally immersed in the worlds and the characters in their books.

Freshman Gabriel Granados, although only reading the books that were required of him on his summer reading list, was very passionate about the books he had read. Over the summer, Gabriel read *The Diary of a Young Girl* by Anne Frank and *The Pigman* by Paul Zindel.

Gabriel said, "I honestly liked both books. For Anne Frank, I could really visualize what it was like to live in Holland during World War II and the Holocaust as a developing teen, even though I was just sitting in my room. I found it very interesting. *The Pigman* was like its own different genre of literature and storytelling and I really liked it; it had a very compelling and interesting story and the characters were really diverse and fun to read about."

For the 2018-19 school year, Kellenberg has adopted a new format for its summer reading test on all grade levels.

Gabriel shared, "I really like the new testing format. You can apply what you read over the summer to the test and your knowledge about the story and the characters don't go to waste. This new testing format finally gives you a chance to express your views about the different elements of the book."

Another freshman, Alexander Szulzycki, said that he read a slew of books over the summer.

"Reading is a nice break from all the video games and TV shows. When you're not staring blankly into a television screen or computer monitor, diving into a fun story with interesting characters and dilemmas feels like a breath of fresh air," he said.

Alex read the same books as Gabriel. He said, "I really enjoyed both books. They presented really interesting ideas along with a great cast of characters."

Alexander continued, "I read a lot of Charles Dickens stories. I just simply enjoy sitting on my couch and immersing myself in his writing style and storytelling." This summer, Alexander read the classic Charles Dickens book, *Great Expectations*.

"I thoroughly enjoyed the book, and that it's now one of my favorites," he remarked.

Alexander, who had previously attended the Latin School, was very content with the new Summer Reading test format.

He said, "It was way better than multiple choice questions from the previous test. I really didn't enjoy the questions about specific elements and ideas, so I really like this new test."

While summer reading has usually had a negative connotation for many students, this year was different. Freshmen really enjoyed the books they read, with *Diary of a Young Girl* and *The Pigman* being the most read and praised out of all the books on the summer reading list. The new summer reading test format has also garnered praise from various students.

This year, summer reading's usually bad reputation has been interchanged at Kellenberg for a brighter, more accepting outlook on the colorful and rich stories and complex and detailed characters readers can discover when they sit down and read a good book.

JV Soccer Kicks Season into Gear

By Staff

The JVA Girls soccer had an impressive win against the Spartans of Sacred Heart on Friday, September 28. Down 1-nil at half, the Lady Firebirds rallied back with the first goal coming off a cross from Tara Harkin '22 and a beautiful volley right into the back of the net by Olivia Cruthers '21. Harkin was not over yet when she sent a throw ball to Katherine Shammass '22 who secured the win for the game with a goal with 20 seconds left.

The girls earned another win September 24 by defeating the cougars of St. John the Baptist. Freshman Nikki Leonard scored not one, but three goals for the firebirds while sophomore Katherine Smith dribbled 60 yards through three defenders to score the fourth goal of the game. Nicole Nagenast '22 came up with two big saves in the net. The Ladies JVB soccer team defeated Our Lady of Mercy Academy on

September 19. With 6 minutes left to play in a tied game, Logan McCann '22 sent in a corner kick. Sophomore captain Sarah Carro finished with a beautiful shot to the top left corner of the goal to secure the victory for the Lady Firebirds. Great defensive play was shown by Ellie Orlic '21, Skylar Goodman '22, Samantha Collins '22 and Olivia Rasweiler '22. Sophomores Mackenzie McCallister and Julia Simon remained strong in the middle, while freshman Victoria Millisys played great in goal.

Meanwhile, the Boys JVA soccer team beat Chaminade 2-0 on October 4. The boys battled hard all game and broke through with 8 minutes remaining. Sophomore Nick Arcabasso made a heads up play on a quick restart to spark a goal by Justin Mossey '21. Sophomore Alex Scagnelli sealed the win with a breakthrough goal a few minutes later. It was a great team effort all



Kellenberg sweeper Luke Sherry deftly dodges a Chaminade defenseman enroute to a Firebird Goal

KMHS Appoints New Administrators

By Melanie McManus '20

The 2018-2019 school year has just begun. New students' faces fill the hallways, but they aren't the only new aspect of Kellenberg. This year, Mrs. Ruth Marconi is the Assistant Principal for Guidance, and Mr. Robert York has taken up the position of Assistant Principal for Personnel and Communications. The Kellenberg community is looking forward to the positive contributions these new administrators will make to the school.

Mrs. Marconi is the Director of the Guidance Department, Director of College Placement Services, and the Summer School Supervisor. The Guidance Office manages all 30 guidance counselors for the Latin School, High School, and College Placement. It directs all standardized testing including the PSAT and SAT, keeps track of all student records, and provides students with working papers. Mrs. Marconi specifically helps run the Spectrum Program for students who have experienced a loss or other grievances, the Because We Care Program that raises drug, alcohol, and social media awareness to parents, Career and College Night for both Juniors and Seniors, and the tutoring program.

Another one of her responsibilities includes interacting with the guidance counselors about students' needs. If they need homebound tutoring, outside of school counseling, or have extended absences, Mrs. Marconi will do what is best to handle each situation.

Finally, College Placement is run out of her office. She is the College Placement Counselor for

two homerooms and "loves helping students find out what is the best fit for them in college." Mrs. Marconi succeeds Father Albert S.M. as the Assistant Principal of Guidance, a role that Father Albert held since founding the Guidance Department in 1987. Over the past 31 years he has helped the school grow dramatically. Father Albert has worked closely with Mrs. Marconi for 4 years and will continue as the Emeritus Director of Guidance. They will work together to insure a smooth transition of responsibilities. Father Albert is very excited about the new leadership and ideas Mrs. Marconi will bring to the Guidance Program.

As the new Assistant Principal for Personnel and Communications, Mr. Robert York is the Director of the Triple "A" Program, Liaison with Public

School Districts, Assistant Faculty Supervisor, Director of Public Relations, Director of Parent Relations, and Assistant Moderator of the Parents Club. He serves as the primary ear for parental questions, in addition to maintaining connections with alumni. Mr. York is involved with the Advancement Office, which is in charge of promoting the future mission of the school, helping with professional development among faculty, building faculty relations, and working with new students.

Further, he runs Parent Orientation Nights. Other parts of Mr. York's duties as an administrator will evolve as the year progresses. He shared: "I'm very humbled and honored to be trusted in this role, because it is very special as an alumnus of Kellenberg to be able to foster the future of the school."



Mr. York, left, the new Assistant Principal for Personnel and Communications, and Mrs. Marconi, right, the new Assistant principal for Guidance.

Yearbook Ad

By Anya Murphy '19

The yearbook ad drive committee, led by president Maddie Miller and secretary Gabby D'Andrea as well as other members of the senior class, have begun to promote selling yearbook ads for the Early Bird Pricing, which lasts from the first day of school until October 31.

With this discount, ads range in price from \$100 for a business-card sized ad to \$450 for a full-page ad. Regular ad pricing resumes on November 1 and the drive concludes on February 15. For the duration of the drive, ad prices increase slightly, ranging from \$125 dollars for a business card to \$500 for a full page.

Liz Solferino '19 said of the drive, "Bro. Roger put me in charge of collecting money from the Marianist Mentors for our yearbook ad. It feels surreal that we are finally here and fundraising for ads in our senior yearbook."

Each year, the committee creates several promotional videos to encourage students to buy yearbook ads. These include perennial favorite baby picture videos and spirit advertisements.

Ella D'Adonna '19, a member of the Yearbook Ad Drive Committee, said, "Editing the video advertisements for morning announcements helps me to feel involved in the funding of the senior yearbook I will look at for the rest of my life."

John Nealon '19 felt the strain of choosing his baby photo, saying, "Picking just one picture was rough! I have funny ones of me as a baby, but I also have ones from elementary school with some of my friends who go to Kellenberg that would also be a great choice."

There is an added incentive program for students who submit a yearbook ad: a raffle with four prizes. For seniors, there is an opportunity to win a senior sendoff ticket, character dining for four in Disney, \$100 in Disney gift cards, or one of four \$25 Disney gift cards.

Mrs. Borrusso, the faculty chairperson for the committee, helps the members of the senior class to fundraise and create the promotional material.

Sodality Opens 2018 Year

By Nicole Suarez '19

On Monday, October 1, high school students and faculty of Kellenberg Memorial gathered together to celebrate the beginning of weekly sodality meetings with the annual Sodality Opening Prayer Service.

This year the opening prayer service was led by newly ordained Father Daniel Griffin, S.M., who read Matthew 5: 13- 16 and spoke about the importance of being a light for our fellow sodalists as well as the world. He used the image of light to bring forward the idea that we must use our time and talents to serve others and bring positivity into their lives.

“Just as a candle illuminates every part of a room, so must we bring the service and message of Christ everywhere and to everyone we meet,” Father Daniel proclaimed.

At the conclusion of the prayer service, the monstrance was placed on the altar and incensed by Father Daniel while members of the Gregorian Consortium led in singing divine praises. The students and faculty then processed out of the auditorium into the Maria Regina Chapel, where they gathered together for a few minutes of silent reflection and Eucharistic Adoration.

At Kellenberg, Sodality is not only an important part of Marianist life but it is also a great way for high school stu-

dents to form lasting friendships. Additionally, weekly Sodality meetings are an opportune time for students to dig deeper into their faith by discussing topics and asking questions they might not get to in their regular religion classes.

This Sodality tradition was begun by Blessed Father William Joseph Chaminade with the intention of creating a community that could discuss their faith and grow together as better Marianists.

Senior Elizabeth Solferino remarked, “The Sodality Opening Prayer Service reminded me of why I love meeting with my Sodality every week, and I’m excited for the new memories my group and I will make our last year.”



Testing Schedule Makes A Packed Half Day

By Andrea Lauritsen '20

On Wednesday, October 10, 2018, students and faculty at Kellenberg Memorial followed a Special Testing Schedule and were dismissed from class at 12:00 p.m. instead of 2:48 p.m. While Latin School students took IO-WA Assessments, a series of tests used to gauge each student’s academic knowledge, the freshman class participated in its first annual Kellenberg Grandparents Mass and brunch.

“The Grandparents Mass and brunch is a good way to make memories with your classmates and your grandparents, while coming closer to God at the same time,” commented freshman John Lauritsen.

After the Mass, said by Fr. Daniel Griffin, S.M., the grandparents of the students were led into the cafete-

ria with their grandchildren for a brunch of bagels, juice, and coffee.

At the same time, members of the sophomore division took their first PSAT to get familiar with the type of questions they will see on the SAT next school year. Although they have not covered all the information on the test in school yet, based on their scores, they will know what sections to focus their attention on for the SAT.

The junior class also took the PSAT in hopes of raising their previous score from sophomore year, and in preparation for the real SAT, which juniors will take this upcoming March. Juniors Alexa LaRue and Sam Kurtin, both agreed that the SAT Prep Course offered by Kellenberg to all juniors, helped them throughout the test.

“The PSAT is a good tool to improve your test taking abilities, and

get you familiar with the type of questions the SAT will ask,” remarked Sam Kurtin.

During the Special Testing Schedule the seniors enjoyed a low-stress, more fun morning. They gathered in the auditorium to watch the movie “God’s Not Dead,” which expressed the theme of continuing to defend the Catholic Faith on college campuses. Then all 520 of them assembled onto the gym bleachers to take their senior class picture.

“The class picture was really a wake-up call that our time together is coming to a close,” said senior Mackenzie Godley.

Overall, every class was busy during the shortened day they spent at school this past Wednesday.

Rosary Prayer Service

By Isabella Rajkovic '21

On October 5, the Rosary Prayer Service made its way into Kellenberg students’ routine. In light of October being the month dedicated to Mary, Kellenberg held a morning assembly to pray the sacred rosary, offering students the opportunity to take time for prayer. In addition, the homerooms took time for a breakfast afterwards.

The Service began immediately after morning announcements, at about 8:30 in the morning. Every homeroom teacher in every classroom in the building displayed the broadcast of the reading of the prayers of the rosary from their computer to the classroom TVs, where the students watched and tuned in to the group prayer for about an hour. The video shown was of several teachers and students who volunteered to speak, giving reflections on the mysteries and leading the school in prayer.

The school community prayed the five Sorrowful Mysteries: The Agony in the Garden, The Scourging at the Pillar, The Crowning with Thorns, Jesus Carries the Cross and The Crucifixion. Before each decade of the rosary, the Gregorian Consortium sang a variety of beautiful hymns, such as *Hail, Holy Queen* and *Immaculate Mary*, accompanied by a light acoustic guitar. Then, a teacher would read the Sorrowful Mystery, followed by the individual prayers, each said by one student, which were followed by a reflection on the mystery given by a teacher. At the close of the service, a very spiritual rendition of *At the Cross* was sung by Christelle Pascal.

After the prayer service, each homeroom held a breakfast. For the duration of the week, every student was reminded to bring one item to contribute to the homeroom’s meal that Friday.

As a result of both the extravagant amount of food the students brought with them and the length of the prayer service, the breakfast was extended ten minutes, extending the end of the assembly from 9:52 until 10:02. Consequently, the morning classes were one minute shorter than those of a normal A.M. assembly schedule.

Frank Rizzo '21 reminisced with glee of the Rosary Prayer Service, “There was so much food last year! It was great!”

Some students splurged on bagels and orange or apple juice, and some provided necessities such as napkins or plates.

Surplus food and items were donated to the Inn at Hempstead.



Christelle Pascal singing “At The Cross” at the Rosary Prayer Service.



Freshmen Elizabeth Mooney, Mikayla O'Brien, Audrey Rose Kanzer and Natalie Bottiglieri enter school on day one of Triple A. Senior Mentors Jack Santi and Stephen Scully show freshman how it's done at the final day Triple A dance.

Frosh Introduced to KMHS

By Theresa Fox '19

On Wednesday, August 29, 2018 as the summer drew to a close, Kellenberg Memorial came to life with the beginning of Triple 'A.' This three-day orientation program is meant to help acclimate incoming new students to life at Kellenberg. As nervous freshmen and Latin School students entered the building, they were greeted by Kellenberg's warm and welcoming staff members and upperclassmen.

For new ninth graders, Day 1 was an introduction to their new school. First they were shown their homerooms where their moderators and Marianist Mentors were waiting to meet them.

The Marianist Mentor program is composed of a carefully selected group of seniors chosen to assist new freshmen or Latin school students. In their assigned homerooms these seniors are a friendly and familiar face to talk to and help with anything their mentees may need. Every homeroom has four Marianist Mentors: two men and two women.

One of the ways Megan Schmidt, Marianist Mentor of 9A, tried to help her freshmen adjust was by being approachable and friendly saying, "I remember how frightening ninth grade can be, so I try to be open and friendly to everyone. Even if a student appears to be shy or uncomfortable, I'll go to them and talk to them until they decompress."

"Megan and the other mentors really just made me feel relaxed about starting my new school. I was extremely nervous at first, but their friendly and welcoming attitude made it easier," confirmed Matt Albanese '22.

Once the freshmen were settled into their homerooms, lockers were distributed and presentations began. Each home-

room moved as a group, and saw a total of seven presentations throughout the day from members of the guidance and discipline departments, Spirit committee and various clubs. Sophomore and junior members of PREP assisted by giving tours of the building.

On the second day of Triple 'A,' the new freshmen were joined by returning students who had attended the Latin school. After a series of icebreakers and getting-to-know-you games, Marianist Mentor Khalel Florentino said he watched the students finally begin to open up and "come out of their isolated corners." After this, students were given their iPads and instructions on how to use them.

"It's so much easier than books," a freshman said of the iPads. "I like having everything in one place."

On the last day of Triple 'A,' the students received their schedules and were able to meet their new teachers and see a snippet of what a day is like at Kellenberg. The third day concluded with the annual Triple 'A' dance.

"It was my favorite part!" exclaimed freshman Lexie DeCosta.

"Although this was a really hot day and the gym was overcrowded, everyone still was laughing and dancing," said ninth graders Allison Faderl and Elizabeth Callahan.

Latin school Triple 'A' followed a similar schedule, taking part in a field day on the second day, where all students and their Marianist Mentors joined in playing games like volleyball and A-ball with their homerooms. On the third day, iPads were distributed and new students received instructions on how to use them from their teachers and classmates.

Boy Scouts Canoe Minnesota

By Sean Ronan '20

For five days and four nights this past summer, five scouts from Kellenberg Memorial High School's Boy Scouts Troop 87 visited Northern Tier, a collection of adventure bases run by Boy Scouts of America, in Ely, Minnesota.

The crew left from John F. Kennedy International Airport in Queens, New York, to Minneapolis-Saint Paul International Airport in Hennepin County, Minnesota. It took nearly four hours to drive to the base, the Charles L. Sommers Canoe Base.

The following four days were filled with many thrilling adventures. For five days, the crew traveled 66 miles canoeing the waters through the wilderness and portaging the boats between waters. A staff member at the base, an Interpreter named Brandon, guided each scout in his endeavors.

Troop 87 concluded their trip by observing cave paintings and waterfalls.

Mr. Wevers, Troop 87's Scoutmaster, described the experience as "a once in a lifetime opportunity for our scouts to see nature as God created it. Bald eagles overhead, polar pure in their water bottles, and daily setup and breakdown of camp afforded the scouts a truly authentic experience."

Junior Andrew Asarian commented, "Activities we did, like packing and learning to use white gas stoves, taught me the importance of teamwork and gave me a sense of brotherhood." Further, Junior Matthew Moscato said that the experience allowed him to learn new things about himself.

Endurance and patience are among the skills scouts reported learning about themselves in Minnesota this summer.

KELLENBERG MEMORIAL HIGH SCHOOL PRESENTS...

THE
SOUND
OF MUSIC

FRIDAY, NOVEMBER 16

&

SATURDAY, NOVEMBER 17

AT 8:15 PM

SUNDAY, NOVEMBER 18

AT 2:00 PM

Varsity Tennis Aces Competition

By Staff

The Lady Firebirds of the Varsity A tennis team represented Kellenberg in the NSCHSAA Individual Tournament. Junior Katherine Stewart and sophomore Maggie Kutner defeated their AA opponents to become the 2018 Doubles Champions. The girls will represent the league in the State tournament to be held at the John McEnroe Academy on Randalls Island in November.

Sophomores Bridget Cody and Chloe Milkowski also competed against the best



Senior Katherine Huggard sets up for an overhead hit across the net.

in the league just falling short by two games in the quarter finals. The team's only competing singles player, junior Lydia Mercante, fought her way to the semifinal match off with the number one seed. Although she did not walk away with the win, it was clearly the match of the day.

The girls defeated Sacred Heart AA September 27, 4-3. An exciting match was led with win on second singles, sophomore Maggie Kutner came back from a 1-5 deficit in the first set to win in a set tiebreaker. Maggie finished the match in the second with a score of 6-4 giving Kellenberg its first in of the meet. Soon to follow, third doubles teammates senior Katherine Huggard and sophomore Chloe Milkowski won 6-3, 6-3 as well as fourth doubles teammates seniors Isy Odiaka and Allie French taking their match in two sets. Clinching the exciting comeback, new singles player sophomore Afa Odiaka on third singles defeated a seasoned opponent 6-3, 7-5.

The girls Varsity A team swept all courts against Sacred Heart Monday September 24 7-0 to keep the momentum going behind the team's 4-0 league record. All courts displayed exceptional play and good sportsmanship. A few highlight matches include seniors Lexi Deshommes and Catie Sullivan who easily defeated their opponents 6-2, 6-0. Second doubles partners senior

Alexis Diaz and junior Melanie McManus finished their match in record time with a score of 6-0, 6-0. Singles players senior Emma Soccodato, sophomore Maggie Kutner and junior Lydia Mercante each dominated their opponents in two sets.

In a historic victory, the Ladies defeated St. Francis prep AA with a score of 4-3. This is the first time the Lady Firebirds have won against the returning Catholic League State finalists in 30 years. Senior Emma Soccodato led the way defeating her opponent 6-1, 6-3. Junior Lydia Mercante dominated court 3 in a super tiebreaker winning easily with a score of 10-1. Clinching the win, second doubles teammates senior Alexis Diaz and junior Melanie McManus won in another exciting super tiebreaker 6-3, 5-7, 10-6. Not to be outdone, new team member sophomore Chloe Milkowski and Senior Katherine Huggard easily won on court 3 with a score of 8-2.

On October 2, Varsity tennis B defeated Our Lady of Mercy 7-0 securing a spot in the semifinals. Junior Alexandra Carillo stepped up to play second doubles and won 6-1, 6-2 with sophomore partner Isabella Caliendo. For the second day in a row, sophomore AnnaMaria Vargas stepped up to play, this time on fourth doubles with junior Brianna Diele. The girls lost the first set, won the second 6-0 and went on to win the super tiebreaker. Junior Clarissa Perez-Pecchio remains undefeated, this time playing a member of the opposition's A team.

The B team also came up with a huge win September 27 against St. John's. First and third singles won in straight sets. The outcome of the match rested in the hands of junior Alexandra Carillo and sophomore Isabella Caliendo. After losing the first set 2-6, they won the second set 7-5 and then went on to win the super tiebreaker.

Two Pep Rallies: One School Spirit

By James Mooney III '20

On Friday, September 21, the student athletes of Kellenberg were honored at the 2018 Fall Sports Spirit Rally. The Fall Pep Rally serves as a champion for the spirit and tone of the fall season. All athletes, spanning from freshmen to seniors, proudly wore their team's jersey to the event and during the course of the day. The wearing of the jersey emanates the spirit of Kellenberg Athletics, a hallmark of pride for this group of student athletes. Junior and senior athletes and attendees gathered in the gymnasium, while freshman and sophomore participants joined together in the auditorium for a simultaneous rally.

Both rallies began on the same note with the singing of our national anthem acapella. Sophomore Alyssa Romeo performed for the freshman and sophomore rally, while senior Grace Cooper sang at the junior and senior rally. The freshman and sophomore rally included a question and answer game, with the faculty asking questions of the student homerooms and athletic teams. Seniors from the Spirit Committee hosted this portion of the event. Teams were grouped both by sport and homeroom. The elevation of the spirit of Kellenberg was evident in the participation.

Sophomore Nicole Tudor expressed her school pride, commenting, "The Fall 2018 Pep Rally was one of the

best pep rallies I have ever been too. Although I do not play a fall sport, I still had a lot of fun with my friends. The seniors prepared question and answer games which entertained the crowd and played music to make the experience even better. As soon as I walked into the auditorium, I felt a rush of energy and happiness that reminded me of how great Kellenberg truly is."

At the junior and senior rally, all of the athletic teams walked in together, each holding up their team signs. Senior athletes then played multiple rounds of various games with a team being eliminated each round while their junior counterparts cheered on the team from the stands. Games included relay races and soccer with miniature soccer balls. The Girls Varsity Soccer Team took home the victory for the competition.

Junior tennis athlete Madison Miranda, expressed her tennis team pride, saying, "I had fun sitting with my team and cheering on my senior teammates."

Both the cheer and dance

teams performed showcasing their hard work. Varsity Dance danced to energetic favorites such as Ariana Grande's "No Tears Left to Cry," and "In My Feelings" and "Gods Plan" by popular rapper Drake.

Kristen Dempsey, a member of the Girls Varsity Tennis, commented on her pep rally experiences, saying, "The Pep Rally is one of the many events you and your teammates take part in during the season. At the Pep Rally, your teams gets the chance to compete against other sports teams while all having a blast! The Pep Rally encourages us to work hard together as a whole on and off the field. We look forward to it every season because not only does it boost team spirit but also school spirit!"



Cross Country

By Staff

The Lady Firebird Cross-Country team ran to one of its best team performances at one of the Northeast's most competitive meets: The Paul Short Brown Invitational in Lehigh, Pa.

The team finished behind North Carolina's top team, Cardinal Gibbons, and Virginia's two top teams, but finished as NY's top placing team and defeated Delaware's state champ, Tatnall.

The JV ladies were equally impressive, finishing runner up to Conestoga H.S. of Pennsylvania while defeating 38 other schools. Their performance would have beat half of the Varsity schools competing. Firebird of the Meet was Maddie Lay for her breakthrough stunning performance in the Varsity race.

Both the varsity and JV teams defeated St. Anthony at Sunken Meadow in a runaway victory, in which Kellenberg took six of the top seven spots. Jessica Lampasone, Ella Coschignano and Luran Tarpey all finished top five in the freshman race.

The girls opened the 2018 season with an impressive team victory in Wilton, Connecticut, capturing first place by defeating Conn. Powerhouses such as Glastonbury, Greenwich, host Wilton and seventeen others in the process. The team's opening win was led by Maureen Lewin, Brianna Lausev, Maya Richardson, newcomer Maddie Lay and soph. Ashmley Minns. Margaret Mac and Lauren Bernic completed the winning squad. Victoria McLoughlin and "rookie" Victoria Deiquez, along with junior Calley Donnelly led the JV to a runner-up team finish in the large field.

Jessica Lampasone and Isabella Coschignano ran to excellent Top 10 finishes.

The Boys Cross Country team competed at the Six Flags Wild Safari Invitational on the weekend of Septemebr 29. The freshman team performed well, finishing in 3rd place and winning team medals.

At Vancortland on September 22, the Frosh team surged to win their race at the Xavier Invitational. Jeremy Martinez was the team's top scorer while James Mormando and Greg Alcusky came in close as the team's 2nd and 3rd. Rounding out the scoring were James Hopkins, and Michale Doht.

Bradley Lazo, Amir Jeudy, Vincent Franco, Brian Marriot, Jacob Uniacke, Christian Giraido, David Vessey, Aldo Mancini and Anthony Perrone all ran to personal bests.

James Hopkins, was awarded Firebird Strider of the Meet for his 37 second personal time improvement.

On September 19 at the Regis Invitational, the Freshmen secured a strong second place finish. Leading the way for the firebirds was Jeremy Martinez. Not too far behind, finishing in second and third, were Greg Alcusky and James Mormando. Rounding out the scoring for the team was Ryan Gaudioso and Brian Canner. Other runners putting in medal winning performances were turned in by Michael Doht, James Hopkins, Amir Jeudy and Tim Kirley. The Firebird Strider of the Meet Honors went to Jeremy Martinez for his fourth place overall finish out of 150 runners.

Varsity, JV Volleyball Dominate Season

By Anya Murphy '19

The Girls Varsity Volleyball team continues to flawlessly blow away the competition after nine games. The team faced off against the #3 and #4 teams in the state, John Glenn High School and Burnt Hills High School, at the John Glenn Invitational Tournament in Northport.

Juniors Julia Piotrowski and Julia Merz led the team to a sweep against St. Mary's by scores of 25-19, 25-14 and 25-11. The girls behind the stripe had a 93% service accuracy rate, and Emily Acimovic '20 broke the season record for hitting percentage with a .500.

In the team's first tournament, the Lindenhurst Invitational, seniors Alyssa Pugh and Heather Oleksiw led the defense, combining for 75 saves throughout the day. The squad defeated host school Lindenhurst, then swept Newfield High School. After a split game against Ward Melville by scores of 24-26 and 25-17, the team finally lost in the first-round playoffs against Smithtown West, 17-25.

In their first matchup of the season on Thursday, September 13, the girls dominated Our Lady of Mercy in a three-game sweep, final scores 25-26, 27-25 and 25-12. Krista Handler '20 led the charge against the Mustangs, racking up 12 digs, 8 kills, and 12 serve receptions. The team followed this sweep with another against St. John the Baptist, in which setter Maggie Caffrey '20 threw 35 assists. Winning by scores of 25-17, 25-21 and 25-11, the team called on senior middle hitter Colleen Moulder as well as juniors Emily Acimovic and Megan Watson, who all combined to achieve 25 kills. In their third game of the season, the Firebirds fell just short of a win against St.

Anthony's. After being stuck at 17-all in game 4 of the night, the team finally gave up the win, with scores of 23-25, 21-25, 25-19 and 17-25.

Against Holy Trinity, the team rebounded from a loss in game one, ending the match with final scores of 21-25, 25-26, 25-17 and 25-20. The girls' win was secured by front row players Ava Koszalka '20 and Jenna Doyle '19 as well as senior Alyssa Pugh's 20 digs.

Senior Kirsten Brunner led the team to victory over St. Dominic's, adding solo and assist blocks to the team's effort. The

sweep ended with final scores of 25-16, 25-27 and 25-16.

The JV girls had a dominating win October 4 against the Gales of St. Mary's with scores of 25-11, 25-11. In game one, the offense was led by freshman Emmie Koszalka's hitting. Hayley Judge '22 found a groove from behind the end line rattling off five service aces to secure the game. Game two was never in doubt as sophomore Madison Buonpastore's six-point run from the service line gave the team total control. Sophomore Rebecca Meier's left side attack couldn't be

stopped and defense by freshman Megan Monaghan was the picture of control.

Another solid win came on September 25 against the Titans of Holy Trinity. With a first game with of 25-16, the Firebirds had to dig deep in game two to close the win with a nail-biter 25-22 victory. The team was led by solid play in the back row. Sophomores Danielle Vadney and Leah Marchisotto anchored the team while Rebecca Meier wowed the crowd with spectacular offense.



Colleen Moulder '19 and teammates celebrate another win.

Crew at the Birds' Nest

By James Mooney III '20

As the Athletic Program expands at Kellenberg, a crew team is being introduced to the list of 18 sports that are offered in the KMHS athletic program. Although the team's season is officially going to begin in the Spring Season of 2019, there will be an introductory meeting later this fall to open the program and assess the interest and potential participation. This meeting will include information about the try-outs, location, transportation and other preliminary facts that will give students a deeper understanding of the new crew program.

As opposed to a club sport, the program is going to be classified as an athletic team, whose members will include both girls and boys grades 9-12. Starting sometime in November, students are going to be able to test their physical abilities by "mock rowing" on indoor rowing machines in the weight room. These machines are very beneficial in introducing the sport, testing stamina and strength as well as keeping potential Kellenberg team rowers in shape.

The vision and leadership behind this new team is Miss Marsigliano, a graduate of Kellenberg and a first year Earth Science teacher. As a four-year alumna of the Iona College rowing team, Miss Marsigliano brings extensive row-

ing and guidance to the potential team.

Kellenberg has purchased a property where the crew team will practice and find its home base. The newly acquired property is not yet ready for visitors but is undergoing renovations to be a multi-use location for Kellenberg and its activities. The property, located in Islip, is on a canal that feeds out to the Great South Bay and is ideal for rowing. Student athletes will hopefully be on the water in Islip practicing by March. The newly formed team will be transported to the property via bus and then will have an option to be picked up at the property by their parents.

Kellenberg bought two sculls, the kind of boats used for rowing, to begin the Crew program. These sculls are built to fit up to eight rowers and are over 50 feet in length, and will allow for the maximum number of participants on the team. The athletic department plans to continue building the fleet of sculls along with the growth of the program. Once the program is in full effect, students will be able to compete in local regattas.

Miss Marsigliano commented, "To have a sport like this at Kellenberg will make Kellenberg's name even better and I am so excited!"

JVA Baseball Champs

By Ben Oppenheimer '19

The Kellenberg JV-A Baseball Team won the league championship for the second year in a row to cap off a magical season last June. From the start, the team and coaches had lofty aspirations, expecting to match up to the likes of intense league rivals Chaminade and Saint Anthony's. However, the chemistry wasn't completely in sync at first even though the team had the potential for greatness on paper. Returning sophomores knew each other very well, but the new freshmen, being inexperienced as first year players at Kellenberg, took some time to truly mesh with each other.

As the Firebirds' season came to a close, it was winning a semifinal game 9-2 over Saint John the Baptist on May 9 that propelled them to the championship, led by Aidan O'Connor's complete game shutout with 9 strikeouts, and junior Xavier Cruz's 3 hits and 3 RBIs.

In the championship game on May 18, which was split into two games because of rain delays, the boys played St. Dominic's. Kellenberg prevailed in the second game, winning 6-2, with hits by multiple players giving them the lead. Matthew Tracz '20 and Julian Belardo's double play put the final seal on the victory for the Firebirds.

Shortstop Julian Belardo '20 recalled his

thoughts about the season from its beginning all the way to the championship. Still looking to make improvements to his game, Julian learned to work as a part of the team, commenting, "I wanted to make adjustments to my swing and it paid off. I ended up batting over .300 by the end of the season, but my most basic goal as a player is to do my job first, and keep my personal ambitions second. I didn't care if I got out and it lowered my batting average, as long as I helped the team by scoring the runner."

Belardo, known not only for his dedication to the game, was also the team's emotional spark plug, constantly cheering for his teammates whether they were winning or not. Julian is only one of the many members of the team that helped lead it to greatness this past season. He is often known by his teammates and friends as a "young Jose Altuve," because although he may not be known for hitting balls out of the park, he is a skilled contact hitter and solid infielder with a vibrant personality, similar to the Houston Astros player. Julian said, "All my friends know me as this loud, enthusiastic kid, so I wasn't afraid to scream out my teammates' names in support, and I urged others on the bench to join with me."

Belardo's leadership demonstrated the difference between ability and faith in your teammates.

KMHS Sports

Firebirds Dominate SFP at Homecoming



Members of the Varsity football team square up at the 45-yard line to defend their overwhelming lead over the Terriers.

By Matthew Gluck '19

Another year, another gifted group of guys. So far, the Kellenberg Firebirds look like they are still in last season's form...absolutely dominant.

After a 34 - 14 win against Holy Cross, the Firebirds returned home to face off against St. Francis Prep at homecoming. Hundreds of fans showed up at Mitchell Field as the Firebirds continued to wreak havoc on their road through the season.

Right out of the gate, the Firebirds were off to a 14 - 0 lead against the Terriers of St. Francis Prep. Those 14 points, courtesy of two rushing touchdowns scored by quarterback Matt Sluka and running back Jordan Delucia, helped the Firebirds jump out in front and to build momentum for the rest of the game.

Sluka put up a pair of touchdowns in the second quarter to earn another 14 points equating to a whopping 28 - 0 lead

at the half. Matt Sluka's first touchdown came from his legs as his second touchdown was a beautiful 60-yard pass on the sideline to Jordan Delucia. With the defense playing lights out every single drive and the offense putting up those type of numbers, nothing could stop the Firebirds.

Opening up the second half, quarterback Matt Sluka rumbled for another rushing touchdown of 40 yards. As the offense was having a field day, the opposite side of the ball wasn't any different for Kellenberg. Defensive end Dan Wilson led the defense with a total of 9 tackles with one of them coming behind the line of scrimmage with a tackle for loss.

Seniors Thomas Cipolla and Matt Leahy also had a tackle for loss on the day.

Senior linebacker, P.J. McGuinness stated after the game, "It felt great being out there representing my school and team for homecoming. You get such an adrenaline rush being out on the field

competing with your teammates." McGuinness played a vital role on defense racking up 6 tackles, a sack, and a fumble recovery.

Up 35 - 0, the Firebirds were clearly in the driver's seat of this game. They had taken control on both sides of the ball and they were not done yet. To cap this wonderful showing, Junior Bossuet Jules ran in a 30-yard touchdown adding some more fuel to this fire. Prep's last touchdown saved the Terriers from an ignominious shutout with a final score of 42 - 6.

Continuing their streak, the boys grabbed another confident win over Xavier on September 22 with a final score of 47 - 14.

On Saturday, October 6, the Varsity Football team improved its record to 5-0 with a 41-3 victory over Holy Cross. Jordan Delucia '20 paced the offense with three first half touchdowns and 186 rushing yards. Frank Roder '19 added 87 yards and a touchdown, while Jake Dea-

kin '19 and Matt Mongeli '19 rounded out the scoring. On defense, Peter Talercio recorded ten tackles while Stephen McCallister '19 and Matt Leahy '19 added seven tackles.

Meanwhile, on October 6, the JVA team improved to 3-2 overall and 3-0 in the league with a 35-22 win over Holy Cross. The offense was firing on all cylinders, totaling 329 yards including 235 rushing yards and two touchdowns from Griffin Chernoff and a rushing touchdown from Max Mongeli. Quarterback Thomas Sluka threw for 70 yards and a touchdown pass to Michael Gilliam and ran for a touchdown as well.

Late in the game, leading 35-22, Kellenberg's defense shut down Holy Cross' final offensive attempt with an interception by CJ Piccone at the 30-yard line. Will Ligarzewski, Joe Durso, Cesar Romano and Jack Hommel anchored the defense, allowing only 95 total yards.