

VOL. 32 No. 2
KELLENBERG
MEMORIAL
HIGH SCHOOL
WINTER 2018

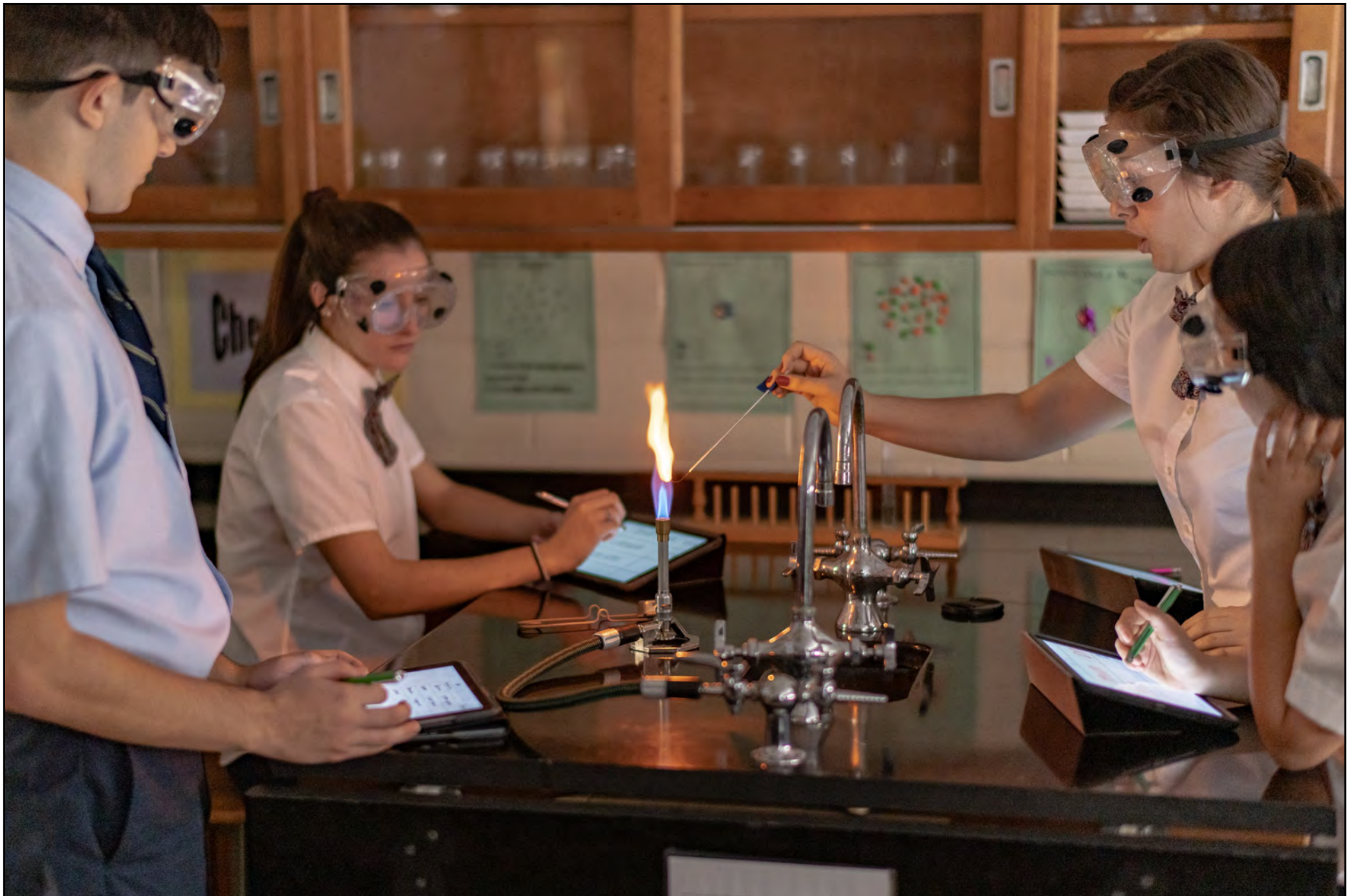
1400 GLENN CURTISS BLVD,
UNIONDALE, NY 11553

www.kellenberg.org



**Continuing
the Marianist
Tradition
Since 1987**
*"The Good Is
Diffusive of
Itself"*

CHEM Week Sparks STEM Passion



Thanksgiving-Page 4



The Sound of Music-Page 4



Boys Varsity Soccer-Page 12

Non-Profit Organization
U.S. Postage
PAID
Uniondale, N.Y.
Permit No. 10

Kellenberg Memorial High School
1400 Glenn Curtiss Boulevard
Uniondale, NY 11553

THE PHOENIX

October Mass

By Samantha Schuler '19

On Thursday, October 25, Kellenberg Memorial held its first school-wide Mass of the 2018-2019 academic school year. The Mass was a celebration for Archbishop Saint Oscar Romero, martyr, who was recently canonized on October 14, 2018. Romero, a Catholic who died for his faith, was assassinated while presenting Mass in El Salvador.

Father Albert Bertoni, S.M., led the procession in the auditorium Mass. The first reading, from the letter of St. Paul to the Corinthians (1 Cor 12:4-11), discussed the variety of spiritual gifts provided by the Lord, like wisdom, knowledge and prophecy, which help to spread God's message of love.

The Gospel was Matthew (19:16-22), which told the story of a man asking Jesus what he must do to gain eternal life. Jesus replied, "keep the commandments," but the man says he does, and wonders what he is lacking. Jesus proceeded to tell him to abandon all material possessions and give them to the poor. The man walks away sullen, for he had so many possessions.

Fr. Albert Bertoni, S.M. followed the gospel with his classic preface to his homily- wiggling your toes, sitting up straight, and focusing on the "shared" moment with each other and with God. He spoke about St. Oscar Romero's deep spirituality and speaking out against wrongdoings. St. Oscar was willing to give up everything he had for God, even his life. Fr. Albert brought up the song "A Future Not My Own" by Matt Maher, a song inspired by St. Oscar Romero's work and sacrifice. Fr. Albert then proceeded to read the lyrics along with playing the song itself to demonstrate the powerful message within. Fr. Albert focused on the line "We plant the seed but you make it grow, we're building a house you're building a home," and emphasized that God truly strengthens His Church and makes its achievements extraordinary.

Senior EM Maureen Lewin distributes Eucharist to junior Sami Ammari.



Photo by Sarah Ruggiero '20

Last Week at Mass: Finding My Identity in Christ

By Veronica Tadross '21

I slid down into a familiar seat before the colorfully adorned altar in the Kellenberg auditorium. I soon began to speak to my grandmother, drifting in and out of attention as she chronicled the stories of her life for the thousandth time. "You know a lot of people abandon their faith when things go wrong in their lives," she sighed as I squirmed impatiently in my seat, "It's great that your school gives you such a firm foundation." At Kellenberg it seems to be a given that we should trust God's plan even when we're in a bad place in life, but many other people would get angry if you tried to tell them that, I thought. Before I had a chance to tell my grandma this, the Mass commenced.

I grew groggy again, paying little attention until I overheard whispers from a few men behind me. "When did you begin coming to Mass at Kellenberg?"

One said to the other. "My wife passed a few years ago, and they put her on a prayer intention list for this every year." The other replied enthusiastically, "That's great, I should ask if they can do that for my deceased family members." Here sat two men who had lost some of the most important people in their lives, but they were still here, celebrating Christ. How did they undergo the same misfortune as many others, yet not fall into bitterness and broken faith?

At the thought of broken faith I began to recall a video I watched on the idea of God. A prominent psychologist and philosopher stood on a dark stage before thousands corroborating an idea of a German philosopher, Nietzsche. Nietzsche believed that God was dead in the hearts of men and women, but he knew that this wasn't a good thing. This was because men and women are constantly fluctuating between seeking a purpose and be-

lieving that nothing matters. When we stop seeking the purpose of God, we replace Him with meaningless ideologies that leave us angry or emotionally drained. Ultimately, there is a "hole" in each one of us that can only be sufficiently filled with belief in God.

People often say that if God does exist, there wouldn't be so many bad things in the world. But I sat in the auditorium at the Mass of the Faithfully Departed thinking, "If there's no God, why is there so much good in the world? Furthermore, why is there a God-shaped hole in each one of us?" The men behind me were at Mass today for the same reason I was, to satisfy their desire for Christ in the Eucharist. Who would give us this God-shaped hole, but God Himself?

Refocusing on the altar, Fr. Dan began his homily, speaking about the Communion of Saints. "Blessed Adele said one of my favorite quotes," he said,

"God, my heart is too weak to love you. But seeing that you are loved by so many, the others may be able to compensate for the weakness in mine."

This quote resounded with me for the remainder of the Mass. There is one God, yet a spot for Him inside every one of us. So, as we collectively thirst for the Body of Christ, we are the Body of Christ, all temples for one true God. I definitely was not the first to come up with this, yet it was the first time that I remembered the teaching I had heard time and again in religion class and understood it. When we try to abandon Christ's presence in the Eucharist, we end up seeking some other identity, only to find that other identities are unsatisfying and fleeting.

It is not uncommon to struggle to trust God in difficult times. But when we accept the mercy God has displayed in our lives, we can trust His plan and satisfy our life's desire.

Chemistry Week Celebrates STEM Involvement at Kellenberg

By Randi Titus '19

The celebration of National Chemistry Week was in full swing in the halls of Kellenberg Memorial during the week of October 22.

National Chemistry Week, coordinated by the American Chemical Society, is an annual event held in the United States to raise public awareness of the importance of chemistry in everyday life. Kellenberg chemistry teachers and members of the administration came together to make the week as entertaining and educational as possible for students.

This year's theme was "Chemistry is Out of This World." The focus of the week was the chemistry of outer space. With a subject matter that is over 62 miles above sea level, chemists and students must utilize and observe measurements made here on Earth.

In preparation for National Chemistry Week, some students made Elmer's Glue from milk, baking soda, and vinegar. They used the glue to make pun themed posters that hung proudly around the school. Some helped decorate the labs by creating models of atoms and their electrons by using small everyday objects. Balloons, streamers and signs decorated the classrooms.

Teachers took part in the festivities by sporting tee shirts with Chemistry sayings on them. The students looked forward to seeing what shirt each teacher would wear each day. "Think like a proton and stay positive," "Fe man" and "Chemistry is F U N" were just a few of the amusing sayings inked on each shirt.

To kick off National Chemistry Week, Kellenberg broadcasted a video by alumni Stephanie Minero '04 on morning announcements. After graduating from Kellenberg, Stephanie went on to major in forensic science, chemistry and biology. She now is a successful forensic scientist. She remarked, "I use chemistry every day. Each day I use chemical analyses and specialized instrumentation to identify the molecular components of controlled substances submitted to my laboratory."

Each following morning of the week, a chemistry commercial was played. Other alumni in science related fields' videos and student chemistry tutorials served to grasp the attention of and inspire students to recognize the importance of this essential science.

On one commercial, Junior Nicole Aponte demonstrated how to properly use a Bunsen burner. She commented, "Chemistry week was a great way for not only me, but all of my fellow peers to experience how exciting science can be. I was extremely happy to be a part of Chemistry week and to pass on my knowledge of the Bunsen burner to the rest of the Kellenberg community."

Tuesday, October 23 was a special day in Chemistry Week. It was Mole Day. In honor of the day, the Chemistry department hosted a solving chemistry puns and puzzles challenge after school. Each winner Students was rewarded with tasty treats and shirts for his or her success in the game.

Throughout the week, juniors completed fun activities, watched entertaining videos and successfully executed a lab in chemistry class. In the lab, students conducted flame tests with various elements. They used a wire loop dipped in a solu-



Juniors Kerry Clark, Monika Sweeney and Caitlyn Barnwell conduct an experiment with dry ice in their Chemistry Seminar Class.

tion containing the element and placed the loop in the flame. This procedure is used to detect the presence of specific elements, in this case metallic salts, by analyzing the emission spectrum, or color, given off in the flame. Students then used wearable diffraction grating lenses to see the emission spectra of different gases.

To bring an end to the exciting week, on Thursday, there was a heated game of chemistry bingo. In addition, Chemistry department chairperson and teacher, Mrs. Graziano, led a group of students in skyping chemist Adam Duerfeldt, an Assistant Professor at the University of Oklahoma whose research specializes in finding treatments and a cure for certain types of diabetes. On Friday, the Chemistry Department awarded students with chemistry t-shirts. 80 juniors were given shirts for their accomplishments during class and the lab.

Mrs. Graziano commented, "I think STEM has taken the education field by storm because children don't play on their own outside like they used to, for many reasons. Years ago, students made their own go-carts and played games where they made the pieces and the rules. Children were always creating and tinkering with regular household items. We've gotten away from that and so, creativity, which comes so naturally to children, has gotten stifled. By bringing STEM into schools, students can play and create, which is how learning takes place. Plus, it is fun!"

Chemistry Week was extremely successful among the students of Kellenberg. Junior Christian Onyeike shared, "National Chemistry week opened up my eyes to the amazing world of science. Chemistry is way more than just 'protons this, neutron that'. The world around us is built on the foundation of chemistry and it is through it that we come to understand life."

Junior Zanaii DeCastro said, "Chemistry week was a great experience. It showed me that chemistry is in our everyday lives and not something just taught in the classroom."

National Chemistry Week is just one small aspect of the large push for STEM nationwide. Kellenberg has fully embraced this new direction of the nation.

Chem Students Skype a Scientist

By Nicole Tudor '21

During the week of November 5, Mrs. Graziano's junior chemistry classes have been able to expand their skills and knowledge of chemistry by Skyping a Scientist. Teachers around the world can connect with other scientists and educators to provide students a different perspective on in-class material.

Skype a Scientist was founded at the University of Connecticut in the Department of Molecular and Cell Biology by graduate student Sarah McAnulty. Through the program, scientists Skype into the classroom for Q&A sessions with the students, during which they can discuss the scientist's expertise or ask questions related to his or her field.

Some scientists give video tours of their labs to show students what it is really like working in this environment.

Mrs. Graziano said of the program, "I feel that this is a great opportunity for students to be a part of because they get to experience an inside look on what it's like to live everyday as a scientist. If they are interested in this field of work, they can learn more about it and see how real scientific research operates. We are looking into expanding this event into other grades and possibly other subjects."

Recently, Kellenberg students were able to connect with Adam Duerfeldt, an assistant professor at the University of Oklahoma, one of more than 2000 scientists who have volunteered to participate in the program.



Photo by Kamil Szwed '20

Junior Chemistry students Erin Harvey, Kelly Anne Huggard, Simeon Belgrave and Xavier Wisdom take notes and prepare questions for their Skype with a scientist.

Drama Club Production Brings *The Sound of Music* to Kellenberg

By Anya Murphy '19

The *Sound of Music*, The Drama Club's fall musical, premiered on Friday, November 16, and was followed by additional shows on Saturday, November 17 and Sunday, November 18. Over 3300 tickets were sold, amounting to over 1000 attendees of each performance and two entirely sold-out shows.

The story of the musical follows Maria, a young Austrian girl who, though she hopes to become a nun, finds love in the most unexpected places. Junior Deidre Ambrosi captured the audience with her portrayal of Maria's youthful joie de vivre. From her performance, it was clear that she had a profound understanding of who Maria is and how to best present her to an audience. As the musical progresses, Deidre expertly captured Maria's growth from an air-headed and vivacious young rulebreaker into the type of strong and intelligent woman who was able to protect her family from the Nazis.

Deidre reflected, "For the first month, my Maria was a lot of fabrications and things I tried out and let go after and I was really frustrated with my characterization process. Around mid-October, something clicked in my head as I did my first act one run and I realized that love of life was the sole force behind Maria's every action. Once I started playing her from that angle the show completely opened up for me and I began to actually enjoy the character instead of stressing about whether or not I was doing it 'right.' She is driven by love of children, love of life, love of hills and love of husband, and once I figured that portion of her out, everything made sense and I fell in love with her story all over again."

When she is sent to the home of Captain von Trapp to become a governess for his seven children, Maria grows in her relationship with the family.

In a reflection of her character's bond with the von Trapp children, Deidre grew closer to their underclassman and Latin School counterparts.

"The most fun I have probably ever had with a musical number was Do-Re-Mi," she remarked, "The kids were incredible to work with and we spent a



Stephen Scully '19 as Captain von Trapp sings "Edelweiss" while playing the guitar alongside Deidre Ambrosi '20 as Maria.

good three rehearsals on just that one number because the blocking is so complicated and it's such a long and iconic number in the show. Everyone knows it's coming as soon as the guitar cut in over my lines, and the audience responded really well every single night. Do-Re-Mi was one of my magic moments because it allowed me to bond with the kids right at the top of act one and established a relationship I could build off of for the remainder of the show."

Stephen Scully '19 played the Captain in his last Kellenberg musical, and was able to grow vastly in his skills as an actor through the role.

"One thing I'd say that I learned from my character is how important it is to move forward in life, and that one tragedy can't define who you are, The Captain in the show never gets over his wife's death,

and as a result becomes a cold, unfeeling father toward his children, and a bitter and angry man at his friends. Through Maria, he learns to open his heart again and become who he should have been all along."

The scene in which Stephen's character sings "Edelweiss," was most challenging for him as an actor.

"The hardest part was definitely learning the guitar, while also having to sing," he said, "Having to focus on my voice, my facial expressions, and also an instrument that I hardly knew how to play was extremely challenging. I don't recommend anyone try to learn the guitar in less than a week."

With the help of the stage crew, who painstakingly sculpted the columns used in the set and practiced moving the complicated pieces of equipment, as well as

the audio provided by Jake Metzner '20 and lighting by Nick Trainor '19, the show was ready to go on. After months of practicing every day of the week but Sunday, the members of the drama club were sad but relieved to say "So Long, Farewell," to *The Sound of Music*.

Stephen said, "My favorite memory of my last musical is was taking my final bow. Knowing that that was the final time I would walk across that stage and say goodbye to my audience was bittersweet, but I will always cherish being able to take that bow arm in arm with my friends."

Mr. Murphy, the moderator of the Drama club, is now choosing between four plays for the spring show. On Monday, November 26, an informational meeting took stock of interest in future productions.

Thanksgiving Drive Provides Aid for Queen of Peace Residents

By James Mooney III '20

The Kellenberg family celebrated Thanksgiving Mass on Wednesday, November 21. The day welcomed the extended family to include alumni on this annual visitation day along with a brunch afterward. The mass and gathering is the culmination of the annual Thanksgiving Basket Project helping the mission of the Little Sisters of the Poor at the Queen of Peace Residence.

The mission of the Little Sisters of the Poor is to provide quality care to a population of 80 elderly residents who are ages 65 and older. The residents of the Little Sisters of the Poor are people without financial means, family or social support. The Little Sisters of the Poor rely on donations to keep the facility resources at healthy operational levels. Kellenberg plays a key role in supplying basic hygienic donations to the Little Sisters Residence. Kellenberg students and faculty were asked to bring in various types of toiletries such as hand cream, mouth

wash, soaps, Clorox and Lysol wipes and toothpaste. Baskets were placed in each homeroom in which students could drop off their donations. This captures the spirit of the Thanksgiving season in which we are called to spread the Gospel and help others who are less fortunate than we are.

In the auditorium the upperclassman mass was held while the alumni were invited to join this Eucharist Celebration. Fr. Thomas Cardone, S.M., was the celebrant for the mass and harped upon what the Thanksgiving season signifies. In his homily, Fr. Tom talked spoke about possessing an "attitude for gratitude."

During the presentation of the gifts of the Holy Eucharist, selected students presented the school community with the donation baskets filled to the brim. The baskets signify the charity of the season and the totality of the charitable spirit that Kellenberg embodies. Alumnus Andrew Klang, Class of 2018, had a surprise solo while accompanying the Gregorian Consortium at the Thanksgiving Mass. Under the direction of Mr. Basile, The Gregorian

Consortium performed "All the People Said Amen," "Table of Plenty" and "Good Good Father."

In the gym, freshman and a few sophomore homerooms celebrated mass along with some members of the Little Sisters of the Poor. Residents Martha and Catherine told the freshman how grateful they are to have Kellenberg year after year donate many goods to aid the mission of the Little Sisters of the Poor. Members of the Freshman Jubilee Choir, under the direction of Mrs. Zider, performed "My Lighthouse," "Even If" as well as "Come as You Are."

This day brings alumni together to join in the mass with a brunch to follow in the gym. For many graduates this is the first time coming back to visit and celebrate with the Kellenberg family. On this day, alumni are welcome to visit teachers and catch up with old friends. The celebration of mass brought together the old and current students together as One Heart and One Mind, once again.



Sister Mary Jo, Isp speaks to the congregation about the mission of the Little Sisters of the Poor at Queen of Peace.

Student Volunteers Draw Potential Applicants at Open House

By Caitlin Noonan '21

On Saturday, October 13, 2018, Kellenberg hosted its annual Open House, an opportunity for parents and prospective students to tour the school and learn about all of the 80+ clubs and activities available at Kellenberg.

Self-guided tours were available, with assistance provided by National Honor Society students. Other Kellenberg students presented the various activities that they are involved in to the visitors. In rooms throughout the building, the students provided an enriching and informative experience for the visitors to understand the atmosphere and values of the school, as well as described their experiences with other service projects and programs.

NHS student Natalie Capasso '19, explained, "Working at the Open House for N.H.S. gave me the opportunity to guide potential incoming students and their parents to where the tour started, and hopefully give them the first impression that this is a unique school we are all fortunate to attend."

Other students volunteered for service, or to represent clubs.

Meaghan O'Keefe, a sophomore who volunteered to work for S.A.L.T. (Service, Allegiance, Leadership, Teamwork) said, "There were a ton of volunteers who showed up for S.A.L.T., and it was really cool to see all the students willing to come to Open House to work for just a couple of hours to support Kellenberg."

Meaghan was placed to work in the hallway where parents and potential students had the chance to converse with teachers, alumni and parents of current Kellenberg students to learn more about the school. Her job was to answer questions and guide potential students and their families to where they wanted to explore in the building.

After serving with NHS, Meaghan headed down to the cafeteria to represent the Kellenberg Mock Trial team. There, she was able to inform and educate potential students about the club who had differing levels of experience with clubs of similar nature at their current schools.

Meaghan says she "was excited to talk about the new opportunities Kellenberg has to offer and how the Kellenberg team can serve as an upgraded experience compared to the students' previous schools."

After representing Mock Trial, Meaghan helped to present Science Olympiad.

She explains, "I joined the club in sixth grade, and it is one of the clubs I'm most passionate about at Kellenberg, so it was great to talk about my experience with the club, the things I've learned and the friends I've made. I can only hope I convinced some of the people to come to Kellenberg to share the same experience."

Julia Zacharski '21, also of the Science Olympiad team, elaborated, "It was wonderful to be able to speak about an activity at Kellenberg that has made my high school experience that much more amazing, and answer people's questions about an activity I'm so passionate about."

Photo by Nick Castelli '17



ARK volunteer Kyle Sharkey '20 answers questions of potential Kellenberg parents.

New Parking Space for Seniors

By Mary O'Connor '21

In order to accommodate student parking needs, this year Kellenberg Memorial High School has contracted with RXR Corporation to reserve around 90 spaces of their parking lot across Glenn Curtis Blvd. for the sole use of Kellenberg seniors.

This new parking opportunity offers many benefits to those who drive to school. Free of cost, each student will

receive a guaranteed, designated parking spot. In an interview, the Dean of Students, Mr. McCutcheon, "urged all eligible Kellenberg student drivers to utilize the space."

The benefits of the new parking spots include RXR security routinely patrolling the area, alleviated worry from the dangers of receiving parking tickets, neighbor complaints, or damage to vehicles by parking in the surrounding neighborhood and the convenience of not having to wait to leave school grounds until the buses depart. Students will be able to leave their car in their space every school day from 7a.m. to 10p.m. Kellenberg has also petitioned the Nassau County Police Department for a crossing guard to ensure safety at arrival and dismissal times. Since the newly acquired spaces provide additional room for parking, more student drivers may commute to school in their cars, lessening the burden on a working parent who would otherwise have to add an after-school pick-up to his or her day.

When asked about the feedback he had gotten from students, Mr. McCutcheon said he had gotten "nothing but positive responses."

Erin Burkhardt, one of the seniors who has already taken advantage of the new lot, reported, "[The parking lot] is convenient. I don't have to worry about getting here early."

Signing up for a parking space is easy. Students first fill out an application at the dean's office. Then, they are then given a parking tag and a Kellenberg parking sticker.

Photo by Randi Titus '19



Kellenberg has begun to offer seniors a guaranteed daily parking spots across the street in RXR Plaza's parking garage.

CROSS Visits Queen of Peace

By Nicole Aponte '20

Throughout the Halloween season, the members of Freshman/Sophomore C.R.O.S.S. (Christians Reaching Out Spreading Spirituality) students ventured to The Bristol Assisted Living at East Meadow to make their annual Halloween visitations.

The students, rather than bringing the common frights and screams that come with the Halloween season, brought laughter, smiles and entertainment to the residents. Because of its proximity to Kellenberg, it has been taken under the wings of the school community annually to spread some Halloween spirit. Though weekly visits are made each Thursday by the Freshman/Sophomore division of C.R.O.S.S., these visitations are certainly memorable ones in the daily lives of the elderly residents. Students participated in simple but entertaining activities with each of the attending senior citizens; however, the bulk of the afternoon was spent in friendly conversation.

Members of Junior and Senior C.R.O.S.S. visited A. Holly Patterson.

"We played bingo with the residents and handed out prizes such as candy and quarters," said Mrs. Page. "The residents dress up in Halloween costumes; we give them pocketbooks and scarves as well. All of the residents looked so happy to celebrate Halloween with our students."

On Wednesday, October 31, members of the junior class visited Little Sisters of the Poor to partake in an All Saints Day vigil. There, students heard

the stories of Pope Saint John Paul VI, Blessed Adèle de Batz de Trenquelléon, Blessed Anna Kolesavova, and Saint Oscar Romero and reflected on their messages. Following that, there was Night Prayer and a procession to a room of relics where the litany of saints was prayed.

"This vigil was amazing because we were able to hear not only the incredible things that these holy people accomplished in their lives, but also their righteous choices in their most difficult hours. The virtues that guided them throughout their lives are reminders of what we as Catholics should remember no matter what struggles we face."

Participation in C.R.O.S.S., as with any other student organization, requires great dedication from the students as a sacrifice of time, as well as complete willingness to do these things for the good of our elders. Each student who partook in the events radiated excitement and displayed a clear sense of the Kellenberg spirit.

The Kellenberg community participates in these service activities because even though our actions may not be remembered long from now, we are making a positive influence on those around us. C.R.O.S.S. brings delight to the elderly through weekly visitations, Junior-Senior Proms, and other holiday-related events that will take place throughout the year to spread the joy of community and the holiday seasons.



Frosh and Soph members of CROSS play volleyball with Bristol residents.

Witness Day and Faith Friday Tie Faith and Fun

By **Monika Sweeney '20** and **Ruby Pasternack '22**

On Friday, October 19, Kellenberg's Latin School students came together in celebration and competition at the inaugural Witness Day. This was a day full of smiles, laughter and faith for all those who took part.

The day kicked off with a Grandparents Mass, held in the Auditorium. Students in grades 6, 7 and 8, grandparents and faculty attended Mass. As grandparents flooded into the lobby, excited students rushed to unite with their loved ones and bring them to their seats. Both students and grandparents were grinning from ear to ear as they made their way to the auditorium.

Fr Thomas Cardone, S.M. emphasized the influential role grandparents play in delivering a homily that, discussed the impact grandparents have had on future generations, encouraging the young students to follow the example of their grandparents and urging the young students to learn from their grandparents' wisdom. Grandparents are the very pillars of our community and play an equally important role in our spiritual development as parents, godparents, and teachers do. Grandparents, like parents, teachers, and other members of the community, serve as leaders and role models for students to admire.

Monika Spiess, a grandmother who attended the Mass, said, "It was an enlightening experience. It not only gave me the opportunity to grow closer to my granddaughter, but it brought me closer to Christ."

Upon the conclusion of Mass, students and grandparents broke up into two groups. One group was welcomed to a delicious brunch in the auditorium. In between bites of crumb cake and bagels, bonds between friends and family were strengthened.

Alexa Nothnagle '23 reflects on the Latin School Witness Day and Mass quite fondly. She says it gave her an opportunity to thank her grandparents for their continuous efforts to help her grow in her faith. She added, "This Witness Day was very special because it was the first time an event like this had happened in the Latin School. It was such an honor to be a part of such an influential and faith filled experience."

The other group attended a talk given by Rachel Lozano. This inspirational woman took the time to talk about her battles with cancer and her prayers to Blessed Chaminade. She spoke of having hope and trust in God, even when odds are significantly stacked against you. By sharing her own story, her own personal challenges and how she overcame them, both students and grandparents left with a renewed sense of faith and commitment to our fellow brothers and sisters. Grandparents then received a special blessing and were given farewell bags full of books, pamphlets, and Kellenberg CDs.

Recently ordained Father Daniel Griffin, S.M. then took this time with the students to begin discussing the day's theme: "My Presence must give Witness to Christ." By listening to Rachel Lozano and taking part in the Mass with their grandparents, students were able to see firsthand the kinds of witnesses to Christ present in the world and how they fulfill



Photo by Sergio Arrega '19

Members and mentors of the 9F Frozones fight to win a tug-of-war match.

this heavy role. These witnesses showed Latin School students, the future of the Church, how they should strive to be.

After the presentation and brunch, the Latin School students broke off into homerooms to compete against each other in games such as football, kickball, soccer and gaga ball.

Alexa Nothnagle '23 enjoys days outside on the field with her friends "because it gives us a break from everyday school work and our normal routine. It allows us to relax and simply enjoy each other's company."

Following these events, students gathered together, flashed their biggest smiles and took a group picture to commemorate the occasion. The day's activities continued with lunch on the field followed by Eucharistic Adoration. The whole Latin School was able to worship the blessed sacrament together after a day of deepening their faith and growing spiritually closer to God. This was a time of deep reflection and silent prayer.

Fr. Dan said of the event "It was surely a day filled with prayer, food, and spirit! We pray that our Latin School students can become great witnesses of Jesus Christ."

Mr. Finn wrapped up the day with a talk about how each student can become a witness in their own families, relationships, and communities.

The freshman also had a fun time at their FAITH DAY.

On October 17, the freshman class of 2022 ditched their uniforms to take part in a day of friendly competition, going head-to-head with other home-

rooms. FAITH Day, which stands for "Freshman Ascending in Their Homerooms," might be the most anticipated event in the freshman school year.

The 9A Alpacas secured the win for the day after facing down their opponents in games and activities.

The began in the students' homerooms. Each homeroom received different customized t-shirts in varying colors sporting slogans.

"The excitement of the students was at an all-time high," freshman scripture teacher Mr. O'Brien commented. As a result of the encouragement of Mr. O'Brien, other freshman teachers and Marianist Mentors, students were hyped up throughout the freshman hallway.

"I just think that they blended very well as a class," Mr. O'Brien remarked on the homerooms, "the former Latin School students and the Marianist Mentors helped the new freshmen adjust and guide them spiritually."

The first official activity of the day for the freshman class was in the auditorium. Once the students were in the seats, the movie "Facing the Giants," a movie about a high school football team who draws on their faith for strength in the face of adversity. The team's eventual championship win proved the movie's message that through Christ all things are possible.

"On FAITH Day I learned the meaning of faith and how strong friendships can be," reflected Amanda Pillig '22.

Following the movie was a prayer service. Each student participated in the service by following the prayers and singing along to songs like "At The Cross." The prayer service put the class' mindset in the right place before taking on the afternoon's activities.

Afterwards, a lunch was served outside on the field. There, the Marianist Mentors met up with their homerooms, who used this time to put on eye black, face paint and accessories like beads and bandannas.

Helping the freshmen with their day led Marianist Mentors to feel a surge of nostalgia from their own freshman year.

"I remember when I was a freshman how important this day was to grow together in friendships and holiness," said Alyssa Pugh '19, "The Marianist Mentors are important role models for the freshmen. We have been there for the freshmen since Triple A and have watched and helped them grow at Kellenberg."

After the field was cleaned of lunch, the real fun began. Each homeroom competed in various games such as gaga ball, crab soccer, Ultimate Frisbee, tug-of-war, volleyball and kickball. Each game encouraged the homerooms to work together and to communicate.

Ryan Perrone '22 said, "FAITH Day really showed me how close knit the Kellenberg family is."

After each homeroom got to play all of the games, they gathered to the middle of the turf to hear the final scores. The 9G Giraffes and the 9A Alpacas were tied for first place. They settled the win with an intense tug-of-war match. Pulling with all their might the Alpacas brought down the Giraffes, and took the win for FAITH Day.



Photo by Alex Cruz '17

Eighth grade students Giavonna DeBono, Annie Cunningham, Reese Donnelly, Isabella Schifano and Kasey Garzone have fun at Witness Day.

KHS Hosts Faith Conf.

By Elizabeth Mooney '22

The “Catholic Voices for the New Evangelization Conference” was hosted at Kellenberg Memorial on Saturday, October 20.

The Faith and Reason Conference brought many keynote speakers to Kellenberg to spread a plethora of religious knowledge. Keynote speakers included Dr. Timothy Gray, President of the Augustine Institute, who brought forth his focus on the dynamic new MA program in Sacred Scripture and Evangelization and Catechesis in Denver. Dr. Ronda Chervin, a Catholic author of over sixty books, is also an international speaker and a Professor of Philosophy who spoke to the audience. The conference was held throughout the auditorium, cafeteria and the Millennium Room. This faith event was open to students, faculty and the extended Kellenberg family.

The day began with a breakfast. To begin the religious aspect morning prayer followed in the auditorium. Guests were then separated into “break out” sessions. The keynote speaker for the breakout in the Millennium Room was Ms. Rachel Lozano who told her story to juniors. Ms. Lozano has suffered health obstacles in her life that formed her into the Catholic she is today. Cancer had entered Ms. Lozano’s life 20 years ago when she was a sophomore at the St. Louis Academy. Doctors had found an egg sized tumor was strangling the her spinal cord and was told she only had a 40% chance of surviving. Thankfully, the cancer was under control, and she was able to go back to high school and even on a Make-A-Wish trip to Hawaii. During this ordeal Rachel began to develop a deeper love for Blessed Chaminade and was fortunate enough to attend his beatification. Rachel then experienced more hardships such as having her gallbladder removed and having shingles in her eye. She then began her studies of architecture at the University of Kansas, but doctors found a tumor in her heart and told her she only had weeks to live. This is when her prayers to Chaminade increased, to help her get through what is to come and that God would help her through this journey. When the tumor died, doctors were baffled. This signifies a total miracle, Rachel being the only known survivor of this form of Askin tumor. She then had an infection, causing a cavity in her chest. The Marianist Community then began to investigate her life with her doctor providing the St. Louis Archdiocese with 1,500 pages of medical documents. The case was sent to Rome, and the cause is currently paused by the Congregation of the Cause of Saints.

Mrs. Strauss commented, “For me, the most meaningful take away was the presentation by Rachel Lozano. Rachel spoke so eloquently on her miracle experience and how her faith life has deepened through her suffering. Rachel’s miracle is being investigated by Rome and could help canonize Blessed Chaminade. Ms. Lozano’s witness was inspiring and truly beautiful.”

Another keynote speaker, Dr. Timothy Gray, talked about the spirituality of marriages and how marriage is in great decline with the current generation, and harped upon how marriage is a mission. The conference concluded with afternoon mass in the auditorium with the celebrant Bishop Barres. The next Faith and Reason Conference is on October 19, 2019.

Sophomores Gather in Faith and Teamwork on ANOINT Day

By Julia Zacharski '21

On November 9, the sophomore class joined together for Kellenberg’s annual ANOINT Day.

The rain did not stop students from enjoying a little friendly competition in games such as soccer, tug of war and gaga ball outside on the fields, and a game of A-ball in the gym. Homerooms also listened to an inspiring talk from alumnus Jay Asparro '97, who told the story of hardships he faced in life and how becoming closer to God helped guide him. Students also had the opportunity to learn the life-saving skills of performing CPR and techniques of helping someone who is choking.

After completing their individual schedules, the homerooms came together in the gym to enjoy lunch.

The day concluded with the students gathered in the auditorium for Eucharistic Adoration. During this time, members of various clubs and sports brought up items in representation of the many different activities that the sophomore class is involved in. Members of the Gregorian Consortium sang hymns throughout the service. As students placed the items under the monstrance, Father Tom spoke about how the diversity of students’ tal-



Photo by Sergio Arreaga '19

Sophomore Aidan Byrne confidently kicks a football towards the goalpost.

ents and gifts are all united under God.

The beginning of the day was just as action packed as the games played to end it. To start the day off, each sophomore homeroom gathered in the auditorium for a prayer, followed by a viewing of the movie, “When the Game Stands Tall.”

The movie tells the story of the De La Salle High School football team losing their record-breaking winning streak. The

football team realized that they had to come together in faith and teamwork in order to be successful. Students left feeling inspired, as they split into their individual homerooms for the various games and events of the day.

Each homeroom showed their spirit and comradery as they arrived to school and celebrated the day decked out in their individual colored ANOINT tee-shirt.

Frosh and Soph Come Together for Adoration

By Ally Goldsmith '20

On Friday, November 2, the freshman and sophomore divisions participated in Kellenberg Memorial’s annual Faith Friday, also known as the Evening of Recollection. Freshmen and sophomores come back to school in the evening for a night filled with fun, food and prayer. In a powerful climax to the evening, the students were ushered into the auditorium for the final time as Mr. O’Brien prepared them for Adoration by creating a thoughtful and reverent mind-

set.

The students walked into the gym where they were met with a multicolored candle-lit floor centered around the monstrance. This beautiful set up enhanced the spirituality of the event. The students knelt on the gym floor as they listened to meditation music played by the XLT Band. Every student sang along with the assistance of two lyric monitors. Adoration was led by Fr. Dave Atanasio from St. Patrick’s parish in Bayshore.

Sophomore Nick Shaw explains, “I was looking forward to this night be-

cause it is very fun to be outside the classroom setting with all of my friends.”

Students arrived at Kellenberg Memorial in casual clothing at 6 p.m. First they heard two speakers, Mrs. Egan and Alyssa Pugh '19, in the auditorium. This allowed the students to become closer with God by reflecting on what each speaker said.

Then the freshman Marianist Mentors led a game of musical chairs accompanied by the music provided by freshman religion teacher Mr. O’Brien, aka “DJOB.” This version of musical chairs, however, is somewhat unconventional in the sense that its participants are blindfolded.

Next the students participated in a game during which they had the opportunity to pie teachers in the face in front of all of their classmates. A whipped cream pie was passed around, and the person who was holding the pie when the music stopped had two options: to pie him/herself and stay in or pie someone else and get eliminated. After this, the freshman and sophomores ate a delicious dinner in the cafeteria.

“I attended this event as a freshman and now I am here as a senior and Marianist Mentor,” Stephen Scully '19 said. “I love this event because it allows the freshmen to experience the school in a different environment.”

The Evening of Recollection is a bonding experience for the freshmen and sophomores who are in the process of familiarizing themselves with the school and its traditions.



Freshman & sophomore attendees kneel in adoration.

... But what do I know?

Stop Being Mean—Words Do Hurt

By Maya Tadross '19

You aren't "really OCD" for liking your clothes to be organized by color. He isn't "so ADHD" because he fidgets in his seat. She is likely not "depressed" because of a single poor test grade. This is my biggest pet peeve. No one would call someone "diabetes" for eating too many sweets! Using mental illness diagnoses as adjectives simply diminishes the true struggles of the people who actually suffer from them. Further, this adds to the toxic stigma that keeps many people from reaching out for help, which can only lead to negative consequences like worsening symptoms, decreased functioning, isolation and too often, suicide.

To some extent we all have the unfortunate flaw of speaking before we think, and often we even forget the deep meaning behind the words we are using. For instance, the colloquial insult "dumb" seems almost harmless on the surface. However, its original Old English denotation is "unable to speak," and people used to falsely believe that people who could not speak were unintelligent. Therefore, by calling someone "dumb" we are not only offending one person, but essentially the Deaf community as well as everyone with speech disabilities. Similarly, words like "crazy," "lame," "lunatic" etc. originated centuries ago to refer to people with varying disabilities and health conditions, and we are just beginning to recognize that they are derogatory to use in any capacity today. One label I find especially pejorative is the "r-word." Although it began as a clinical description decades ago, its slang forms are used today to insult and perpetuate false negative stereotypes of people with intellectual disabilities. The use of the "r-word" is downright sinister.

We can view the most physically attractive people as ugly solely based on the vulgarity of their language. Words can be ugly, and using them to hurt others ironically makes us look bad in return. When we view insulting and cursing at others through this lens, suddenly doing so becomes much less appealing towards us. "You're so stupid," I snapped at my sister for forgetting to bring her sneakers to the playground several years ago. Immediately our younger cousin having over-

heard us ran to our mother, shouting, "Maya said the 's-word!'" Defensively I hastened after him to clarify to my mom that I hadn't said that "s-word," just "stupid." But in hindsight it shouldn't matter which forbidden word I had said: both would have been unkind and demeaning towards her. As my parents used to tell me, "if you have nothing nice to say, don't say anything at all."

In this chaotic world in which we are all undergoing some sort of suffering, I propose that we all simply practice being kind to one another. Expressing kindness is free, and it can make the world a little happier for everyone, so why not?

In this pursuit of being nice to others, however, we will be forced to face our greatest challenge—being kind to ourselves. It is said that everyone is his or her own worst enemy. We may not even recognize how often we engage with our own inner critic, also known as negative self-talk, or how much of an impact it can make on us. Just like external critics, our inner critics can limit our value of ourselves and therefore our potential for positive growth. According to verywellmind.com, negative self-talk can lead to limited thinking, perfectionism, feelings of depression and relationship challenges.

How many times have you insulted yourself, called yourself derogatory names or cursed at yourself? This is your inner critic. The first step towards minimizing negative self-talk is catching your inner critic by noticing when it is speaking. Some people like to give their inner critic a name like "Negative Nancy" to separate it from themselves. Observe the words of your inner critic and then try to shift your perspective on them. This process is much more easily said than done and takes a lot of practice, but its positive results are worth the effort. Imagine if all the damage caused by insults and negative-self talk could be erased. It cannot be completely eradicated, but we can prevent it for the future by choosing not to use offensive language towards others and practicing skills to minimize the impact of our inner critic on ourselves. We can make the world a happier place by being careful when choosing our words and actions. But I'm just a teenager battling my own inner critic as I write this—so what do I know?

"We can make the world a happier place by being careful when choosing our words and actions."

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.



Grumble, grumble... lights up too early, lights up too late—some of us really miss the point.

Editor-in-Chief:

Anya Murphy

Copy Editor:

James Mooney III

Copy Team:

Randi Titus

Production Editor:

Maya Tadross

Production Team:

Sean Ronan

Faculty Moderators:

Mr. Flood, Mr. Cummings

Staff:

Nicole Aponte, Kristen Dempsey, Ceili Donnelly, Theresa Fox, Matt Gluck, Ally Goldsmith, Adanya Jeudy, Andrea Lauritsen, Melanie McManus, Elizabeth Mooney, Nick Motta, Sarah Narcisse, Caitlin Noonan, Mary O' Connor, Sam O'Donnell, Ben Oppenheimer, Ruby Pasternack, Sam Schuler, Elena Smith, Monika Sweeney, Veronica Tadross, Nicole Tudor, Alex Wrenn, Aidan York, Julia Zacharski

Very Special Thanks:

Bro. Roger Poletti, S.M., Digital Graphics Imagery Corp., Photography Club, Ray O'Connor Photography, Mr. Harris

The Phoenix

Established in

1987.



Published seven times per year by the students of Kellenberg

Adoption: A New Beginning, A Loving History

By Sean Ronan '20

Many children face the struggle to find a family that will love and support them through all circumstances. In a recent poll, AdoptionNetwork.com reported that about 135,000 children are adopted in the United States each year.

I am one of those 135,000 children. 15 years ago, in 2004, I was adopted from Moscow, Russia.

Experiencing the difficulty of infertility for a few years, my parents, Kathleen and Brian, decided to conduct a research on adoption. It didn't take long for them to make a decision. In July of 2003, they partnered with Children of the World Adoption Agency, Inc., led by president and executive director Justin Herscovici and adoption coordinator Phyllis Herscovici. It was the only agency accredited by the Russian Federation that was licensed and headquartered in the New York.

Upon being shown a video of me playing with various toys, my parents quickly knew that I was the "right" child to take home.

It took my parents at least nine months to complete the adoption process. Within that time, they visited Russia twice -- the flights lasting 10 hours each -- to submit paperwork and various documents, to attend court hearings, to get fingerprinted and to visit the orphanage, Baby House #2, in which I was situated. A woman named Alla guided my parents and translated for them throughout their trip.

Scripture tells us that a new name symbolizes a new mission. My parents were excited for this new opportunity for me. When asked what my new name would be, my parents chose "Sean Michael Ronan" from the former, "Artem Aleksandrovich Stepanov."

Time had gone by fast. It was finally the day that the adoption process would be finalized and I would be brought into the care of my new loving parents. Upon landing at John F. Kennedy Airport in New York on April 24, 2004, I was greeted by my new grandparents, aunts, uncles and cousins, who had all anticipated my arrival for many hours. I was showered with hugs and kisses.

Since then, I have had the blessing of growing up in a home with a sister whom I consider to be my best friend and a family in which I am cherished for all that I am and have accomplished. I was given a second chance to grow up into the person I am destined to become.

Children of the World, Inc. invited my family and me to their annual picnic for many years until its closing in 2008. It was an opportunity for kids to get to mingle with other children from Russia and for other people to ask questions about the adoption process.

For several years, my family and I memorialized my arrival annually on April 24 by going out to eat for dinner.

I have always known my story. Throughout my life, my parents have encouraged me to share it. To my surprise, Kellenberg Memorial High School has allowed me to meet other individuals who share the same, but unique, stories as mine.

Mrs. York, moderator of Homeroom 11M, teacher of Freshman Scripture and moderator of the Business and Finance Club, was adopted from Long Island, New York.

Mrs. York's adoptive parents were blessed with great luck: it took just a few years until they were at the top of the adoption waiting list of the adoption agency, Catholic Charities.

When asked about how her story dif-

fers from that of an individual who was brought up by biological parents, Mrs. York commented, "For me, that 'natural creation' of a family was there, and so was love -- so much love my parents were willing to give me what they thought was a better life."

Every year, Mrs. York shares her adoption story with her Freshman Scripture classes and emphasizes the importance of adoption versus abortion.

She stated, "Adoption is so important because there are so many families out there struggling to have children and are so willing to take a baby who needs a home. Every human should be given an opportunity to be loved. Being adopted is a blessing. Every day I thank God that my birth mother chose life for me, and was so selfless as to make a huge sacrifice by putting me up for adoption. I also feel blessed that God chose my adoptive parents to be my new parents."

Mrs. York currently has one child of her own. Inspired by her own story, she

has always thought about "paying it forward" and adopting a child in the future.

CJ Peknic '21, a charismatic sophomore at Kellenberg Memorial High School, was adopted from Taiwan in 2009.

Following CJ's birth, his biological mother had placed him in St. Lucy's Orphanage. Just when he was several months old, he was then placed with a foster family until he was nearly two-and-a-half years old. Later, he was moved to another foster

family until he was 6 years old and adopted into his current family.

CJ's father stated that adopting CJ and bringing him into his family was, "the best birthday gift he could ask for."

CJ commented, "Being adopted is unique. God had a purpose for me to have a good and happy life, so He gave me to my family who loves me unconditionally. One of my favorite quotes from Isaiah 30:21 is, 'Whether you turn to the right or to the left, your ears will hear a voice behind you, saying, 'This is the way; walk in it.' To me, this means there is always a meaning to something that has happened to you in the past, and for me, it means following the path God has set for me." If he gets the chance, CJ would like to travel back to his home country and meet his biological parents in the future.

"If I got to meet my parents in person, I would like to know why they had put me in a foster care, if I had any siblings, and what happened in the past that had made them think the way they did," he reflected.

Zhenya Pierce '20 was adopted from the Ukraine at six years old, in 2008. His sparse memories of his young life include sleeping in big rooms lined wall-to-wall with twin beds, though his knowledge of his native Russian language has decreased over time.

Zhenya's happiest memory is of when he began his journey home with his adoptive parents, running around a hotel room in Ukraine in excitement over his new-found family. Zhenya described feeling exhilarated and scared as "Finding Nemo," the first Disney movie he had ever seen, played on the hotel room TV.

While the stories of adopted children are compelling, the stories belong as much to the parents who gain the love of a new child. Mrs. Alice Accardi has been a junior and senior math teacher at Kellenberg since 1987. She and her husband have two biological children named Kira and Julia, and one child adopted from Korea named Brian.

Mrs. Accardi and her husband were trying to have a child for at least 10 years. One day at church, they met a family in the pew behind them who had two biological sons and one two-year-old daughter named Rosie, who was adopted from Korea. Following church, Mrs. Accardi and her husband went to the diner. Inspired by their new friends' story, they decided to adopt.

"I firmly believe that God wanted us to adopt, and to be Brian's parents in particular," stated Mrs. Accardi.

Provided with a six week hiatus from work to initiate the adoption process, Mrs. Accardi, along with her husband, initiated the undertaking through an adoption agency in Mineola named New Beginnings. Following extensive paperwork, Brian was adopted within 7 months on January 12, 1998.

Mrs. Accardi took a five year sabbatical to raise her children after adopting Brian. She also did volunteer work with New Beginnings, working as a "Greeter" at John F. Kennedy Airport. Once babies came over from Korea, brought by an "escort", they had to clear Customs and Immigration. Once Mrs. Accardi received gate clearance, she would go to the gate, find the escort and the child, clear the child through Immigration and bring him or her out to meet the new family.

For many years, every Mother's Day, Mrs. Accardi would send a letter to New Beginnings and ask them to translate it and send it to the agency in Korea.

She commented, "It was my hope that, should Brian's birth mother or foster mother ever wonder how he was doing, they could see that he was happy and healthy."

Every January, Mrs. Accardi and her family celebrate Gotcha Day to remember the day that Brian was adopted. Brian gets to choose what restaurant he and his family goes to. As tradition, he chooses a Japanese restaurant.

Today, Brian serves his community as a firefighter.

It is imperative that all children grow up in an unconditionally loving home. Kellenberg Memorial High School has given me the blessing of meeting others with similar stories, which I hope inspires them to further share their stories so that others may become encouraged to do the same.



(Left to right): Zhenya Pierce, Sean Ronan, Mrs. Accardi, CJ Peknic and Mrs. York share each of their adoption stories.

"If I got to meet my parents in person, I would like to know why they had put me in a foster care, if I had any siblings, and what happened in the past that had made them think the way they did."

History Club's 17th Annual Veterans Tribute Honors Vets



In The Words of A Veteran...
Paul Oleksiw, veteran and father of speaker Heather Oleksiw '19, told *The Phoenix*:
I enlisted in the Navy when I was 17 years old and a senior in high school. I went to boot camp and Gun School at Great Lakes Naval Training Center in Chicago, Illinois. I was then stationed aboard the USS L.Y. Spear in Norfolk, Virginia from 1985 through 1989. My rank was Gunnersmate 3rd Class Petty Officer. I was a member of the Weapons Dept. My duties involved roving and weapons security watches. I worked in the ship's Armory and Fire Control Divisions. I also trained and served as a member of the commands Anti-Terrorism Task Force. I also served as an instructor on gun ranges where I trained and qualified the ship's crew with guns. While underway, I was trained and served helm, lee-helm and aft-steering watches (simply put I steered a 650 ft. ship each day or two sometimes for hours). My full military commitment was from November 16, 1984 to November 16, 1992. I loved every bit of it and think about my time served every day.

By Nick Motta '20

On Friday, November 9, Kellenberg Memorial celebrated its 17th annual Veterans Tribute Dinner. The event, which is sponsored by the History Club, has served veterans of all branches of the armed forces in gratitude for their perilous sacrifice for the nation.

Senior Matthew Moreno began the dinner with the Eulogy of the POW/MIA. This ceremony commemorates the fallen or captured in their ultimate sacrifice. During the ceremony, the emcee addressed the symbolism of the seemingly simple table. The table represented how the fallen or captured could not be with us to celebrate the undying valor of our soldiers. Salt was also present on this table representing the lives and bitter sweet memories of the lost.

Junior Rebecca Perez, an annual attendee of the dinner, remarked, "Going to the dinner allowed me the privilege of celebrating my father's service to the nation."

In addition to opening remarks by Anya Murphy '19 and a prayer by Heather Oleksiw '19, history club president Catherine Dotzler addressed that without the sacrifice in which all veterans make, there would be no Kellenberg and we would not have the right to celebrate our religion. She attributes the sacrifice as a hero's pledge.

"A true hero doesn't just save lives in easy times, but perseveres in the hard times as well," she said in her speech.

The History Club, under the guidance of Mr. Marone and with the help of emcee Matt Morales '19, celebrated the veterans' true value to the nation over a Thanksgiving buffet dinner. The dinner was accompanied by entertainment from Firebird Swing, Kellenberg's jazz choir, a group that sings a plethora of jazz songs from the 1920's to present day. Among the songs of the night was the undying all-American favorite "Route 66." Firebird Swing also wished a very happy birthday to a veteran who celebrated his 99th birthday that day.

Junior History Club member Rachel McCallin stated, "The most touching part of the evening was celebrating the birthday of a 99-year-old veteran which really showed our respect to him and to his service."

As well as the dinner in honor of the veterans, Mr. Bursig and several reenactors provided special artifacts of wars and times past. The artifacts included uniforms, World War II era carbines, playing cards, medals and helmets. These artifacts are a testament to the bravery of Kellenberg's esteemed guests.

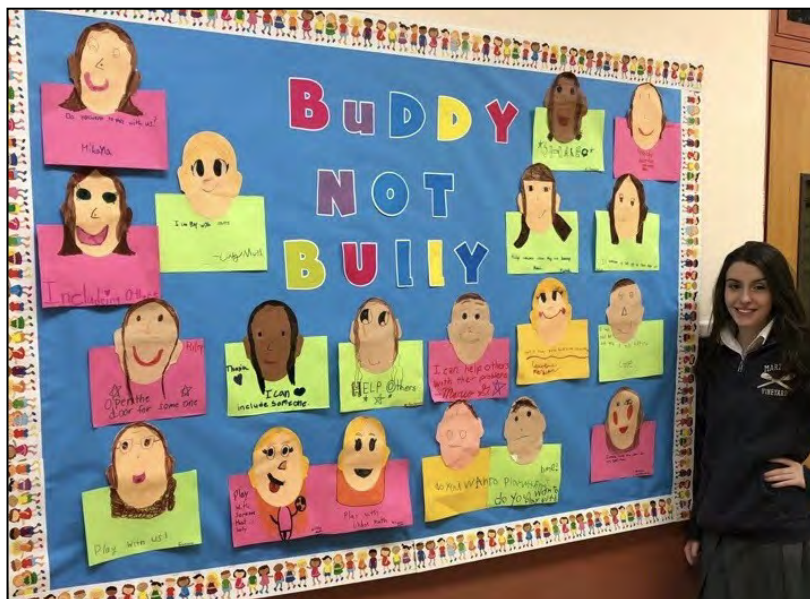
Junior Olivia Donnelly Earns Gold Award

By Maya Tadross '19

Kellenberg Memorial sophomore and Girl Scout Olivia Donnelly is working towards her Gold Award, the most prestigious award a Girl Scout can achieve. To earn a Gold Award, a young woman must complete a minimum of eighty project hours, which include identifying and investigating an issue, creating and proposing a plan for positive change, receiving feedback, and taking action to educate and inspire others.

Olivia's project addresses the issues of bullying in elementary school and promoting kindness. She has been planning and running after school and CCD workshops at St. Mary's Elementary School in Manhasset. During the workshop Olivia has interactive discussions with young students about identifying the different types of bullying and how to stop them. The children have created anti bullying and kindness school bulletin boards, sent "just thinking of you" letters to a family

member or friend, placed inspirational heart cut outs on schoolmates' lockers and played Kindness Bingo. Olivia has also constructed and decorated a Buddy Bench that will hopefully encourage friendships on the playground and eliminate loneliness. She always ends her workshops with a high five to each student and her project slogan, "Kindness is Priceless!" Olivia is scheduled to present her year's work at the next St. Mary's Elementary School assembly.



Olivia Donnelly presents her "Buddy Not Bully" campaign bulletin board at a local grammar school.

Boys Cross Country Surge to a Strong Finish at Van Cortlandt Park

By Theresa Fox '19

On November 10, the Kellenberg Memorial Boys Cross Country Team finished their season at the CHSAA Inter-sectional held at Van Cortlandt Park. Sophomore Liam O'Reilly started the meet off taking 43rd out of 117 at a time of 14:30.30 minutes in the 2.5 mile course. Senior Rolando Ramos finished in 67 place with a time of 14:49.10 minutes. Not too far behind him, Senior Zachary Simpson finished in 71st place respectively with a time of 14:57.90. These three along with Sophomore Michael Perchinelli, Freshman Jeremy Martinez, Seniors Erik Brown and Evan For-

rero helped the boys team to place 13th during this meet.

Senior Evan Ferrero spoke highly of his team, and commented on how they worked together throughout the season. "We did our best, and we had fun. I'm sad that my last season of cross country has come to an end, but I look forward to the upcoming indoor season with my team."

Throughout the season, the boys have traveled to other meets, such as the Six Flags Wild Safari Invitational held in Jackson, New Jersey. On September 29, the boys participated in a freshman 3200 meter run and a 5k. During the Freshman race, the top three finishers for the team

included Jeremy Martinez in 17th place with a time of 11:20.00, Gregory Alcusky in 24th with a time of 11:30.00, and James Mormando in 25th with a time of 11:31.00.

In the boys 5k, the efforts of O'Reilly, Ramos, Simpson and Brown were added by Aidan Potter's 19:00.00 finish, Matthew Gornstein's time of 19:39.00 and Michael Perchinelli's 19:59.00 finish.

The annual NSCHSAA League Championship allowed the freshman to see how their efforts paid off all season. Held in Kings Park at Sunken Meadow State Park, the freshman boys ran their last 1.5 mile before facing the dreaded Cardiac Hill as upperclassmen in upcom-

ing seasons. Just 4 seconds behind Hagen Wagner, of rival school Chaminade, Jeremy Martinez finished in 3rd overall with a time of 8:01.28 minutes

Michael Doht and Gregory Alcusky took home 11th and 12th place with times of 8:35.56 and 8:38.99. At the end of the race, the Freshman Boys Cross Country team took home a second place win, beating the Saint Anthony's team by a total of 29 points.

During the JV and Varsity 5k, the boys placed 4th as a team. Ramos, O'Reilly and Simpson finished one after the other in 16th, 17th and 18th finishes, with times of 18:28.07, 18:34.85 and 18:36.36.

Seniors Take Blue & Gold YB Portraits

By Alex Wren '21

Over the past few weeks, seniors have been taking their senior portraits. The portraits are taken by photographer Ray O'Connor who comes to Kellenberg for about six days each year. Mr. O'Connor takes the senior portraits in St. Sebastian Hall. All students take their photos in the traditional gray blazer. However, students may also take photos wearing a cap and gown as well as formal attire: a tuxedo for boys and a black dress for girls.

One of the most recognized being the large composites posted in the halls surrounding the lobby. They are also used in the "Seniors" section of the yearbook and some are requested from newspapers when it comes time to award out valedictorian and salutatorian, says senior portrait organizer, Mrs. Rodney.

Though it may not seem like much, students value their senior portrait experience. According to Ella D'Adona, "Taking a photo seems like such a small action, but taking a photo that will be printed in thousands of yearbooks

and hung in your high school forever doesn't seem as small. Taking my senior photo was a nerve racking experience, but with the calm photographers and staff assisting in the process, I felt at ease and confident in my photos."

The portraits have been something that has been done at Kellenberg since the school was founded. Mrs. Rodney commented, "The senior portraits are a tradition that has existed since the very start, even since the school was Maria Regina." Despite their legacy, some things have changed as new technology emerged. Mrs. Rodney further stated, "Before digital prints, the prints of the photos were used." Now that we have the technology, the many uses of the portraits we see today can be achieved.

Once students have taken their portraits, they will choose the pose that they would like to be used in the yearbook. All photos used in the yearbook are retouched by the photographer; however, retouches such as having braces removed, teeth whitened, and tan lines removed are available.

STEM & Spanish Experiment Together

On November 7, members of the Spanish club collaborated with the Chemistry Department to celebrate Dia de los Muertos.

22 juniors and seniors met after school in the chemistry lab to make sugary candies with the guidance of Mrs. Arias, Mrs. Graziano and Mrs. Frem. The small skull-shaped candies were made from ingredients like eggs, sugar, corn syrup and cornstarch. Using unit conversion skills they had learned in Chemistry, students measured out ingredients from a traditional Spanish recipe. Before begin-

ning to make the candy, the students paid close attention to Mrs. Graziano, who explained the science behind the candies.

While juniors put on gloves and got to mixing up the sugar mixture, seniors cracked and whisked eggs. Mrs. Graziano explained how the mixture of corn syrup with the plain sugar stops crystallization in the final product, making a smooth candy. Mrs. Arias brought the culture of the Spanish-speaking countries to the project, explaining traditions of Dia de Los Muertos and showing the students how traditional Dia de Los Muertos candies are decorated.

Lara Byrne '19 commented, "I think it's so great that we have this opportunity to put Spanish and Chemistry together. This is such a fun activity that combines the culture of Spanish speaking countries with what we learned in school."

The students worked together to shape the candies into small balls and decorate them with sprinkles and candy eyes. Once the candies had dried, the students enjoyed them at a meeting of the Spanish club.



Lara Byrne and Khalel Florentino dabble in chemical creations and esqueletos.

Seniors Letters of Intent, JV Athletes Honored

By Sam O'Donnell '20

On November 20, the athletic careers of sixteen seniors were celebrated with a letter of intent signing ceremony. Through their talent for and perseverance in their sports, which include baseball, soccer, track, lacrosse and swimming, these student-athletes have been committed to play at the college of their choice. To send student-athletes to such prestigious schools as Boston College, Marquette University, LIU Post and many others is an incredibly positive mark on Kellenberg's athletic program.

On Wednesday, November 14, the freshman and sophomore classes gathered in the auditorium to recognize the athletes who competed on a fall sport in this year's Athletic Awards Assembly.

Mr. Fechtmann, the athletic director of Kellenberg, acknowledges the importance of this ceremony saying, "It was great to honor fall athletes who worked so hard from the end of August up until the end of October."

The fall season sports tryouts started toward the end of August. They were competitive and brutal in the August heat. Once an athlete makes a team, he or she works hard to improve until the end of October. The Athletic Awards Assembly recognizes this hard work.

During the ceremony, coaches of the different fall teams go up on stage to talk about their team's journey throughout the year, addressing talk about various highlights of the season, contributions made by key players, and memories made.

After the coaches recognized their

team and their achievements of the season, they give out awards. Each team gives out three awards. The awards are for Most Valuable Player, Most Improved Player, and the Bernie Ward Commitment Award.

The Most Valuable Player Award is for the athlete who had contributed the most to their team's success. The Most Improved Player Award is awarded to the athlete who has shown the greatest amount of growth in their skills from the beginning to the end of the season. The Bernie Ward Commitment Award is named after former coach Bernie Ward and is for the athlete who has shown the most commitment, passion and heart toward the benefit of the team. These individual awards spotlight an athlete for their hard work throughout the season and the contributions they have made to further their team in their success.

Mr. Fechtmann states, "It was great to recognize the 3 award winners from each team."

Overall, this ceremony recognizes and appreciates all the hard work the fall athletes of 2018 have gone through and commends their success.

Although their season may be over, the memories will travel with them for the rest of their high school career. Athletes feel that the Athletic Awards Assembly is an important ceremony to conclude their fall season, remembering all the laughs and bonds they have made.

Sophomore Brett Wolfe confesses that he will "cherish the memories that were made from this season."



The seniors wore sweatshirts representing their colleges of choice to the letter of intent signing ceremony.

Record-Breaking Varsity Boys Soccer Defeats St. Anthony's Away

By Aidan York '20

The Boys Varsity Soccer team has had a successful regular season, with its fair share of ups and downs. Finishing the regular season with an overall winning record of 7-5-4 and a 6-5-1 record in league play, the team advances into playoffs having conquered many trials and tribulations. Along the way, they earned multiple major victories against strong programs.

After numerous game cancellations due to inclement weather, the first game of the season came against St. Dominic's on September 11, 2018. The resounding 7-0 victory proved that this season was going to be one of consistent victory for the Firebirds.

Coach Mr. Masiulis described the early start of the season as one with a lot of raw talent.

"We knew we had a strong group to begin with," he explained, "as these players were players who had risen through the ranks of junior varsity. Of course, it was going to take some time to sort it all out."

The need to sort out said talent was shown in games where Kellenberg would tie or come just short of a win. Games such as a 2-2 result against Regis on September 15 or a close loss to St. Anthony's on September 19 set the stage for the challenges ahead for the Firebirds to conquer throughout the rest of the season.

"I think it takes about a third of the way into the season for the team to really find itself, what with leadership roles and staff positions still being defined," said Coach Masiulis, "but I definitely think the second half of our season was far stronger than our first."

This turn around was seen in a resounding 6-0 win against St. Mary's on September 20, but most notably in their defeat of Hicksville on September 29. This defining win with a score of 2-0 marked a turning point in the season for the Firebirds.

"Hicksville," Coach Masiulis remarked, "is an extremely strong program which has won two state titles in the past three years. Defeating them was a huge victory."

Perhaps the most inspiring victory of

the season came in an away game against rival St. Anthony's on October 11. Senior captain John Carroll scored a header off of a cross from senior Luis Salazar, giving Kellenberg the point it needed to win the game 1-0. The importance of this victory cannot be emphasized enough, as not only did it give Kellenberg a boost in morale for the final push for playoffs, but it also marked the first time in 15 years that Kellenberg had won an away game at St. Anthony's.

When asked about his experience as a captain and as a leader, Carroll noted, "Things haven't changed too much for me as a captain this year. I just try to lead by example in practice, and hopefully that helps everyone else to work hard, allowing us to grow and get closer to achieving our goals."

Carroll additionally noted that practices were intensely physically regimented, saying, "We try to practice with the same intensity that we will see in a game. This makes us not only physically, but also prepared for our opponents, making us stronger as a team."

Kellenberg capped off the regular season with a 1-0 win against Holy Trinity. Junior Kevin Marroquin scored the game's only goal with just two minutes left in the game. Marroquin, who earned 5 goals and 1 assist, and Carroll, with 13 goals and 3 assists, led the offense of the team, while defensively the team was led by senior captain Shane Salmon.

Carroll, one of the driving forces behind the team, exemplified humility and a spirit of unity when asked about his personal successes. "My success doesn't matter to me," the captain discussed, "As long as what I'm doing is helping the



Photo courtesy of Ray O'Connor

Senior John Carroll keeps the ball away from his St. Mary's opponent.

team win games, then that's what matters. Everyone on our team knows that it's not about him, but the greater cause of earning victory for the team."

On October 30, the team took on Chaminade in the league semi-finals at Hofstra University, an opponent whom they have faced twice throughout the reg-

ular season.

Regarding the future of the team, Carroll replied, "The team is about half juniors and half seniors. There's great chemistry between us, and we are very confident next year they will continue to lead the team in the right direction, and even to a championship."

Varsity Tennis Sophs League Doubles Champions

By Melanie McManus '20

The Girls Varsity Tennis "A" team fell just short of victory in their Semi-Final match against league rival St. John the Baptist on Friday, October 12 at Cedar Creek Park in Seaford. The lady firebirds fought hard and played some of the best tennis of their high school careers. Although losing the tight match 4-3, the girls swept all three singles courts.

Junior Lydia Mercante won first court singles after winning both sets 6-4, 6-4 in the well fought game. Sophomore Maggie Kutner dominated second singles winning her match 6-1, 6-0, also after only two sets. Maggie has a promising career on the Kellenberg Tennis Team ahead of her, and has been a strong asset to the team this season.

Junior Katherine Stewart moved up from first doubles to third singles for the semifinal match and won her court 6-3, 6-

2 after two sets, taking after her fellow singles players. All around, the girls displayed great effort and sportsmanship. The doubles teammates played well and executed their matches in the best way possible. The ladies were making great serves, volleys, and overheads.

This loss comes after the team placed first in the regular season, as well as having two wins over double "AA" teams Sacred Heart and St. Francis Prep.

Captain Emma Soccodato states, "Being captain this year was an honor. The girls on the team put in one hundred percent every time they stepped out on the courts and I am so proud of them. Coach Simonelli is an outstanding coach and I could not have asked for a better season."

Also earlier this season, Sophomore Maggie Kutner and Junior Katherine Stewart represented Kellenberg in the NSCHSAA Individual Tournament at

Nassau Country Club. They were the 2018 NSCHSAA Doubles Champions. The girls are sad to see the season go and they are filled with ammunition for next year's road to finals. Although the outcome of this last home match was tough for the team's 10 departing seniors, they are so proud of their teammate's playing, perseverance, and dedication to the sport expressed in the final game.

Senior Catie Sullivan shares: "I had such an amazing season playing tennis with these girls! The effort they displayed each and every practice and match was incredible, and I will miss spending time with such an outstanding group of girls."

Finally, senior Isy Odiaka explained "Tennis has taught me how to balance my academics and athletics. Being captain was the highlight of my senior year, I love my team and my coaches and can't wait to see the advances of the tennis program in years to come."



Photo courtesy of Ray O'Connor

Senior Isy Odiaka puts all of her strength behind the ball.

Girls Soccer Comeback Team

By Adanya Jeudy '19

This year's girls' varsity soccer team had a phenomenal season, culminating in the especially impactful last game for the seniors, affectionately dubbed the "Senior Game," the last time the senior girls took to the Matthew field turf. With this in mind, they played a great game against St. John the Baptist, "like it truly was their last game" according to Caitlin McDonough '19.

Paulina Valentine '19 commented on how she felt playing for Kellenberg had shaped her as an athlete and a student she said, "I've learned how to balance academics with athletics because games and practices everyday have led to many late nights of studying." She went on to say that this skill will help her tremendously in college because the workload she'll have to balance will be something she's used to.

Sofia Rinaldi '19 made a notable comeback this season. She was able to bounce back from a severe injury to her leg sustained last year with stunning grace and determination. In November of 2017 she tore through her ACL, both meniscus, fractured her femur, and sprained her MCL. For 10 months she worked hard to get back to a game she loved and did her team proud throughout the ordeal. The support of her team pushed her to work hard every day to get back to what she loved. When asked what her injury taught her about herself she said, "Coming back made me dig deeper and work harder than ever before. It showed me how strong I really was and how I could push through something I thought was impossible."

She chose to "find beauty in the small victories" which would eventually culminate in a successful comeback. Sofia's first game back was September 14 at home against Sacred Heart. They played hard and were tied the majority of the game until only 10 minutes were left wherein Sacred Heart scored 2 points. However, for the girls it wasn't taken as a loss. For them, it was a point to work off for the future and for Sofia especially getting to dust off her cleats and step

back into the ring was liberating. Sofia made a poignant point when asked what playing for Kellenberg had taught her. She said, "I've learned from playing at Kellenberg to enjoy every second of it. Enjoy the practices when you have to run for what seems like forever and appreciate the games when it's raining — it could be over before you know it and you'll want to go back to do it all over again."

The girls also grew as a family when they came together for their community service project. They volunteered at TOPSoccer, a program for athletes with special needs. This program is meant to provide an avenue to soccer for those who wouldn't traditionally have one. The girls were tasked with setting up the fields and organizing the arena before the players arrived. They worked one on one with the athletes and were able to see the enthusiasm the athletes had for the game which left them with a lasting impression that would affect their own play.

The team grew even stronger when they had the opportunity to go upstate for an overnight tournament. Their coach, Mrs. Sluka commented that, "they [the girls] were one of the closest groups of girls I've had the pleasure of coaching."

Their season came to a close October 26 in a semifinal game against Sacred Heart. Unfortunately, they gave it their all but were unable to finish with a win. In the end, they won as a family that grew in strength, determination, and understanding what it meant to be a part of something greater than themselves.



Senior Grace Cooper dribbles down the field as she defends against her rival from Calhoun High School.

Photo courtesy of Ray O'Connor

Varsity Cheer Passes Down Winning Traditions at Youth Clinic

By Kristen Dempsey '21

On Saturday, November 3, fifty young cheerleaders in grades five through eight gathered in the Kellenberg Memorial gymnasium with eagerness, excitement and plenty of energy. Every year the Kellenberg Memorial Varsity Cheerleading Program hosts a clinic for elementary school aged girls to practice their cheerleading skills as well as receive some training and tips from members of the KMHS Varsity Cheer Team. Along with Varsity Coach Meisse and Assistant Coach Lastig, the KMHS Varsity Cheerleaders assisted these young athletes and made it such a beneficial experience for the girls.

First members of the varsity team taught the girls a Kellenberg cheer and a special dance routine. They also gave the girls an opportunity to practice their stunting, tumbling and different types of jumps. In the process the girls learned



Photo courtesy of Mrs. Meisse

Members of the Varsity Cheer team teach their younger counterparts cheer skills.

what it takes to be a Kellenberg cheerleader. For some of the girls who attended, it was their first experience being a cheerleader. It was a rewarding experience not only for the the young girls, but

also for the KMHS cheerleaders, who were able to share what they have learned by teaching these young girls some of their first routines and jumps.

"It is fun to watch the current varsity

cheerleaders teach the potential future KMHS cheerleaders what Kellenberg cheer is all about," explained Coach Meisse.

Throughout the entire clinic, these young athletes practiced hard. They implemented the advice provided by the varsity cheerleaders to improve their techniques. The clinic is not only an advantage to the young girls, but it also helps the growth of the cheerleading program at Kellenberg. The majority of the girls who attended are planning to become a part of the Firebird family one day. Many of them also hope to become a future KMHS cheerleader.

"It is also a great way to promote the Kellenberg Cheer program," said Coach Meisse.

For the three hours of the clinic, the young cheerleaders remained very energetic and lively. They truly showed their spirit and love for this sport. All and all, it was a great success.

Kellenberg Scores A Hockey Team

By Hailey Pitcher '21

Over the summer, Kellenberg announced to the school community that they would be starting a hockey team. Since a hockey team has not represented Kellenberg in 20 years, this announcement sparked excitement and interest in the Kellenberg community.

This year's hockey program is the third hockey team that has represented Kellenberg. The athletic department is hoping that it goes extremely well and that hockey will become a sport students are interested to get involved in.

Since it is a new team, the team will start as a varsity sport and hopefully expand with a junior varsity team next year. The team is planning on playing 18 regular season games, which would take place on various locations on Long Island, New York City, Flushing and Coney Island.

Practices will be held in Port Washington. The hockey season begins October 17 with the first tryouts and run until February 7. The team is being led by head coach Mr. Kevin Smith along with assistant coaches Mr. Tom Robertson and Mr. Dan Szalai, all of whom have vast hockey experience.

"We have a lot of students who are very accomplished hockey players and we felt like it was time to bring it back," answered Kellenberg's athletic director, Mr. John Fechtmann. "We definitely plan on keeping the hockey program going and expanding the program to junior varsity by next year." Mr. Fechtmann adds. "I think our coaches will do a great job of providing a great hockey experience while combining that with helping the team follow our motto of C.O.R."



Goalie Adrian Harmaty flies over the ice during a game against Chamiande.

Girls Varsity Swim Team Rallies to Victory

By Sarah Narcisse '19

On November 3, Kellenberg Memorial's Girls Varsity Swim team competed at the championship at Eisenhower. The team placed in fifth overall, with many of the girls recording best times.

Led by their coach Miss Ronan and assistant coach Kevin Drury, Kellenberg alumnus, the girls practiced intensely throughout the season. They dedicated hours of their week to preparation for their individual heats, practicing for one and a half hours three times a week for two months.

Senior Christelle Flores looks back on her experience on the team saying, "These past four years would not have been the same without the swim team. We all support each other and encourage one another to do our best. Although practices may be



Tiffany Kirkland slices through the water with her backstroke.

tough and time consuming, it is enriching to see our hard work pay off when we improve our personal times at meets. This team is like a family to me and I am definitely going to miss swimming with them next year."

The team started off their year with a relay carnival, a type of meet where all the teams can have fun competing. Here, swimmers can try out any event they want and see how they do in this low-pressure environment. The last relay is known as the senior relay, a tradition where girls in their last year of high school compete in one last big race to celebrate their upcoming graduation.

The girls had a rough start to their regular season after losing three consecutive meets to Saint Francis Preparatory School, The Mary Louis Academy and Sacred Heart on September 21, October 1 and October 3, respectively.

The girls used these losses as an incentive to continue their push to improve and came back to win against Holy Trinity on October 15. The team also used their desire to win as a catalyst in their close meets as well.

Seeing a close score in any of their meets encouraged the girls to rally and defeat their opposing team. On October 17 the team won against Our Lady of Mercy Academy by sheer determination. With the help of amazing swimmers and essential members to the team like Carolyn DeFranco '19, Sarah Campbell '19 and Patricia Duong '19, the team ended their regular season with consecutive wins against Saint Mary's, Saint Dominic's and Saint John the Baptist, another close meet, on October 24 and October 25 after a loss to Saint Anthony's.

Miss Ronan, who has been working with the Kellenberg swim team since 1998 when she joined as assistant coach, talks about how this team as a whole has greatly improved throughout the season reflecting, "These girls really become fierce competitors in the pool, showing their innate strength, determination and true competitive spirit."

The swim team not only practice and swim together, but have also become a family. "Being a member of the Kellenberg swim team has been a huge part of my high school experience. On this team, I am thankful to have begun many lasting friendships with the girls and to have had a variety of great experiences," explains co-captain Katie Solosky '19. Katie has been a major part of this swim team for six years, starting as a manager for the team as a Latin School student. Her co-captain senior Patricia Duong has also been a pivotal member of the team for 4 years, joining as a freshman. Other seniors like Breana Stones, Sarah Campbell, Claire Lewis, Christelle Flores, Breanna Ahern, Carolyn DeFranco, Helena Ward, Kyra Varley, Morgan Rowe and Tiffany Kirkland have also contributed to this team greatly in their four years at Kellenberg.

These 34 girls have worked extremely hard to get to where they are today. Their dedication, sportsmanship, and friendship shows through the results of their meets.

Varsity Volleyball Battles SHA

By Ben Oppenheimer '19

On Sunday, November 4, 2018, The lady Firebird Varsity Volleyball team ended another intense season with a hard fought effort against Sacred Heart, culminating in a tight 3-0 loss.

Despite the loss, this season for the girls was definitely one to remember, as they finished third in the league. They also played tight games against Conference A Champs Wantagh and AA Champs Long Beach,

and won 2 out of 3 matchups with Conference B Champs Bayport-Bluepoint.

For the past three years, the lady Firebirds have competed at the top of the league; however, with only one returning senior on the team, the girls were determined to come out on top.

"Kellenberg always seeks out the best teams to play against because we are not concerned with the outcome, just the process," remarked head coach Mrs. vonSchoenermarck, "We'd love to win every game, but what's essential is competing - all I ask is that we play like warriors."

In addition to the positive philosophy of the team, this year was particularly exciting because there were so many new faces on the court. Additionally, several players had career highs in blocks and kills, such as sole veteran

Colleen Moulder '19, who is generally known as "the glue" of the team. Colleen was first on the team in blocks with 49 overall, second on the team in kills with 186. She ended her final Kellenberg volleyball season with 91.5% service accuracy.



The spirit of competition is evident as the girls varsity volleyball team cheer on their teammates.

Junior Emily Acimovic was one of the most dynamic players on the court as an outside hitter and front row player. She had the highest kill record of the team and was close to the top of the league, totaling 330 kills for the season.

Two senior back row players, Alyssa Pugh and Heather Oleksiw, also had a fine season defensively, laying out for balls and chasing them down. Alyssa had 364 digs on the season and Heather had 229.

Not only was the success this year attributed to effort made by the girls on the court, but off it as well, with great contributions by manager Jack Russell '19, who frequently scouted other teams' games ahead of time to improve the Firebirds' strategy.

It was from a combination of the refreshing philosophy on winning, the contributions from the players on the court and off-court support that helped Kellenberg have such an exhilarating season.



Perfect Again: Football Repeats Undefeated Champs

By Matthew Gluck '19

A dominating 41-6 victory over Xavier on Saturday, November 17, handed the birds their second straight CHSFL AA Tittle. This was the birds 22nd consecutive win.

As usual the Firebirds running game paced the offense as Matt Sluka and Jordan Delucia combined for over 200 Rushing Yards and 3 Touchdowns. Showing off the aerial attack as well QB Matt Sluka connected with 3 different receivers for Touchdowns, Danny Wilson with a 12 Yard TD Grab, Matt Mongelli for one from 40 Yards and Sean Boll with a 55 Yard TD Grab. On defense Jake Deakin led all tacklers and forced a fumble, while Peter Taliercio and Zac Estrella each recorded a pass break up and key tackles on the edge.

The Firebirds lines were dominant on both sides of the ball anchored by Thomas Cippolla, Samir Umar, and Kris Lafroschia playing both ways. Sean Foley and Elias Baltas rounded out the offensive line while Thomas Brzezinski, Julian Hosty and PJ McGuinness led the defense.

In an undefeated season, all victories are good.... But some are sweeter than others.

Chaminade- like the Yankees- are a litmus test for success. Defeating the Marianist rival is always a special note in the KMHS football season.

This October 14 faceoff was hyped up as the Firebirds prepared for the showdown.

The bleachers were split on the cold, windy Sunday, Kellenberg white on the left and Chaminade red on the right. As spirited fans cheered them on from the bleachers, the teams, eager for the game to start, sent out their captains for the coin

toss. Kellenberg won the toss and elected to defer.

After a slow start for both teams, Firebird runningback Jordan Delucia '20 ran into the end zone for a 4-yard touch-

the game.

Junior runningback Jordan Delucia found himself in the end zone for the second time that game, putting another 7 on the board with a score now of 21 - 0.

Kellenberg responded with a 50-yard touchdown run by Sluka and a 70-yard touchdown run by Delucia.

This rushing attack couldn't be done without the help from the 5 guys on the offensive line. The Firebirds ran for almost 500 total rushing yards against Chaminade with 280 coming from Sluka, 160 from Delucia and the rest coming from junior Bossuet Jules and seniors Frankie Roder and Jake Deakin. Both Jordan Delucia and Matt Mongelli '19 brought down two balls to add to the big offensive attack.

On defense, seniors Peter Taliercio, Matt Leahy, Alain Telfort, Tom Brzezinski, P.J. McGuinness and Dan Wilson led their ruthless defense with only 100 yards allowed through the entirety of the game. Defensive back Peter Taliercio came away with the one interception of the game along with defensive lineman Dan Wilson, who led the defense with 11 tackles, 3 tackles for loss and 2 sacks.

Wilson said after his big game, "It's never just one player against the offensive or defensive eleven. It was a whole team contribution and we all did our part."

That they did as the final score of the game was 42 - 14 Firebirds.

Assistant Coach Healy stated, "Upon the team seeing Chaminade in the schedule that date was circled on the calendar. They all were excited to be able to prove they belong in the same breath as teams in the AAA - especially Chaminade. They remained confident that if they played their game that they would have a great chance to win."

Currently sitting at 9-0, the Firebirds are ready to go deep into the playoffs with hopes to repeat last season's ending with another championship to bring back to Kellenberg.



Dan Wilson and Alain Telfort prepare the traditional Gatorade bath for Coach Hanifan.

down to put Kellenberg up 7 - 0 going into the second quarter.

To cap off the first half, Matthew Sluka '19 got his first touchdown of the day, rushing for 7 yards to tip the score to the Firebirds, up 14 - 0.

Kellenberg's offensive attack was not the only benefactor to the first half as their defense was stout, stopping the Chaminade Flyers on multiple drives.

Kellenberg took advantage and the offense stoked again, allowing the Firebirds the opportunity to go up by three possessions and possibly grab the win early in

With some more explosive runs by the tandem of quarterback Matthew Sluka and runningback Jordan Delucia as well as some great defensive play, the Firebirds would end the third quarter with another rushing touchdown by Sluka.

Heading into the fourth quarter with 28 unanswered points on the board, the Firebird sideline and stands were pumped. With 12 minutes left to go in the blowout, Sluka, Delucia and the rest of the offense weren't yet done dismantling Chaminade's defense. After Chaminade put up their first 7 points of the game,

KMHS Sports

Soph “Fab Five” Sprint to CHSAA Champs

By Elena Smith '19

The Girls XC team recently won The CHSAA. This was the high school sports story of the year as they not only defeated Newsday's Number one ranked team of all season, Sacred Heart, by two points but also the four time defending champion, Notre Dame Academy of Staten Island.

The Kellenberg Girls Cross Country team has always been known for being a uniquely tight unit. However, the sophomore runners this season have an exceptional and rare close-knit bond. With only five sophomore girls making up the team, they have had to step it up to a new level and strive for rigorous goals, in the meantime growing closer as friends and teammates throughout the season.

Known as the “Fab Five,” sophomores Ashley Minns, Victoria Diéguez, Victoria McLoughlin, Margaret McLoughlin and Margaret Dollof are the members of this one-of-a-kind team.

According to Minns, “The team is extremely close with each other as a whole. Running is such a vulnerable sport and we have really seen the raw emotions of one another. We’re very close and enjoy spending time with each other which creates an environment that allows everyone to individually thrive, leading to the success of the team.”

The other four girls agreed that their strong friendship makes the team special, Dollof highlighting how supportive they are by cheering each other on.

They surely encourage each other when it comes to reaching their personal goals, about which each girl is very optimistic. Minns is looking forward to the girls’ two remaining meets: the CHSAA State Championships and the New York State Federation Championship. As the season finishes up, she hopes to run under 16 minutes in the Intersectional Championships on November 10. Likewise, Dollof also hopes to cut down on her time.

Victoria McLoughlin states that she is “very proud of how far our sophomore team has come. At the end of last year during signups we didn’t even have a full scoring team. But Victoria Diéguez tried out for the team and it was meant to be.”

That’s right – the Fab Five almost didn’t exist – a fact that makes them even more special and appreciative of each other. In fact, when asked about how she stays motivated and what drives her to run, Minn admitted, “I run for my team more than anything.”

The girls have gained more than speed and strength from their time running this season. Friendships, role models and tons of good memories have been some of the results of this hardcore season. Margaret McLoughlin stated that she



Members of the Fab Five: Margaret Dollof, Margaret McLoughlin, Victoria Dieguez, Ashley Minns and Victoria McLouglin pose with their High School AA championship plaque at Van Cortlandt Park.

looks up to the upperclassmen on the team and even the seniors who graduated last year. She was moved because they all “genuinely enjoyed it and were very committed to the team.”

Her favorite memory of this cross country season was the pasta parties. “After tryouts, one of the captains had a barbecue and we got to know the new freshman,” said McLoughlin. “The team is always having fun together and trying new things. After the Xavier invitational, (where both varsity and junior varsity performed well) we stopped in Little Italy for cannolis.”

Another way the team bonds is through their pre-meet rituals. “When we’re on the starting line, our captains will lead us in prayer, and then our coach, Mr. Moncada, leads a chant. He screams, ‘Let me get two claps and a red flare!’ and we all clap twice then scream.” The girls inspire each other greatly and

have also learned many valuable lessons from their other teammates and coaches so far this year.

“The best lesson I’ve learned is to really trust and have confidence in myself,” Minns reflected. “Going into any race, especially those where the odds are stacked against you, you really have to just trust in your training and know that you’re well prepared to handle whatever happens...as cliché as it is, I think the best advice I’ve ever been given is not to give up but stay strong. Running is such a raw and mental sport, and a negative mindset doesn’t nurture that! When racing, you really just have to trust yourself and have confidence.” Minns has also been inspired by the satisfaction of improving every week and knowing that her hard work is paying off. For Victoria McLoughlin, Mr. Moncada’s mantra – “trust the process” – is the most valuable lesson she has learned. “He reminds us

daily to have faith and determination even during practices.”

The Fab Five is obviously an exceptional and unique team with interesting and uplifting dynamics that would inspire anyone. Before starting on the team, none of the girls (besides the McLoughlin twins), knew each other. They are now close friends, spending hours together every day.

“I believe we work really cohesively as a team and truly have an amazing bond that sets us apart from other sophomore teams,” Minns commented. “It’s nice to have other girls my age to rely on. We all support each other so much in each race, and it’s so nice to have such a strong support system.”

These Lady Firebirds are lucky to have each other and such a marvelous experience as high school athletes. Blessed with such wonderful and loyal friends, it’s no wonder these girls are fabulous!