

VOL. 32 No. 3 **The**  
KELLENBERG  
MEMORIAL  
HIGH SCHOOL

WINTER 2018

1400 GLENN CURTISS BLVD,  
UNIONDALE, NY 11553

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# Chorus, Band Ring in Holiday Season



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# Joy to The World: Midnight Mass Welcomes Christ

By Sarah Narcisse '19

On December 24, many of the Kellenberg Memorial family congregated in the auditorium for the annual Midnight Mass. The mass was preceded by the lovely caroling of the Gregorian Consortium at 11:30 P.M.

This chorus, moderated by Mr. Basile, show their great dedication as they bring great joy to many different events. Mr. Basile talks about the Gregorian Consortium and their part in the mass saying, "We love participating in this mass because it not only serves as a celebration of the birth of Jesus, but it is also an event where the Kellenberg family can come together and have an opportunity to reconnect with many people who we may not get to see throughout the rest of the year."

At Midnight Mass, the Gregorian Consortium, dressed in their Kellenberg uniforms and sporting red carnations, performed carols such as "Do You Hear What I Hear," "Lord Today," "Ding Dong Merrily on High," and "Glory Hallelujah." Seniors William Pipa, Anya Murphy, Margaret Basile and Christelle Pascal had amazing performances with Anya, William and Margaret singing "Lord Today" and Christelle singing her new single, "Noel."

Anya commented on the Mass, saying, "This is always my favorite mass out

of the year because how fun it is to practice beforehand. During the mass, there is always a joyful feeling as the songs we sing are so cheerful."

As midnight came, the smell of incense filled the air and the mass began. Bro. David Bruner, S.M., began the mass with a reading about the birth of Christ. Fr. Daniel Griffin, S.M., continued with a quick greeting before senior John Carroll read a reading from the book of the prophet Isaiah.

Soon after, the Capasso family read the responsorial psalm with Maura Gillis reading from the letter of St. Paul to Titus.

Maura said, "The atmosphere of the mass was so reverent as all those that attended were excited by the Christmas spirit and the beautiful singing of the Gregorian Consortium. I was extremely honored to be able to read at this mass and speak in front of the Kellenberg Family."

Fr. Dan gave an uplifting homily wrought with the theme of grievance for the loved ones that are missed throughout this joyous season.

Fr. Dan opened his homily by reminiscing about an old friend, Fr. Francis Keenan, S.M., who, when he would give a homily about a singing Christmas tree toy. He continued this theme throughout his homily as he went on to read "My First Christmas in Heaven," a poem writ-

ten in the point of view of a person in heaven watching their loved ones grieve for them. The speaker urges family and friends to be joyful, because, "I'm spending Christmas with Jesus Christ this year."

Father Dan finished his homily by reading letters his students wrote to him. In the assignment, the eighth graders were tasked to write about where they see new life at Kellenberg.

Family members also helped bring up the Eucharist during communion, including the Okoye family. Seniors Brenda Okoye, Maura Gillis and Natalie Capasso also helped with the distribution of the Eucharist as Eucharistic Ministers.

Natalie reflected, "I was so glad to have the opportunity to bring up the gifts with my family at Mass. My parents and brother were hon-

ored to be a part of such a crucial celebration of our faith, and, as a Eucharistic Minister, I feel a special connection to the sanctity of Midnight Mass."

21 of the total 67 Eucharistic Ministers helped with the circulation of the Eucharist, including senior Francesca Morales.

Francesca commented, "I am thankful that I was able to be at the mass and contribute to this service. The atmosphere was perfect and it was nice to be able to be a part of such an important event."



Photo by Nick Castelli '17

Seniors Maura Gillis, John Carroll, Sarah Campbell and Sergio Arreaga prepare to process out of the auditorium.

## PRO-LIFE ORATORY CONTEST

**SUNDAY, MARCH 24, 2019**  
**AT KELLENBERG MEMORIAL**

**OPEN TO ALL 11TH AND 12TH GRADE STUDENTS**

**FIRST PRIZE~ \$500**  
**SECOND PRIZE~ \$300**  
**THIRD PRIZE~ \$200**

~CONTACT MR. CIOFFI WIT ANY QUESTIONS~

**-WRITE AND PRESENT A 5-7 MINUTE PRO-LIFE SPEECH-**

# Last Week At Mass: My New Year's Resolution in Faith

By Randi Titus '19

Cool, crisp air whipped past my face as I stepped out into the world on the first day of 2019. A light rain fell from the sky, seemingly cleansing the earth. People of all ages and backgrounds rushed past me towards the brick building where we all had chosen to start off our year. The toll of the old church bell awakened my senses, alerting me to the start of 9 a.m. Mass.

As I climbed the steps of St. Christopher's in Baldwin, I pondered the implications of starting a new year. I, along with many others, saw January 1 as the day for great life changes. I ran through a catalog of resolutions that I had promised to fulfill while I took my seat in the pew.

At 9:15 sharp the Mass began. While the Mass procession filed in, I noticed a woman to my right tightly grasping a one-hundred-dollar bill. Curiously, I asked my mother what she was doing. My

mother shared that she once participated in this practice of praying for wealth coming into the new year. I could not help but think that there were other, more important, things to make a priority in prayer. This realization brought to mind the hopes that I had for the new year.

In a thick Polish accent, Fr. Ryszard Ficek guided the ceremony. His homily served to change my view on the anxiety of making (and failing) New Year's resolutions.

He began tackling the large topic with one of the most common resolutions: losing weight. He joked that the treadmill industry was currently experiencing its yearly spike in sales. He said most goals — dreams of a smaller pant size, a bigger bank account or a revolutionary diet — only serve the person making them. This, he shared, is why they don't work. The more I think about this idea, the more I understand his words. A resolution fo-

cus only yourself leaves only you to hold yourself accountable. If the goal fails, you are solely letting one person down. A goal that is focused on others, however, gives a person more reason or need for responsibility to follow through.

These outward resolutions are what Fr. Ryszard indicated that we should be making. He recalled a story of a boy who tasked himself in the new year with praying for a different person each day. The boy followed through with his resolution for the entire year. The next year, he was all too excited to begin again.

Fr. Ryszard, along with every person who had heard the story, was touched by the little boy's endeavor. He concluded that goals for the new year would be more likely executed if made for others rather than the "self."

But what if these "other-centered" resolutions also fail?

Fr. Ryszard told the parish that our

new beginning really came with the birth of Jesus. So maybe this is the secret. If Jesus, is kept in our hearts throughout any prayer, goal, or resolution, a change truly can occur. Sometimes Jesus' centrality in our lives appears only at Christmas. Once the Christmas season comes to an end, so do our thoughts of the Messiah. Once the decorations come down we forget about the meaning of the season.

Imagine my surprise as I walked into mass on January 6, five days after Fr. Ryszard's homily. Poinsettias still littered the altar along with nativity scenes.

Every Christmas decoration imaginable still hung around the church: my decorations had come down shortly after New Year's Day.

Discovering that Christmas officially ends on the Epiphany shocked me. Maybe my resolutions, like Christmas. Should be all about Jesus and never really does or should end.

# KMHS Musicians Achieve All-State, All-National Honors

By **Monika Sweeney '20**

At 6 a.m. on November 29, 2018, Long Island students who qualified for All State Chorus, Band, or Orchestra hopped on a bus to Rochester, NY to attend the All State conference. The All State conference offered the chance for upperclassman to perform with other talented peers and show off their skills, many of which had been practiced to the point of near perfection over the course of many years.

When students first arrived at the conference on Thursday, seating auditions began promptly at 4 p.m. Once seats were arranged, practice lasted from 7:30 to 9:30 that evening. On both Friday and Saturday, students practiced for over eight hours with a couple of breaks throughout the day for meals. Youri Kim '20, violinist, participated in the symphony orchestra concert. Benjamin Truncale '20 was in the mixed chorus. They were joined by Angelica Markevich '19 who participated in the symphony orchestra playing the English horn and Marie McCumiskey '19 who went to all nationals for her performances on the violin. Marie sums up her time in Rochester as "extraordinary."

All State qualifiers are automatically able to audition for All Nationals. Marie sent in her audition tape over the summer and was later offered a chance to perform at All Nationals

"The musicians were all extremely talented and welcoming," explained Marie. "I loved making friends from all over the country. The conductors and adults there were educated and very talented. Overall I had an amazing time, making friends and playing music with people from around the country."

The All States performances were arranged to spread out over the course of the weekend and were held at the Eastman School of Music. The students roomed together at the Riverside Hotel for the duration of the conference and practiced in the hotel's ballroom. The practice schedule was rigorous and exhausting, but hard work and dedication was nothing new to these musicians. In

fact, long hours of practicing and working to perfect a piece had become second nature to them.

This was junior Benjamin Truncale's first time qualifying for All State. He was overjoyed after finding out he had qualified and could hardly wait to tell his family and voice teacher the news.

Benjamin adds, "I felt very grateful to have had the chance to work with some of the brightest minds in the musical field

get past it and enjoy the beauty of the music that we were able to create. The best part of the experience was getting the opportunity to learn from so many talented musicians, especially conductor Dr. Janet Galván, a professor from Ithaca College."

Dr. Galván had conducted countless chorale ensembles across the globe and had just recently traveled back from performing in Spain.

conference was the music itself. The songs performed ranged from the classics of Mozart to contemporary pieces by American composers. Undoubtedly performing some of the most beautiful music he had ever heard, Benjamin called this experience "nothing short of life changing." Having arrived a day early to tour the Eastman School of Music, he was given the opportunity to have a private lesson and interview with a faculty member of the conservatory.

"Everything I learned in Rochester for All State will definitely help me in my future career in opera and to gain acceptance at a music conservatory to further study music," Benjamin reflected.

According to Youri Kim, a talented violinist representing Kellenberg, the most stressful part of the conference was the seating audition. She earned the tenth seat in the second violin section of the orchestra and was given the task of performing three excerpts.

"It was definitely the most nerve wracking part of this experience," she said. "But overall this was an incredibly rewarding experience and one I will never forget. I earned this incredible opportunity to be able to play in such a high level orchestra with kids all over the state. We all worked so hard to get where we are and were ecstatic just to be there."

The conference consisted of practices and performances until Sunday, December 2. These elite All State participants underwent a long and arduous process to qualify beginning in early August. Candidates had to score a 100 on their NYSSMA level 6 performance, and only the best of the best were asked to participate in the All State conference. All State consists of one string orchestra, one symphonic orchestra, a wind ensemble, an instrumental jazz ensemble and a vocal jazz ensemble. Additionally, there were performances by a symphonic band, a mixed chorus and a treble chorus. Nearly 900 juniors and seniors from across New York attended, which led to a diversity in not only instruments but in backgrounds and training.

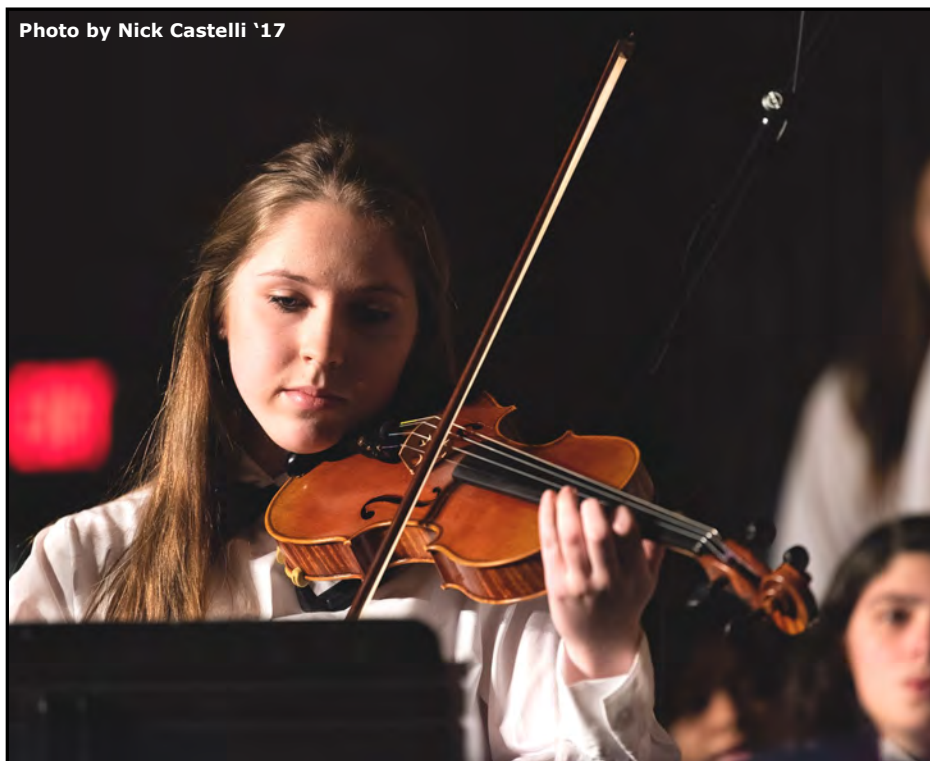


Photo by Nick Castelli '17

**Rosie McCumiskey '19 focuses on her music while playing to accompany the Phoenix chorus.**

in New York State."

He felt this conference was especially beneficial for a number of reasons, especially because it allowed him to learn from his peers and develop new singing techniques to help further his singing career.

"Although there were a few times I felt nervous about being surrounded by so many talented conductors and students," Benjamin explains, "I was quickly able to

"She had an enormous amount of musical wisdom to provide us with," continued Benjamin. "Of course, at first we were a bit intimidated, but eventually each of us formed a unique and amazing bond with not only each other, but Dr. Galván."

He fondly recalled her telling them on the first day of rehearsal to simply call her "Mama G."

Another unforgettable aspect of this

# Firebird, Phoenix Concerts Bring Christmas Spirit to KMHS

By **Nicole Aponte '20**

There is no better way to spread Christmas cheer than watch the Kellenberg Winter Concerts performed by the 432 participants of the music program. A series of three different concerts occurred during the week of December 9, 2018. On Wednesday, Thursday, and Friday night, family and friends filed into the auditorium, waiting for each concert to begin.

The Latin School Christmas Concert took place on Wednesday, December 12, 2018. All students in grades six, seven, and eight participated in the concert as members of either the band, chorus, or orchestra. Performances were given by the sixth grade chorus led by Mrs. Zider, the seventh and eighth grade choruses led by Mrs. Tochelli, the Praetorian orchestra conducted by Mrs. Burke, and that Praetorian and Centurian Bands conducted by Mr. Narell. To conclude the concert, the student body performed "We Wish You a Merry Christmas."

On the consecutive night was the Firebird Christmas Concert. The ninth and tenth grade Firebird Chorus, led by Mr.



Photo by Nick Castelli '19

**Mr. Blanton conducts the Phoenix chorus from the piano.**

Blanton, serenaded the audience with popular carols, like "Do You Know What I Hear?" Chorus participants also sang "Glad Noel" with the accompaniment of Sophomore Evan Carroll at the piano. The members of the Firebird Band and Firebird Orchestra also performed their songs for their audience and concluded their perfor-

mance with "We Wish You a Merry Christmas."

The series of concerts concluded the next day, December 14, 2018. Performances opened with members of the Phoenix Band, under Mr. Vegas, performing songs such as "March of the Toys." Next, members of the eleventh and twelfth grade

Phoenix Chorus, led by Mr. Blanton, entered while singing "Carol of the Bells." They also performed the musical setting of the well-known story, "Twas the Night Before Christmas" and finished with a medley of the popular carols "Joy to the World" and "Go Tell It on the Mountain" featuring solos by Junior Evelyn Vesley and Senior Christelle Pascal. From there, the Phoenix Chamber Ensemble, led by Mrs. Burke, took the stage. The group performed songs such as the song "Messiah" and "Mary Did You Know?" a song favored by all.

Every night, the musical ensembles were richly rewarded by the thunderous applause that ended each concert.

Deirdre Ambrosi, '20 described her experience saying, "I love participating in the Firebird Chorus. Not only is it fun to sing but also to sing with my friends. As our conductor, Mr. Blanton, always says, "There is no 'I' in chorus, but an 'us'." The members of the Kellenberg Music Program use their talents in the most wonderful way: to praise God, for as it is commonly heard in Kellenberg, "When you sing, you pray twice."

## CROSS Visit Elderly at Queen of Peace Assisted Living

By Sean Ronan '20

C.R.O.S.S. began the holiday season by spreading Christmas cheer at their annual visit to the Queen of Peace Residence in Queens Village on December 20, 2018. The club has participated in this event for the past 25 years assisting the Little Sisters of the Poor and their residents.

Students rang in the festivities at the residence by meeting with Santa Claus, reading lessons from various Scriptures from salvation history, from the time God created the earth to the birth of Christ, and concluding each story with traditional carols.

Volunteers visited the rooms of each member of the Little Sisters of the Poor and

brought gifts to them, which consisted of various Christmas trinkets and basic needs.

The trip concluded with a prayer service in the Queen of Peace Residence chapel. Following the service, students continued singing jovial carols with the elderly.

Bro. Michael remarked, "Christmas becomes a time when we can focus on others and bring the Christmas message to those in need."

The Little Sisters of the Poor are a congregation of Catholic Women that serve the elderly poor. Their mission is "to offer the neediest elderly of every race and religion a home where they will be welcomed as Christ, cared for as family and accompanied with dignity until God calls them to Himself."

**Top-right, students aid Queen of Peace residents in singing Christmas hymns. Bottom-right, a letter of gratitude from a Queen of Peace resident to Kellenberg.**



## Students Deck the Hallways at Annual Door Decorating

By Ally Goldsmith '20

On Monday, November 26, the Christmas season arrived as students gathered in a p.m. assembly schedule to decorate their homerooms. Each door is decorated according to a specific theme that the homeroom decides together. Some homerooms stuck to a classic Christmas aesthetic, while others go for a more modern approach.

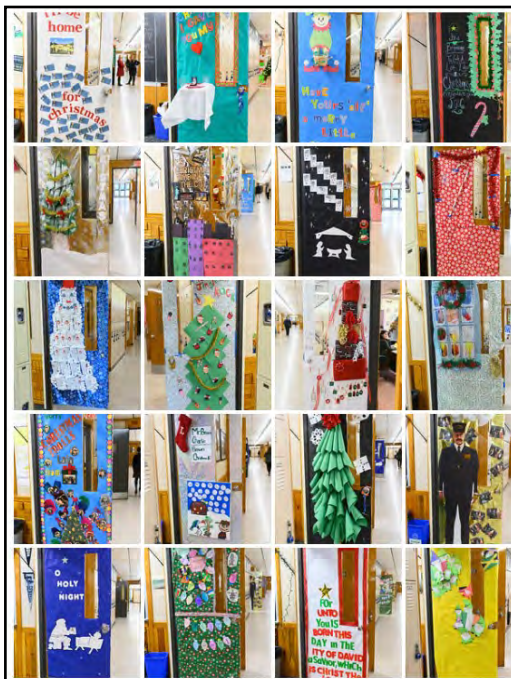
This year, the themes ranged from 11F's "O Holy Night," which placed a great focus on the Advent season, to 10J's Mr. White-themed "White Christmas." In the end, 9L, 10B, 11K and 12K took the win for best decorated door and 9E, 10H, 11F and 12K were victorious in the best decorated room category.

Students and teachers have the full week following Thanksgiving to achieve their vision of the room and door. The following week, judges come around to each homeroom and cast their votes for the best rooms and doors. Each year, the results are announced on the morning announcements and the cheers from the winning homerooms are heard from all around the building.

The competition is very intense as every homeroom wants to win best decorated room or door. As fierce rivalries develop, students stay after school for many hours to help their

teachers perfect the room and everyone is very careful not to share their clever ideas with competing homerooms.

Senior Elizabeth Solferino commented on the decorations, "It is a beautiful sight to walk down the hall and see the entire school immersed in the Christmas spirit."



(Above) Members of Homeroom 8E cheerfully pose with the festive Firebird while decorating their classroom doors (top).

January 5, 2019

Brother Michael Gillen:

In response to Sean Ronan's message to Sr. Maria Catherine or a resident of Queen of Peace, we wish to extend our thanks and gratitude to you and to your students at Kellenberg for your faithful participation in our Christmas visitation program and your many visits over the years.

We, in the twilight Zone (ahem!) of our existence, were encouraged to observe the young involved in LOVE IN ACTION, living our LORD's admonition "what you do to the least of my brothers, you did it to me." There is great hope in the future when we use God as our co-pilot as we navigate the mystery of life. Grateful thanks to all of you. Union of prayers.

Wilfrid Pleau, a resident and Harmonica player.

## Alumnus Andrew Trencheny Stars in Advent Prayer Service



Senior Victoria Monaco captivates the audience's attention as the Nativity angel.

### By Anya Murphy '19

On Wednesday, November 28, the annual Advent Prayer Service was presented in the auditorium. Featuring the theme of "Undercover Jesus," students acted out scenarios while alumnus Andrew Trencheny '16 played Jesus visiting the "work site."

In an effort to show the ways that

people are living out the Christian lifestyle at Kellenberg, the cast recreated several stereotypical high school scenes and showed how, with Christ, they could have turned out differently.

In the first sketch, Pat Ilardi '19 makes an attempt to cheat off of Jesus' test. Another showed students gossiping, while the last depicted a student becoming overwhelmed by the stress of tri-

mesters.

After each scenario played out, Jesus revealed Himself to the students, and they figured out how the situation could have been handled in a more faith-focused way. To cap off the prayer service, students performed the traditional silent nativity scene, which featured Victoria Monaco '19 as the angel.

Victoria reflected, "The opportunity

to be a part of the advent prayer service really connected me to my faith right before Christmas and trimesters. It reminded me that faith always has to be the most important thing, even when life gets overwhelming."

Copies of the Gregorian Consortium's Christmas CD were distributed while Christelle Pascal dazzled the student body with a scintillating "Noel."

## Moms & Daughters Bond at Magnificat

### By Elena Smith '19

On Friday, December 7, 2018 the mothers and daughters of Kellenberg attended the annual Magnificat Dinner and dance.

The 670 guests filed into the cafeteria where they were captivated by the enchanting winter decorations. With snowflakes hanging from the ceiling, and red and green garnishes adorning the tables of appetizers the room was transformed into a Christmas wonderland. Photographers from Kellenberg's Photography Club snapped pictures of the mothers and daughters in their fabulous outfits on the dance floor and at their dinner tables.

After a prayer and blessing thanking Mother Mary for the grace of a mother's love, guests enjoyed roasted potatoes, an assortment of salads, chicken, fish, and rice, in a buffet style service.

Not long after dinner, the ladies were welcomed to the dance floor by none other than freshman scripture teacher Mr. O'Brien, better known as "D.J. OB." In honor of the festive season, he started the energetic evening with "All I Want for Christmas is You," encouraging all the ladies to "unleash your inner Mariah Carey and sing with everything you've got!" The evening's playlist included hits like "Shake It Off", "Twist and Shout", "Sweet Caroline", "God's Great Dance Floor, and of course, "Chicken Fried."

Dessert tables were loaded with cookies, cupcakes, cream puffs, candy, and delicacies of all kinds.

Raffle tickets were also available for a Bath and Body Works set, Kellenberg apparel, gift cards, and more.

After an extremely fun celebration, the women made their way to the dance floor once last time for the iconic last song, "Don't Stop Believing", to belt out the time-honored tune, while confidently whaling away out their air guitars to. In spite of their apparent exhaustion, guests lingered in the lobby talking to friends and recalling the best parts of the evening.

Overall, the Magnificat Dinner and Dance is a beloved tradition for many Kellenberg mothers and daughters, and this year certainly did not disappoint. Mrs. Canny said "It's always a wonder-

ful chance for moms and our daughter to enjoy a night of fun together." The guests started off in the auditorium to celebrate The Feast of the Immaculate Conception, led by Fr. Tom Cardone, S.M. The mass was a beautiful way to begin the evening before a delicious dinner and a night of lively dancing.



Kate McCrea '25 grooves to the music with her friends on the Magnificat Dinner dance floor.

## French Club Takes NYC

### By Alex Wrenn '21

On December 1, 2018, eight French Club members, under the direction of Mrs. Delbrune and Mrs. Ryan, rang in the holiday season by taking a French culture trip to the French bistro, La Bonne Soupe on West 55th Street in Midtown Manhattan.

Sophomore Imani Chung remarked "[La Bonne Soupe] was one of those little cute shops, very bright but more of a traditional type of place...There was a terrace with flowers on the top floor, the bottom floor was the entrance and we sat in the back room." After eating a *déjeuner ap-pétissant*, or appetizing lunch, the students walked a few blocks down to Rockefeller Center to see the colossal Christmas tree.

The group of students went to Times Square to gather atop the big, red TKTS staircase at the intersection of Broadway and Seventh Avenue.

The French Club travels by the LIRR annually for a holiday visit to the Big Apple.

## Donations Benefit Shep. Fund

### By Ceili Donnelly '20

According to Mrs. Simons, Director of Capital Campaign at Kellenberg since 2016, Kellenberg has used Giving Tuesday, a global day which initiates the season of giving, to reach out to first-time donors and encourage them to contribute to the Shepherd's Fund, which is made up of annually donated funds that allow Kellenberg to maintain diverse initiatives that directly influence the school's daily activities.

Donations to the Shepherd's Fund are used for scholarships, technology, extracurriculars, professional development, and improvements to Kellenberg's facilities.

This year, donors who made a gift of \$25 or more received a gift, a pair of Kellenberg Firebird gloves as a "thank you" for their generosity.

Mrs. Simons explained that as a result of the "tremendous help from the Social Media and IT departments," the Office of Advancement was able to raise more money than ever on Giving Tuesday this year. In fact, 592 people donated to the Shepherd's Fund and over \$42,000 was raised, a tremendous leap from 2016's 149 gifts totaling \$16,165.42 and 2017's 396 gifts tallying up to \$34,290.32.

Both old and new donors will have another wonderful opportunity to give to the Shepherd's Fund in the Spring, as Kellenberg will be fundraising and live-streaming all day to advocate for donations on its annual Day of Giving on Thursday, April 4.

# S.O. Takes First at Columbia

By Anya Murphy '19

The Science Olympiad 'A' team claimed first place out of 34 teams at the January 4 Columbia High School Invitational, bringing home a decisive victory. With a final score of 144 points, the team left second-place team Chaminade 'A' 25 points behind.

The win was made all the more sweet since the team's practice statistics predicted an eighth-place finish, so they were caught pleasantly by surprise by their top-notch scoring.

The Anatomy and Physiology team of President Francesca Morales '19 and Julia Zacharski '21 and the Codebusters team of Meaghan O'Keefe '21, Tyler Martinus '19 and Paul Bartolomea '20 both contributed first-place scores to the overall victory.

Paul had a total of five medals, the most for the day. He was closely followed by Aidan York '20, who earned

four medals. Caitlyn Barnwell '20 and Tyler both earned three medals.

Francesca Morales said, "I knew going in to the invitational that the team and I had prepared really well for our events, and I figured we would do pretty well, but I was so surprised and totally ecstatic when we won at the end of the day."

Second-place victories were turned in by Paul and Tyler for Circuit Lab, Aidan York '20 and Caitlin Noonan '21 for Dynamic Planet and Meaghan and Caitlin Barnwell '21 for Forensics.

Senior Sarah Narcisse reflected, "I am so proud to be a part of such an amazing team. It felt incredible to have all of the hard work we have been putting in finally pay off."

The 'B' team placed 22nd in the contest. Contributing to the victory were Megan Osonitch '21 and Latin School team sub Ara San Antonio '22, who placed 6th in the Boomilever event.



Junior Monika Sweeney focuses intently on her event.

## Arts and Crafts Club Create Mosaic Art

By Elizabeth Mooney '22

In November Mrs. Anne Zimos, parent of an Arts and Crafts Club member, led the club in making mosaics.

Mrs. Zimos shared her extensive knowledge of laying out and creating mosaics and generously provided all of the material for the club to create this craft. By hosting new and unique modalities, the Arts and Crafts Club is a great forum for learning about different artistic techniques across the broad spectrum of art.

Moderated by Mrs. Delbrune, the club is open to all students from grades six through twelve. New members are welcome to join the club at any time.

Currently the club enrollment includes ten students. In December Mrs. Delbrune had the club apply a special focus on Advent and the Christmas season. Special project focus areas vary throughout the course of the school year. The Arts and Crafts club is held after school every Monday at 3:30 in room 212 and is open to all who are interested in arts and crafts.

The Arts and Crafts Club at Kellenberg Memorial is a club for students who enjoy exploring their artistic and craft related talents. The media used for their arts and crafts range from glass and wood to sewing and painting. The wide variety of projects include baking, candy making and wind sock creation.



Craft expert Mrs. Anne Zimos shares her knowledge of mosaics with members of Arts and Crafts Club.

## SIBSPlace Counselor Addresses Psychology, Stem Clubs



Ms. Formont delivered a presentation on her work to the Psychology Club.

By Veronica Tadross '21

On December 5, 2018, members of Psychology Club and Health Sciences Club gathered in the Chemistry Lab to listen to one of Kellenberg's most recent STEM presentations. Joanna Formont, Kellenberg alum and Licensed Mental Health Counselor, intrigued students with an exposition of her career at SIBSPlace, a counseling center for the siblings of cancer patients.

"Sometimes the kids struggle to express how upset they really are from receiving less attention at home," Ms. Formont expressed, "I feel so proud when they learn to let out their anger with the help of counseling and new friends in a similar situation."

After describing techniques used at SIBSPlace to bring about these results, Ms. Formont shared how she reached her current career and even offered the students information to volunteer at this organization.

Senior Maya Tadross, co-founder of Psychology Club said, following the presentation, "I think this was a great way to kick off Psychology Club. We just began in November, and this showed members that psychology is a diverse field which enables us to help others."

The presentation closed with questions, and Ms. Formont shared some mechanisms that are used to ease the stress of kids in the program. These included making lava lamps, going on field trips, celebrating birthdays, and building paper volcanoes to mirror how we sometimes need to release our emotions.

After the talk, Senior Michelle Sweeney expressed, "I'm so glad I came to this talk. I've always been interested in a career helping people cope with mental angst, and this gave me some ideas as to how I can do that."

This STEM talk left students with a glimpse of an important career that many had not heard of before.

SIBSPlace, a nonprofit organization, aims to give siblings and children of cancer patients a stable environment during an unstable time for their families, Ms. Formont explained. Kids come here every Tuesday and Thursday night to take part in tutoring, art therapy, and group therapy to answer their questions about cancer treatment and ease their emotions about living with an unhealthy sibling.

As Psychology Club and Health Sciences Club progress throughout the year, they will look to explore these fields further through STEM talks and joint meetings.

## Students Focus on Prayer at All-Day Adoration

By Caitlin Noonan '21

All Day Adoration at Kellenberg Memorial takes place on the first Friday of every month in the Maria Regina Chapel and is an opportunity for students to take a moment to pray and de-stress during their busy school day. Students can sign up during a certain class period to attend adoration, or they may stop in the chapel before their lunch periods for a brief reflection.

Some teachers bring their classes to adoration. Freshman religion teacher Mr. Moran said about the experience, "I love bringing my classes to adoration, because it gives the students an opportunity to experience Christ by praying to Him and speaking to Him."

Julia Zacharski '21, expressed, "It was good to be able to relax during the day since a lot of my classmates, as well as myself have clubs and sports after school, so to have one period to be able to talk with God made the school day and the rest of the week a little easier."

Kellenberg puts God first, and praying

with others gives the students a sense of unity, as per the school motto: "One Heart, One Mind." All Day Adoration allows students to gather in Christ to help each other throughout their careers at Kellenberg, whether that be academically by studying together, or out on the field playing sports. Most importantly, it helps students strengthen their relationships through prayer as a class.

Seniors chosen to serve as Eucharistic Ministers also serve at All Day Adoration and are responsible for leading the small prayer service in group prayer, which is succeeded by time given for individual reflection.

Eucharistic Minister Francesca Morales '19 explained, "We sit in the chapel and have our small prayer service, and after that, we sit and pray in silence, or sometimes there is music softly playing as we pray. Eucharistic Ministers are each assigned a class period to go and serve."

Especially during the Christmas season, All Day Adoration gives both students and teachers the chance to refocus on Christ.

# New KMHS Retreat House “Stella Maris” Opens in Islip



**By Aidan York '20**

This fall, Kellenberg acquired a new piece of property in Islip. The house was named Stella Maris, Latin for “star of the sea.” It is also the name of the chapel in the Emmanuel Retreat House. Though the house only recently fell into Kellenberg’s possession, the history behind the property extends far earlier.

In 1970, Mrs. Irene Lipari, an up and coming real estate agent, sold her first piece of property to the Marianist community. The house would eventually become Meribah, Chaminade’s retreat house in Muttontown, New York. Mrs. Lipari was

a mother of a Chaminade student, and though she lives out of state now, she wanted her final sale to be the sale of her family home in Islip, to the same people she had sold her first house to over 30 years ago. This time, however, the house would be repurposed for a retreat house for Kellenberg.

“It’s fitting,” said school principal Bro. Kenneth Hoagland, “that the first and last pieces of property sold by Mrs. Lipari were to the Marianist order, in the service of the apostolic work of both schools.”

Bro. Kenneth described how Kellenberg was looking for an area where school

activities could go for day retreats outside of Kellenberg’s main campus, as Emmanuel and the Millennium Room are often booked. “Stella Maris,” he noted, “just came at the right time. It’s far more spaced out and separated than another building on campus, and I think that allows for more effective retreats.”

The conversion of Stella Maris from a residential house to a center of apostolic activity has been overseen by Mr. Fred Weber. Bordering the Seatuck National Wildlife Preserve, Stella Maris has multiple buildings across its five acres. The main house, stables, creamery, and guest

house are spread throughout the spacious property, along with enclosed spaces meant to practice horse dressage.

The property additionally possesses a dock, bordering Champlin Creek. Bro. Kenneth indicated that this positioning on the water made the property even more desirable, as it provided a place for Kellenberg’s new crew team to operate.

Some of the earliest retreats to have gone to Stella Maris included a service mission by the Boys Varsity Basketball team, where the retreat house was decorated for Christmas, and a training workshop for the 7<sup>th</sup> grade Junior Retreat Staff.

# O’Grady, Lynch Lead Way to Speech & Debate Qualifications

**By Maya Tadross '19**

In December 2018 Sophomore Kerrin O’Grady placed first overall in JV Oral Interpretation at a tournament hosted at Kellenberg Memorial. Kerrin performed amazingly and won first place in every room in which she competed, earning her a half qualification for States, which is to be hosted at Hofstra University in Uniondale. To fully qualify for States, Kerrin must place one more time at an upcoming competition.

Kerrin began her Speech and Debate career in the Latin School, when a small team was created for eighth grade students. Currently she competes in JV Oral Interpretation, by which she must prepare one poetry and one prose piece to read before a judge.

“I joined Speech because I’ve always loved communications and acting,” Kerrin remembers, “and Speech was always something I wanted to do.”

Kerrin’s goals are to make it to the State competition all four years of high school, and hopefully the National tournament at least once.

“I am proud in what I have been able to accomplish so far in Speech and Debate, but I am always trying to better my-

self and see how far I can go,” expresses Kerrin.

Senior Maura Lynch joined the Speech team her sophomore year.

“My older brother did Speech at Chaminade, and I really admired his ability to speak well seemingly effortlessly,” Maura explained. “I decided that I want to do this too.”

Maura competes in Original Oratory, in which she delivers an original self-written and memorized speech.

“I find it’s a great platform to voice my opinion and educate others on a topic I’m passionate about,” said Maura, who has earned a half qualification for States and is looking to place again to fully qualify.

“I’m extremely proud of my success so far in this club, and this year I hope to travel to the Catholic Forensic League and National Forensic League national tournaments.”

Maura voices her gratitude to the Speech coaches, saying, “My favorite thing about Speech and Debate is the dedication that the coaches, especially Mr. Cummings, give to the team. They spend afternoons and weekends working with us and supporting us to do the best that we can. I can say with confidence the team appreciates them greatly and we wouldn’t

be where we are today without them.”

Veronica Tadross '21, who competes in JV Lincoln Douglas Debate, won 4-0 in her third tournament of the season and placed first overall, earning a half qualification for States.

“Placing first in JV was a big accomplishment for Veronica,” expressed Mr. Cummings. “She is only a sophomore, competing against other sophomores and even juniors, who potentially have a year more experience in Debate than her.”

Veronica began debating her freshman year and has attended several debate summer camps over the past two years as well.

“I decided to join the Debate Team because I thought it would be a good way to improve my speaking skills,” Veronica said, “and I believe forming arguments for and against a certain topic is the best way to find the truth.”

Veronica is currently preparing for a competition on January 19, at which the Lincoln-Douglas topic is “the United States ought to provide military aid to authoritarian regimes.” At this tournament she hopes to place and qualify for States.

“Every debate is a learning experience,” Veronica concluded. “After every competition I find new ways to improve my arguments and speaking skills.”

Kelise Joly joined Speech and Debate with no prior experience, yet she surpassed all odds placing and qualifying for States in her first two JV Oral Interpretation tournaments. Further exceeding expectations, Kelise continued to compete as a sophomore on the varsity level, where she landed in the top half of all competitors.

“After fully qualifying for States as a beginner, Kelise didn’t stop. She decided to compete on the varsity level, where she did remarkably well considering that she is both a sophomore and first-time competitor,” Mr. Cummings cheerfully explained.

First-time Speech competitor sophomore Kelise Joly has also enjoyed a first time first place win this year.

Amanda Baez '20 and Christian Joseph '21, two other notable Speech and Debate members who have earned half qualifications, are preparing to qualify for States in their upcoming tournaments. In January Kerrin, Maura, Veronica, and they will have an opportunity to fully qualify for the States competition. Eliminations take place in February, during which any hopeful Speech and Debate member may fully qualify for States just by placing in this one tournament.

... But what do I know?

## Numbers Do Not Define Us

By James Mooney III '20

Junior Year. The academic year in which we are surrounded by so many numbers that can seemingly steer and determine the direction of our future. I have spent my entire Kellenberg Memorial academic career beginning with The Latin School, worrying about grades and allowing the placement on the board to define my intelligence quotient. I allowed this number to judge my work ethic, my standing on "the board" defined me. I found it to be somehow comforting, concrete and real.

But do these numbers really define the entire person? Can my character and ambition be extrapolated? I've never evaluated this-until now.

Let's consider the standardized tests I am facing this year. I will be slotted into a statistic, a percentage above or below the rest. All of this based on my SAT or ACT performance. These tests have spiraled me into a complete state of panic. But, despite this panic, I enthusiastically attend prep classes, and my parents plow endless dollars into tutors to assist me in achieving the "target number". I for one am not going to bully myself into the mindset that these scores can make or break me. A 1400, 1270 or 1190 will not tell me how to plan for my future.

With colleges taking a more holistic approach in their application process, I am able to tell my very own story. A picture of who I really am, outside of the numbers that surround me. I can now express my ambition and determination through my writings regarding my outside involvements, clubs, activities, sports or favorite memories. My persona will be felt. Personal moments count here, personal victories count here. My worth outside of the four walls of a classroom or a dreaded testing site will count here. I will make my story matter!

Numbers, they are everywhere. They even pervade my social media accounts. There is no denying that we I am "seemingly" defined by these numbers here. I strive for more followers, more likes. There is no harm in admitting that I enjoy seeing countless likes on my Instagram posts. But do the number of likes solely define my success or popularity? This is a true quantity vs. quality quandary. I look back at my posts from a few months ago. What do I see? The number of likes? No. What I am seeing is the captured moment. That amazing memory. I am feeling the post I just reviewed, not keeping score. I intrinsically know that social medial likes are not what life is really about, but rather the moment in time, the way I see myself, that I have chosen to show others.

Numbers have been trying to define me in school and in life. In my junior year, I entered another numbers universe while taking Morality. This journey into numbers is a beloved and rather enjoyable Kellenberg tradition, journey of self-discovery and self-knowledge. The enneagram personality test introduced this year by Bro. Michael, S.M. was a great adventure. The Enneagram test, developed by Christian mystics in the 4th century, is a personality test that is broken down into a scale of numbers one through nine, which typify a personality type, verifiable after a 144 question test. Bro. Mike, supports this writing "Numbers Do Not Define Us" by explaining to his classes that this test will never tell what number you truly are. I tend to agree. After all, are not we all the helper, achiever, loyalist, enthusiast and medi-

ator? Thankfully, as a student at Kellenberg, I am living proof of this as I span the spectrum of opportunities afforded to me at any given moment to be any one of these personality "numbers."

Fast forward ten years from this moment. The New Year is 2029. I have graduated college and am immersed in a career and family life. What number do you think is nipping at my heels now trying to define who I am? Does income or net worth define my life? What? Is my zip code, "90210" or something? "Wealth vs. Worth" is a difficult question to ponder, in a society that celebrates power, influence and money. There is nothing inherently wrong with wealth. Many people have worked passionately and their work has resulted in great wealth where much good can be done. The resulting high income can be very helpful to society if in the hands of caring and charitable people. But the number on the paycheck will not define me. Many career choices embody passion, and hard work. I am not certain of my career path yet, but do I recognize that total immersion in service careers, such as healthcare, The Church, or raising a family is most powerful in its effects on the surrounding community. The work I will do will radiate to others and has benefits that are immeasurable.

My mother Kathryn began her business with only one goal in mind: serve others. Her tireless work ethic over 25 years has resulted in a health-care business that aims to provide her employees the security necessary to raise their families and live in peace. She has shown me that real worth is in how I treat those around me, those who I have a greater responsibility to. Many of her employees raise children on their own or lack formal education. What numbers are important to them? The number one- as in the number of parents in the home. The number two- as the years of college education. What did they get on their SAT's? They all have value and play an integral role in the working operation; all benefit from the work that each does alongside the other. But none of them are defined by a number.

Thomas Jefferson once wrote, "It is neither wealth nor splendor; but tranquility and occupation which give us happiness."

I am more than the amount in my savings, stock or IRA accounts. I am more than the Zip Code I live in. If I work and live my life and days with integrity and maintain charitable relationships with family and friends, I am placing my own worth above any number or salary. Will anyone really care that I may be the richest person in the room, or the poorest?

Numbers do not define us. You are the volunteer at a Saturday night SALT event, clearing the plates and glasses at The Food and Wine Expo. You are the victorious athlete celebrating with your team for the Firebird win in the final moments of the game. You are the one consoling your best friend over a breakup. You are the writer, expressing your thoughts on paper, or the artist on a palette, or the dancer or gymnast on the floor. You are the sophomore leaving school daily, unable to join a club or activity, who goes home to care for a sick parent or family member.

We are all the places we have ever visited, we are all the people we have helped along the way, we are all the stupid mistakes we have ever made.

Numbers do not define us.

But I am a 16 year old, Enneagram type #3. So, what do I know?

## GRUMBLE, GRUMBLE

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



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# Spirit of Giving at the Center of Student Missionary Work

By Anya Murphy '19

To the typical Long Island child, a birthday just five days after Christmas can mean only one thing – a huge influx of presents. Filling the house with wrapping paper and breaking a new toy within hours of unwrapping it are common experiences for a child in such an affluent community, but that is not what Kellenberg senior Nick Alvarado's birthdays were like.

Almost every year on December 30, Nick spent his birthday *giving* gifts to the 2,000 children of the town of La Palma, El Salvador. With the help of his uncle, the mayor, Nick's family organized a drive so that the children of the area could have presents for Christmas. La Palma, a small town two hours southwest of the Salvadoran capital, San Salvador, is famous for the artists that resided there. Many of the town's buildings are covered with bright murals that cast sharp contrast on the nation's tumultuous past.

Nick realized, "Something that makes me sad is seeing someone not have the same opportunities that they deserve. My mother and I usually go to El Salvador every year and I see firsthand the poverty and humble living state that the people live in. It makes me sad to see how they live but it's also amazing, and motivating, to see how happy and proud they are to have what they have. I love to give toys to the kids during Christmas time because it is beautiful to see their smile and how much fun they have with a small or 'cheap' toy."

One of Nick's earliest memories is at age four, standing on the stage in the gymnasium of the small elementary school in La Palma, watching as the other kids opened their presents. Even at such a young age, Nick remembers feeling awed by how happy the gifts made the kids.

"It amazes me to see how happy and joyful these kids would be after receiving these cheap toys," said Nick, "That I probably wouldn't even have paid attention to had they been given to me."

The first trip the Alvarados made to give gifts was in 2002, when Nick was just a year old. His mother and uncle both chipped in to buy the gifts, and his uncle arranged to hold the drive at the school. From a young age, Nick was ready to help and would always give out the toys to the line of restless boys trying to wait patiently for their gift. Through the years, Nick became familiar with some of the kids, and would exchange high-fives with them.

Nick's penchant for philanthropy hasn't always come that easily, though. His mother remembers walking through a toy store with a six-year-old Nick in tow. As she filled their cart with presents, Nick cried that *he* wanted a toy, too, despite all of her attempts to calm him down. Eventually, she leveled with him, frankly telling him that she would buy him the toy he wanted, but it meant that another kid wouldn't get one. Nick's stormy face cleared. He wiped his tears away and decided that it would be better to make another kid happy. Since then, Nick has lived his life according to that toy store compact, making giving his first priority.

Nick said, "Instead of having a party for my birthday, I usually spend the day giving these toys away. I would rather spend my birthday doing that than having a party because there is nothing

better than seeing the faces of these poor kids smile and the joy they get when they get their gifts. My mom and I have a deal that if she gives the toys away to the kids then she doesn't have to get me anything and we have stuck to that deal forever."

While Mrs. Alvarado organized the toys for distribution, Nick's uncle would give a short speech to the kids gathered. Instead of classmates or teammates, it was this gathering of ragged children that sang a rousing chorus of "Happy Birthday" to Nick each year.

Most of the gifts were inexpensive, but trivia contests decided the winner of

fifteenth birthday, December 30, 2016, due to what Mrs. Alvarado termed "security concerns." Despite the fact that they have not been able to hold the drive as frequently in recent years, Nick has always believed that their sacrifice was making a positive impact.

La Palma was also Nick's top concern when considering in a College Writing class journal assignment what he would do if he won the lottery.

Nick said, "I would continue my family's tradition of give the poor children of La Palma toys every Christmas."

But, even more substantially, he

least, we do to Christ.

"Seeing how happy it made the kids always amazed me and that was the main reason I always pushed my mom to give the toys away even if it meant that I never got gifts for Christmas or my birthday because I had everything compared to these kids," Nick reflected.

Nick realized this in a deeper way when he traveled to Lourdes, France last summer with a group of Kellenberg missionaries. Though the minutiae of his services were different, he felt that his drive to help overwhelmed the actual work.

He noticed that he "always wanted to work and help in any way possible whether it was translating or doing physical work, but that same passion always pushed me to help - whether it was carrying boxes of toys or pushing the elderly in wheelchairs."

Just over 250 miles away from La Palma, in the town of Solola, Guatemala, Timothy Shaw '22 was serving the least in his own way. Through a sponsorship program called "Proyecto Don Bosco," Tim and his family "sponsor" children in need. For the first few months, families and their sponsored children communicate through letters, but through Deacon Rich LaRossa's summer mission program out of St. Raymond's Parish in East Rockaway, sponsors like Tim are able to fly to Guatemala to meet their sponsored children in person.

During the ten-day trip, Tim spent time with his host family, the Cochoys, while touring churches, going zip lining and making excursions to Guatemala City, Antigua and Santiago.

The aim of "Proyecto Don Bosco" is to give financial assistance for children in need - providing necessities that these young students need to stay in school. Since the program began in 1998, 200 children and their families have benefited from the generosity of families like Tim's. Recently, the project's mission has been "The Goat Project," through which donors provide the funds to buy a goat for a Guatemalan family, which provides the vital nutrition that children need to grow and learn.

One way that Tim provided for his sponsored children was by taking them to the mall. Along with the children sponsored by his older brother Chris '18, they purchased enough shoes and clothes to last the children for the months to come, and Tim was awed by how grateful they and their parents were.

The thing that Tim experienced in Guatemala that will always stay with him is the way "Everyone down there was always smiling. The Guatemalans don't have much but they made the best of everything and would stay happy the whole time."

The happiness that pervades communities like those found in La Palma and Solola is difficult to come by. It is through the sacrifices of people like Nick and Tim, who care so much about the people that they are helping and who try their best to bring the light of Christ, that these communities have the things they need to grow in happiness. Despite poverty, despite famine, despite war and crime, their joy persists. Whether it comes from Christmas presents or new shoes or a goat, the relief and happiness that service brings may seem temporary, but have incredibly lasting effects.



Photos courtesy of Nick Alvarado '19  
Above, five-year-old Nick waits with friends for the bus to unload. Below, Mrs. Alvarado orchestrates the gift distribution.



one big present, such as an iPad or a Nintendo. The kids were kept preoccupied, hitting piñatas while the adults arranged the presents into two piles, one for girls and one for boys. Nick remembers the excitement building in the gym when the kids, finished with the piñatas, tore into candy and waited in lines to receive their toys.

Nick expanded, "I always had the same perspective that I have a way better life than most of the kids and I always wanted to be able to give them a little joy. The picture in my head never really changed. I always wanted to make the kids happy and give toys. These kids would take care of the toys as if they were the only precious thing they cared about. I remember seeing kids coming to the events playing with the toys we had given out the year before."

Though Nick has since spent time in El Salvador visiting family, the last toy drive the Alvarados held was on Nick's

would help improve the streets of La Palma for the people selling their products in the street market and would also install streetlights.

This is where the situation in La Palma becomes difficult for me to imagine. Picturing a young Nick crying in a toy store or handing out toys is easy. But a town without streetlights? Without municipal electricity? My sheltered life as a Long Island teen doesn't begin to compare. Living through Hurricane Sandy in a town that lost power for upwards of two weeks off of army rations and frozen meat, I thought I had caught a glimpse of the struggle that some people have in their daily lives. I now realize that I wasn't even close.

Things as simple as streetlights are luxuries for the people of La Palma. Giving out toys and joy in equal amounts the way the Alvarados do helps tremendously to spread the light of Christ to the people who need it most. What we do to the

## 8-2 Start Gets Varsity Basketball a Spot in “L.I. Sweet 16” Rankings

By Ben Oppenheimer '19

The Kellenberg Memorial Boys Varsity Basketball team has been ranked 15th in the preseason Long Island Sweet 16 rankings for the first time in 3 years.

After a tough loss at Valley Stream Central for the season opener, the Firebirds have gotten off to an 8-2 start, including some decisive wins against Freeport, Garden City (who made the Long Island Championship last year), Long Beach,

Island Trees and Syosset, the last two of which were both won at the Southside Holiday Tournament over Christmas break. Guard Sean Boll '19, has played very well as a facilitator, setting other players up for open shots and showing control over his ball handling,

while point guard Ethan Michaud '19 has been out with an ankle injury. Guard Sean Lachman '19, has improved since last year, as he has very successfully filled his role as one of the main scorers for the boys, knocking down three pointers at a high percentage. Forward/Guard Joseph Braskey '19, has found his niche in being Kellenberg's "glue guy," the player who can do a little bit of everything: defend well, occasionally score and set up the offense as the team's de facto point guard when Boll is off the court. His positive energy has been noted by his teammates and the coaches as contagious.

Forward Daniel Wilson '19 has also been the spark plug for this team, affecting the game in ways other than scoring. Many of the close games that Kellenberg has won so far this season were sealed because of hustle plays made by Wilson, such as taking a charge, diving for a loose ball or getting a clutch steal.

Center Nick Spinoso '20 has been an effective offensive threat in the low post, helping the team with his scoring and shot blocking in the paint. Guard Jake Cosgrove '20 has also been a great 6th man for the Firebirds, giving a scoring boost when he comes on the court. All of the players executing their roles, knowing that they are contributing to a team effort, has led to the success of Kellenberg's Boys Varsity Basketball this year.

With some quality wins against St. John the Baptist and St. Mary's, and putting up a great fight in a close game

against the #13 ranked Saint Anthony's, the boys look to continue this success throughout the grind of league play in the next month. "We're a really confident group who plays hard together," Braskey added. "We are off to a good start, but we're never satisfied. We're going to keep working hard until we achieve our goal, which is to win the championship game at Hofstra."



Sean Lachman gets to the hole after successfully evading a Red Devils defender.

### Varsity Bowls Over Competition

By Nick Motta '20

Kellenberg's Varsity Bowling team is anticipating a place in the championship this year with their largely successful start to the season. Half way through the season, the women's team is 5-0, while the men's team is 5-1.

Against their biggest rival, St. Dominic's, bowlers have created names for themselves with their amazing accomplishments. Lady Firebird Daisha Howard '20 bowled a 279 in the second game of a 694 series. Alexis Kotanidis '20 bowled an average 170. In the Men's League, honorable mentions go to Nicholas Repoli '19 with game wins as high as 233 and Dylan Lopez '21 with scores above the 205 mark.

In Kellenberg's meet against St. John the Baptist, Kellie Sandas '21 bowled a 266 in game two of the meet, and a 670 series.

Against St. Anthony's, Alexis Kotanidis earned a 222. Kellenberg defeated the Friars with an astonishing 1000-point lead.

Multiple members of the women's team have made it to Newsday's Top Bowlers List, namely: Allison Sliwinski, Daisha Howard, and Kellie Sandas.

Bowler Allison Sliwinski shared that the motto her team always follows is

"pins, pins, pins," and stated, "We are all very excited to see what the rest of the season has to bring us."

Kellenberg hopes to continue its winning streak and make its fan base proud.

Alexis Kotanidis said, "In past years, being number one has given us an honorable role in the league. We pride ourselves on staying firm through all the pressure our rival teams give us. It unifies us, and we all watch each other's backs."

## Relays Propel Boys Swimming to Victory over SJB

By Theresa Fox '19

On Tuesday, January 8, the Kellenberg Memorial Boys Swimming and Diving team had their first away meet of the season against St. John the Baptist. The competition took place at St. Joseph College in Patchogue.

In the 200 medley relay, the team of Eric Shopis '21, Chad Gasperd '21, Ryan Connors '20 and Junior Zhenya Pierce '20 swam well together, finishing with a time 1:58.31. In the 200 meter freestyle, Seniors Andrew Nazareno and Joseph Panasci swam side by side as they competed in their events with Nazareno finishing at 1:59.9 and Panasci at 2:23.55.

In the 50 meter freestyle junior Zachary Baldassare swam the fastest for the Kellenberg team, coming in with a

time of 24.90. Ryan Connors also competed in the 100 meter butterfly, finishing with a time of 1:05.12. The athletes next swam in the 100 meter freestyle. Senior Bryan Phillip took everyone by surprise when he finished with a time of 57.49, with Baldassare not far behind.

Other outstanding performances were recorded by Andrew Nazareno in the 500 meter freestyle, Gaspard in the 100 meter breaststroke and junior Markus Gonzalez and Shopis respectively in the 100 meter backstroke.

In the final event of the evening, the 400 meter freestyle relay, three Kellenberg relay teams helped win the meet. The team of Nazareno, sophomore Tyshawn Soulsbary, Shopis and Philips finished first for Kellenberg at a time of 3:57.09. The relay team of senior John




Nealon, junior Maxwell Kramer, sophomore Adam Ramtahal and junior Brett McNelis finished not too far behind them at a time of 4:12.47. The third relay team of all sophomores consisted of Mason, Carpentier, Kenny Leferue, Aaron Torres and Jordan Fingall, who finished with a time of 4:49.37.

Senior John Nealon said after the meet, "I'd say that this year the team is working harder than I've seen them work in the previous two years that I have been on the team." John elaborated, "I can see that they are trying their best to become better swimmers."

When asked of his personal goals, Nealon expressed, "My goal is to really push myself and try to improve on my swimming technique as much as I possibly can."

# PSYCHOLOGY CLUB

FEBRUARY 6 WORKSHOP AT MOLLOY COLLEGE PSYCHOLOGY DEPARTMENT

Meet with Psychology Department Chairperson  
Lunch and campus tour to follow  
See Mrs. Strauss for more information and permission slips



Nick Repoli rears back to roll a strike!

## Faya Leads Lady Firebirds over Cougars

By Matthew Gluck '19

Back at home against the Cougars of St. John the Baptist, the Girls Varsity Basketball team didn't take this matchup for granted. Coming off of a loss to Monsignor McCarthy in a close game the week before at home, 36-34, the Lady Firebirds did not want to let this game slip away from their fingertips.

To win this game, the Firebirds had to be firing on all cylinders, both the offense and defense playing their top games. From the first quarter to the fourth, the offense stayed on a hot streak and never stopped scoring.

Senior Gabriella Faya led the team against the Cougars scoring almost a third of the team's points with 16, burying 11 out of her 16 points from the free throw line as she finished with an outstanding 85 free throw percentage.

Other top scorers of the game were Seniors Colleen Bowles and Colleen Moulder. Both girls added 13 points to the scoreboard, as Bowles finished the game 43% from the field with 4 assists, and Moulder 56% from the field.

Senior Caitlin McDonough helped the Firebirds from deep nailing two 3 pointers.



Senior Sarah Heiskell-Mann dribbles around her opponents and breaks to the hoop.

On the other defensive side of the ball, the girls played tough all game. Colleen Bowles rounded out the game finishing with 9 rebounds all coming on defense. Her play couldn't go without notice as she helped give the ball back to the electric offense multiple times.

Senior Sarah Heiskell-Mann halted the Cougar offense as she had a total of 6 rebounds, 4 of which came on defense, as well as 4 polarizing blocks. Heiskell-Mann also finished with a whopping 5 steals to again put points up on the scoreboard. Juniors Miranda O'Mara, Amelia Hirschfield and Mauren McNierney also contributed as they each added 2 rebounds, respectively.

This great showing by the Girls Varsity Basketball team led to a huge win against the Cougars, 58 - 53. This was a big win as the Kellenberg Firebirds are now sitting at 1 - 1 in the league. This was not the last time the Firebirds will be facing the Cougars as they are set to play them again January 29, but this time on the road.

Being on the road seems to be the girls' strong-suit as they are undefeated when playing away games.

## Lewin Sets Pace while Coach Brown gets HoF

By Mary O'Connor '20

Varsity runner Maureen Lewin, a top runner in the state, was among those who broke their personal bests. She now holds the record for the 1000m race.

There have been many notable achievements thus far, such as junior Camryn

Beckford winning 1st place, with her teammate senior Chrissi Foster taking 2nd in the 55m at the Christmas Classic, and the illustrious 4x200m sprint relay team of Beckford, Foster, sophomore Andrea McPherson, and junior Claire O'Regan, placing in every meet this season.

At the Northshore Multi-State Invitational Meet, seniors Maya Richardson, Madeline Lay, Maureen Lewin, and sophomore Margaret McLoughlin achieved the fastest time in the 4x800m for a Long Island team, with a time of 9 minutes and 43 seconds. Maya Richardson, competing in anything from a 400m race to a 3000m race, was described by Coach Brown as having "the fastest running range on Long Island."

The 2018-2019 season got off to a fine start at the CHSAA Relay Carnival with sophomore Madison Scott winning Firebird of the meet for her furious sixty second opening 400 relay leg.

Kellenberg's "A" Distance medley relay was not daunted whatsoever in facing the Spring 2018 National Champions, Ursuline Academy, at the CHSAA meet. Brianna Lausev led off with a fiery 1200m, and although the Birds fell back on the second leg, Maya Richardson roared back with her second best 800m ever, followed by Maureen Lewin running her best mile on anchor. The relay

was scant .4 of a second off of the cherished school record.

Perhaps motivated by the sensational boys sprint relay win, the Kellenberg 4x200 "A" team of Camryn Beckford, Claire O'Regan, Andrea McPherson, and Olivia Coletta ran to an impressive silver medal finish, and the "B" team of

Madison Scott, Kelly Davis, Chrissi Foster, and Gabby Correia ran to bronze. Correia also placed in the triple jump, while Sam Bendig and Anna Deignan placed in shot put.

In the "Freedom Games", seniors Maureen Lewin and Maya Richardson

impressed with Lewin winning the 1600m and Richardson crusing into fourth.

At the St. Anthony's Development meet, top freshman performers were Tara Harkin in the 600m and Ella Coschignano in the 1000m. Firebird athletes of the meet were sophomores Mary Whidden and Claire Graham for trying and succeeding at a new event, the long jump, and Theresa Fox for her courageous 1000m race effort.

Sophomore Andrea McPherson said, "The team gets along pretty well, we bond together at meets, especially when cheering each other on and encouraging each other to push at practice and to try our hardest."

A team so talented comes from the quality of the athletes, but also the coaching. Coach Brown has been inducted into the Armory Coaches Hall of Fame on December 15 for his 21 years of coaching. The team is proud of their coach and looking forward to the rest of the season.



Ceili Donnelly races ahead of her competition on her way to a strong finish.

## High Speed Boys Track Led by Fredrick Zenny, Jordan DeLucia

By Samantha Schuler '19

The Kellenberg Boys Track and Field team's winter season has been in full swing as the team competed in several distinguished meets during the busy month of December. From the CHSAA Relay Carnival to the Christmas Classic, the Boys Track team doesn't look like they will be slowing down any time soon. This past weekend the Boy's Winter Track team competed at the CHSAA Relay Carnival. The Boy's 1600 meter relay of Erik Brown, Kevin Marroquin, Tom Hopkins, and Fred Zenny won their race in dominant fashion. The 800 relay of Dan Cardito, Erik Brown, Jordan DeLucia and Fred Zenny won the first heat on their way to earning 2nd place medals.

Other medal winning performances were turned in by Elias Baltas and Christian DeRisi in the Shotput Relay, Dan Cardito and John Carroll in the Long Jump Relay, and John Hopkins in the freshman 1600 meter run. Other notable performances include Jeremy Martinez's Personal Best Run for the 1600 meters, and Alain Telfort for having the top Long Jump performance out of the team. Firebird runner of the Meet Honors goes to Erik Brown for having two fantastic relay

legs for the day.

At the Saint Anthony's Developmental Meet. Senior Frederick Zenny took 2nd in the 55 meter with a time of 7.04 seconds. Not far behind him was junior Jordan DeLucia in 10th with a time of 7.28. DeLucia also placed 8th in the 300 meter with a time of 40.40 seconds. In the Long Jump, senior John Carroll placed 1st for the Firebirds.

In the 300 meter, senior Erik Brown took 2nd with a time of 38.07 seconds and junior Kevin Marroquin came in 14th with a time of 40.75. Senior Rolando Ramos placed 6th in the 1000 meter with a time of 2:55.05 minutes and senior Evan Forero placed 16th with a time of 3:04.82 minutes. Sophomore Liam O'Reilly placed 7th in the 1600 Meter, followed by junior Zachary Simpson in 13th and freshman Jeremy Martinez in 21st. In the 55 meter, Christopher Clark came in 12th at 7.29, and Jules Bejarone finished in 19th place with a time of 7.40 seconds.

The Armory Coaches' Hall of Fame Invitational took place on December 15 at the Armory Track and Field Center in New York City. In the Boys 300 Meter Dash senior Erik Brown placed 3rd with a time of 1:05.67 minutes. Senior Fredrick Zenny got 6th place in the Varsity 400

Meter Dash with a time of 51.85 seconds. Overall, the team ranked a respectable 35th with 13 events scored.

Senior Ryan Chin reflected about his bittersweet excitement for his last winter season as a Firebird, "I will miss all the friends I've made over the past four years but I'm looking forward to the championship."

At the NSCHSAA Christmas Classic on December 22, senior Daniel Cardito placed 1st in the Varsity 55 meter at 7.03 seconds followed closely by Jordan DeLucia coming in 6th with a time of 7.11 seconds.

The 300 meter racers had 8th and 9th place finishes by junior Kevin Marroquin (39.74 seconds) and sophomore Alex Scagnelli (39.88 seconds) respectively. Varsity Long Jump placed senior Alain Telfort in 3rd with John Carroll behind him finishing a close 5th, and Luis Salazar placing 7th. Senior Vincent Fariello came in 6th in the Varsity Shot Put with fellow senior Elias Baltas coming in right behind him in 7th. In the Freshman 55 meter, Norbert Okoye placed 4th with a time of 7.67 seconds and Herrol Jean Philippe in 9th with a time of 8.13 seconds.

Senior Thomas Hopkins said about

the season so far, "This year the boys track team is starting better off than most years, we have been competing in much more elite meets. We are looking to qualify for the Millrose Games on February 9 and Nationals for our 4x400 and 4x200 teams."

The next weekend, on December 29, the boys competed in the CHSAA Novice Meet at the esteemed Ocean Breeze Athletic Complex.

In the 600 meter run junior Jeremy Martinez took first with a final time of 1:38.34. Sophomore Liam O'Reilly took second in the 1600 with a time of 4:56.33 minutes and senior Rolando Ramos ended a close 5th place finish coming in at 4:59.19 minutes. To round out the scoring, junior Zachary Simpson clocked in 7th coming in at 5:05.30 minutes. In the 300 meter, Kellenberg had a back to back finish, 8th and 9th, with junior Simeon Belgrave (40.22 seconds) and junior Cameron Mooney (40.31 seconds). Senior Travis Heurtelou came in 11th place with a time of 40.66 seconds and junior Tim Astacio took 15th with 40.89 seconds. Finally, the 55 Meter Dash junior Justin Domenech took 22nd place with a time of 7.55 seconds and sophomore Michael Squillante placed 34th.

# KMHS Sports

## Seniors Dominate Ed Solosky Tournament



Senior Michael DeMicco grapples to gain position over his opponent.

### By Anya Murphy '19

In the sixth annual KMHS Ed Solosky wrestling tournament on December 22, the Varsity Wrestling team placed second out of ten teams with an overall score of 225 points.

Senior Co-captain Keith Sherry led the team in scoring, pinning all three of his opponents to win the championship of the 132 weight class.

Keith reflected, "After being in the Ed Solosky tournament multiple times before, I couldn't have asked for a better outcome for my senior year. I couldn't have done it without my amazing coaches and teammates. Being able to pin my way through my bracket felt great. Even better was pinning my final opponent in the championship, and looking up to see my team cheering me on as the referee raised my hand."

On the same weekend, senior Mike Demicco took home the title at the East Meadow Holiday Invitational.

Mike commented, "Having the opportunity to wrestle for the last four years has really changed me and opened me up to too many challenges I normally wouldn't face. This sport has taught me that success isn't measured in rankings or scores, but the amount of heart you put into something you love; especially if it challenges you. Looking forward to my final season, what I can say is that this has been a very special journey to be a part of, especially with a group of incredible individuals and the best coaching staff imaginable."

Seniors Matt Moreno and Andrew Cascio, sophomore Omar Reyes and junior James Waterson all finished as runners up.

Senior Mike Jensen, juniors Dan

Knoblach, Joe Muratore and Matt Alamia and freshman John Reynolds all earned medals.

On December 8, senior Andrew Cascio led the Firebirds, going undefeated for the day and earning outstanding wrestler honors at the Utica, New York Central Valley duels. At the competition, the team had a record of 4-2, defeating the top-ranked Division 2 team in the state for a final placing of second.

The team opened league play on January 2 with an overwhelming win of 48-27 against St. John the Baptist. Mike Demicco, James Waterson and Matt Moreno all put pins on the board for the Firebirds. In addition, sophomore Bryan Walker and Keith Sherry both won by point decision.

More recently, on January 5, the team traveled to East Islip to face off against some of the toughest competition

on Long Island. Andrew Cascio took home the title at 170 pounds, going undefeated on the day and defeating his opponent from Bay Shore in the finals.

Freshman Ryan Paladino took 5th in a large weight class while Mike Jensen also placed 5th. Dan Knoblach and James Waterson each took 6th.

Freshman John Reynolds picked up the first Varsity pin of his career at the team's December 13 non-league faceoff against Great Neck North. Winning by a margin of 55-21, the boys brought their record up to 6-3.

The Latin School Wrestling team faced off against the Buckley School to open up their league play. Pins were recorded by Michael Felicetti '24, Quinn Ball, Luke Stackpole '23, Conor O'Mara '23, Antonino Arrigo '23, AJ Saolo '23, Aidan Lough '23, John Carroll '24 and Brendan Martin '23.