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*“The Good Is
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THE PHOENIX

Sr. Nicole Trahan, F.M.I Addresses Students About Marianist Faith Life

By Nicola Aponte '20

On Thursday, January 10, 2019, the junior and senior class convened in the auditorium to celebrate the feast day of Blessed Adèle de Batz de Trenquelléon. Fr. Daniel Griffin, S.M. '09 celebrated his first Mass. He based his homily off of how Blessed Adele lived a life so dedicated to Christ and compared how his teachers at Kellenberg Memorial inspired him to eventually join religious life.

Then, the student body was joined by another special guest, Marianist Sister Nicole Trahan, F.M.I., who treated the students and faculty to how the restless-

ness of Adele's heart in her search for God and her desire to progress in her inner self, led Sr. Nicole to enter into a life of poverty.

Just the night before, on January 9, Sr. Nicole flew in from her convent in Ohio to visit the Marianist community of Kellenberg. That same day, she was the guest speaker at XLT, a monthly adoration in the Millennium Room, where she talked about her inspiring faith-filled journey.

"It was eye opening that she at first didn't consider herself worthy of becoming a nun because she wasn't perfect. But, she realized that it wasn't about being perfect but always striving to improve

your own inner self," Rachel Nemeth '19 said.

Having attended Catholic school her whole life, Sr. Nicole had always felt a strong dedication to Christ; however, she never thought that she would become a nun.

She "thought that the sisters were perfect," and that she could never reach that same level of perfection.

She went to Ohio State University and majored in education, then began to work on the campus ministry and enjoyed that she had a place where she could go to forget problems and center her focus on Christ.

After a visit from the Dominican sisters, she decided to go through the discernment process, during which she lived in a convent with the Marianist sisters for about a year.

She, "loved every second of it" and has been at the same convent for the last 14 years. She continues to teach at a Catholic elementary school and is able to dedicate her life to Christ.

Sr. Nicole is one of the twelve Marianist Sisters in the sisterhood today. Through a life of faith, service, and a lot of fun, Sr. Nicole was able to continue exploring in a life full of happiness fully committed to Christ.

"Sr. Nicole was very a personable and relatable person who talked about daily life and how her vocation helps her become closer to God," Lauren Bernic '19 remarked.

Then on Friday, January 11, a group of junior and senior girls met with Sr. Nicole for a delicious lunch. The girls talked about their own faith journeys and received advice from Sr. Nicole over paninis and wraps.

Madeline Lay '19 stated, "It was really interesting to learn that Sister Nicole had never considered becoming a nun before working with college students at campus ministry. Her passion for her vocation was contagious and all of the girls were inspired by her journey."

Sr. Nicole's biggest advice to all of the girls was to be open to the call of Christ and to always listen.



Sr. Nicole addresses the auditorium about her experience as a Marianist sister.

Photo Courtesy of Brianna Lausev '19



Pilgrims Brianna Lausev '19 and Caroline Canny '19 show their national pride among the different groups at World Youth Day.

Last Week at Mass: Homily of a New Priest Brings New Perspective on Faith

Maya Tadross '19

On Friday afternoon, I asked my parents if we could attend 5 p.m. Mass on Saturday evening instead of our usual time of 10 a.m. on Sunday. I had left most of an English research paper, an entire scholarship essay and this newspaper article to the final weekend before their due dates. By going to Mass earlier in the weekend, I was hoping to have all of Sunday to finish my papers. Instead of relaxing and watching TV Friday night as I had wished to do, my procrastination led me to sit down to carefully plan - and stressfully anticipate - my work-filled weekend.

After a long yet mostly successful day of finishing my scholarship essay and making progress on my English paper, my dad shouted upstairs that it was time to leave for Mass. I quickly got ready and scrambled downstairs, where my dad handed me his car keys. Sighing, I accepted them, knowing I needed to practice. Going to mass was supposed to be the low stress part of my day, yet I had to do

one of the most anxiety-provoking tasks to get there: drive. Thankfully, my dad and I arrived in the parking lot of St. Anne's Parish in Garden City unscathed.

We walked into the familiar building, and I struggled to keep up with my dad's pace as we discovered empty seats in the seventh pew from the front. Finally sitting without any work to do, I found myself restless and unable to focus, thinking about all I had to do the next day, until we were instructed to turn to page 311 in the song book and stand.

At the altar stood an unfamiliar priest, Father Johnny Mendoca, whom I later learned was recently placed in residence at St. Anne's. Fortunately, the presence of a new priest allowed me to pay attention to the celebration better than I usually did. At last my favorite part of the mass came: the readings and the homily. I was especially excited to hear a message by Fr. Johnny for the first time.

"We must allow the Grace of God into our lives," Fr. Johnny enthusiastically began, raising his arms high above his head. Another generic homily, part of me

immediately thought. However, another part of me heard the passion in his voice and wanted to give his homily a chance.

"Imagine if, after Mass, a stranger got into your car and told you where to go," he continued, piquing my interest. "This is exactly what Jesus, the poor son of a carpenter, did to Simon Peter by getting into his boat and telling him to cast his nets into the deep."

Reflecting further on the Gospel, Fr. Johnny drew an analogy between Simon Peter allowing Jesus into his boat, yielding an enormous catch of fish, and us letting God into our lives today. I had never heard such a comparison before; Fr. Johnny had my full attention.

"After the prophet Isaiah saw God on his high and lofty throne, he was afraid, for he was a sinner," Fr. Johnny began explaining. "Simon Peter was afraid too once he realized who Jesus was, and he begged for forgiveness."

Ultimately Fr. Johnny compared the two readings, making apparent that in both there was an experience of God, followed by the asking for forgiveness and

finally a mission. Once Isaiah's lips were cleansed by the angel, God asked him, "Whom shall I send?" To which Isaiah responded, "Send me." Similarly, Jesus told Simon Peter and the other apostles that they were to become "fishers of men."

Fr. Johnny concluded that we are called to allow God's grace into our lives the same way Isaiah and Simon Peter did. First and most importantly we must trust God, then we offer a confession of our sins and finally we follow the mission he gives us. This message was so simple yet so incredibly helpful, for it answered my big question of how to let God's grace into my life, by trusting him, especially in the most uncertain, stressful situations.

The final half of the Mass, I felt more relaxed and able to participate in prayer as I tried to trust that God would help me finish my work the next day by His grace. After Holy Communion, I thanked Him for the gift of Fr. Johnny's homily when I most needed it.

Sr. Pilgrims Travel to Panama for 16th World Youth Day, See Pope Francis



By Anya Murphy '19

Anxious World Youth Day pilgrims in bright yellow polos lounged in the waiting area of JFK International Airport early on the morning of January 18, 2019. After a long flight, and, for some, a layover in Miami, they finally landed in Panama.

When both flights had landed later in the evening, the group's first move was dinner and an early bedtime as they eagerly awaited the next day's activity.

At 5:30 a.m. sharp, the pilgrims were dressed and ready for their first adventure of many - a boat trip down the Panama Canal.

Pilgrim Caitlin McDonough '19 said, "It was so cool to see the Panama Canal. It was a chance to see the historical side of Panama; we learn about the canal in almost every history class, so seeing it in real life was pretty awesome."

The next morning, the group boarded boats that took them on a tour of the Gamboa Rainforest. Once they arrived, they rode in gondolas and scaled a 70 meter tall observation tower, from the top of which they could see the Chagris River Valley and the canal. Later that afternoon, they took a boat ride on Lake Gatun and saw sloths, turtles, crocodiles and butterflies.

Caroline Canny '19 described the views as "captivating." She elaborated, "The wildlife in Panama was so different from anything I have ever seen before. Coming from freezing winter New York, The temperature change was definitely welcome, and being able to see such cute animals like monkeys and sloths while wearing shorts in January was such a great experience."

A day of rest followed these activities, as pilgrims spent time in the pool at their hotel, the Westin Playa Bonita. Students and moderators alike worked on their tans at the beach, and the day concluded with a foam party in the pool.

As World Youth Day drew closer, the pilgrims moved hotels to the Miramar Intercontinental, a more central and urban location in Panama City. They explored an artisanal market and bought hand-plaited bracelets as souvenirs for friends and family.

Jackie Quinn '19 was wandering through the bazaar with fellow Kellenberg pilgrims Caitlin McDonough '19 and Kyra Varley '19 when they happened to meet two young men whom they soon discovered were Americans themselves. After a short conversation, it was revealed that the boys were from Michigan, and flew to Costa Rica before driving 26 hours to Panama City for World Youth Day.

Jackie reflected, "The lengths people went to be there blew my mind. It showed that the young people of our religion are dedicated and it made me proud to be a Catholic. People were sleeping outside and in huts just to be present when the Pope was there and to be with everyone else and I thought it was very inspiring."

While at the bazaar and in the city, the group met many other young people, with whom they traded small items representing their countries, like pins, bracelets and flags. Kat Cuneo '19 made, "a bunch of new friends from all over the world," by trading knickknacks at the

bazaar, including a group of pilgrims from Australia.

The day before WYD, the group visited the Biodiversity Museum designed by famous architect Frank Gehry. They also saw a portrait of the Blessed Virgin composed of mosaic tiles by Antonio Gaudi, the designer of the world-renowned cathedral Sagrada Familia in Barcelona.

Lauren Glupe '19 shared, "Being able to see so much history through the art in the museums and churches really opened my eyes to the richness of our faith. Panama has such an incredible history, and I feel so lucky to have witnessed it."

On the morning of January 22, the group followed Larry Shammass, Chaminade '19, and Sergio Arreaga '19, who held the Marianist banners, to the inaugural Mass of World Youth Day 2019. A confluence of thousands of young people from all over the world officially opened the celebration. Hundreds of flags lined the pathway

Archbishop JD Ulloa of Panama celebrated the Mass that evening, hoping to inspire the young people gathered to continue to grow in their faith.

He implored the young people, "Keep making the adults nervous, keep detaching yourselves from the things that tie us down and won't let us be true Christians."

The next day, the group attended a Mass celebrated by Diocese of Rockville Centre Bishop Brennan at La Merced, the oldest church in Panama, parts of which date back to the 1680s. Bishop Brennan is now the newly appointed Bishop of Columbus, Ohio

Pilgrim Catie Sullivan '19 decided that the best part of being able to see so many historic and religious sites was "meeting people from all different walks of life and coming together through faith. It was so moving connecting with people and even if we did not speak the same language, we both understood that we are all one through Christ

The highlight of the trip for many was the group's first sighting of the Pope, who drove past in the Popemobile as they waited on the street with thousands of others.

Daniela Rigazio '19 reflected that seeing the Pope was "the best moment of my life." She recounted the climax of the hours she spent waiting for him to drive by, "We had been standing by the side of the road for hours, and finally we heard that he was coming up the street we were standing on. Everyone ran down the road along the barricade and were holding their phones up hoping to get Pope Francis on video. I'm not that tall and I couldn't get a spot close enough to the railing to see, so I was just jumping up and down, hoping I would have the right timing. I saw the top of his head out the window of the car, and it was amazing."

Before Pope Francis gave a closing Mass, some students chose to share their faith experience with their fellow pilgrims through reflections and testimonials.

Caitlin McDonough commented, "Through pictures, my family was able to feel the spiritual connection that I was feeling at World Youth Day and that's really unique and an awesome feeling that what you are doing is affecting others."

World Youth Day News

By Veronica Tadross '21

On January 18, 50 pilgrims from Kellenberg embarked for Panama, where millions of young people were gathering for the 16th World Youth Day, a celebration of faith and unity of the Catholic Church. Upon arrival, students from Kellenberg and Chaminade settled in at the Westin Playa Bonita Hotel, and prepared for a week of religious festivities.

The students spent several days before the commencement of World Youth Day, relishing in the flora and fauna of Panama. On the first full day, students made their way to the Panama Canal, and along the way saw the connecting bridge between North and South America. The day was concluded with a celebration of Mass and dinner by the ocean.

Next the students and moderators toured the Gamboa Rainforest. There they had the opportunity to take a canopy tour and boat expedition where they saw sloths, crocodiles, turtles and several types of monkeys.

Senior Catie Sullivan, one of this year's pilgrims, shared, "These experiences really prepared me spiritually for World Youth Day. It helped me appreciate that all people can be united in Christ."

On January 22, the pilgrims took to the streets joining other students from

around the world, each group flying their nation's flags, and settled down on the brick pathways of the Cinta Costera for the opening Mass. Archbishop Ulloa delivered the homily to the assembled youth of the Catholic Church.

He shared with the young people that, "We believe in you. We hope in you. The change and transformation that humanity and the Church requires are in your hands." His words were meant to inspire all to listen during prayer services, and to forge friendships with like-minded students from different states and countries.

The highlight of the week was the Fiat Festival, which included several religious concerts and a Papal Parade. In the concluding speech, Pope Francis shared the significance of the word, "Fiat." Meaning "thy will be done," these words of Mary captured the essence of this celebration, as the young pilgrims learned that every important experience in faith - and in life - begins with saying yes. Reflecting on this message on the final day of the trip, several students stood before their peers and shared stories of struggles, as well as successes in their faith.

Senior Clare O'Brien, one of the pilgrims, remarked, "This was a phenomenal experience for me and my peers. For me, it was definitely a turning point in my life."

If We Can't Vote, We'll March: Juniors Speak Out for Pro-Life Cause

By Aidan York '20

The American citizen gains the right to vote at the age of 18. It is at this threshold of legal maturity that the American is generally considered to “have a voice,” and able to “make a difference.” However, for today’s young defenders of the faith, that impactful age has become far younger.

The 46th annual March for Life, held in Washington DC on January 18, 2019, is the world’s largest pro-life event, and the climax of the pro-life retreat attended by over one hundred students of Kellenberg Memorial. After touring the Holocaust Memorial Museum and attending the National Mall on Thursday, Kellenberg students visited the National Shrine of the Immaculate Conception and finally arrived for the march.

On Friday morning, while at the National Shrine of the Immaculate Conception, I observed that a large portion of our fellow tourists seemed to be in high school. They wore matching scarves and hats, similar to the clothing that we received for the march. These colorful pieces, though mainly worn to prevent people from getting lost in the vast crowds, alerted me to just how many groups were present fighting for the same cause. Often, our group would see other high schools holding up signs just like ours.

I began to question this trend. Why were high schoolers so attracted to the March for Life? Was it just common for Catholic schools? Were these students eager to express the opinions of a political party? I wondered about this as our group arrived at Constitution Avenue, where the march was beginning to form.

As all the students, including myself, took pictures commemorating our defense of life, I truly realized that these high school students were there for an agenda that was not their own. Rather, they were there to represent the unborn, to defend the defenseless and to be a voice for the silenced.

They were also there on behalf of their schools, as exemplified by Kellenberg’s own signs, which read such messages as “Defend Life” and “I Am Pro-Life” above the words “Kellenberg Memorial Marianists.” However, beyond all this, the students from Kellenberg and from high schools all over the country were using the March for Life to express their opinion on an issue important to them: abortion and the sanctity of life.

Constitution Avenue was packed with like-minded students, eager to make a difference and to make their voices heard.

As we began marching towards the Capitol Building, I again saw in action the desire of both these high school students and of people of all ages to make an impact.

Humorous signs stood out from the crowd, such as a drawing of a panda saying “Save the baby humans,” in contrast to the graver and more serious slideshows of images of aborted children.

Though we were clearly not the only spirited group, I believe that Kellenberg was undoubtedly one of the most active, walking, cheering, and even singing at some points. I realized that the March for Life, above all, was a time for action and expression.

Many Kellenberg students share this appraisal of the March for Life.

Joseph DeMarco, a junior who went on the March for Life the second time in 2019,



Junior Ally Goldsmith enthusiastically waves her “Defend Life” banner during the march.

expressed the extreme importance of speaking out for others.

He emphasized, “As humans, and as Catholics especially, we must protect the sanctity of all human life. We stand for all human of the rights, beginning with the most important, the right to life.”

As this is Joe’s second time attending the march, he is no stranger to using this opportunity to express his opinion on abortion and the matters of life. This year, he joined with like-minded classmates and stood up in defense of life, finally getting a chance to publicly fight for an issue of faith and morals, not of politics.

While a high school student like Joe or myself may not be old enough to legally vote or to express our viewpoints in a conventional legal fashion, there are other ways to articulate these points. The March for Life allows for a unique opportunity for people from all over the country to come together and to speak out with a unified voice in favor of the sanctity of life. With current young people often being called the pro-life generation, we must come together in order to show our support for the youngest people of all, the unborn.

100 Juniors Attend Annual March for Life

By Nicholas Motta '20

Over 100 Kellenberg Memorial juniors embarked on a two-day trip to Washington, D.C. in order to march in the eleventh annual March for Life on Thursday, January 17. Many of Kellenberg’s students had attended the March in previous years with their parents and friends, making this pilgrimage a testament to their unrelenting faith. During the march, attendees celebrate life and the beauty it brings, as well as make a stand against legalized abortion.

Students marched down Constitution Avenue with pride and showed to the world that life is something worth fighting for, even before life may seem to have begun. They fought against abortion and showed the world their stance on it, a stance which they hold close to their hearts.

Overall, the students remarked that the pilgrimage was a life changing experience, “It was a great experience and really beautiful to see so many people coming together for a good cause,” remarked pilgrim Francesca Muzio. “It was great seeing the elder-

ly there along with kids, to have everyone’s voice heard.”

Clearly, many voices were heard as over 200,000 people attended the march to save the lives of the innocent.

The march is a uniting force between churches in the United States. Although there were marchers from the Catholic, Orthodox, and Lutheran Churches, students and adults alike united to stand for the cause.

Elena Smith, who went to the March for Life last year, is still impressed by the event. What Elena most remembers are the marchers whose children had Down Syndrome. “I know that it is legal to abort a child in the womb who shows even an increased chance of having Down Syndrome. I saw people marching alongside their children who have Down Syndrome. I saw them crying at the thought that some might prevent such a child’s life from ever happening.”

Fellow senior and March for Life veteran Elizabeth Solferino agreed with Elena. “Going on the march last year taught me

at March for Life



that all life has value. It was one thing to say so, but to say it with thousands of others in D.C. was something I will never forget.”

Students also listened to an inspiring speech from fellow pro-life supporter Ben Shapiro. Students were moved when he stated how America disregarded life and lied to itself that prenatal life didn't matter. This life, being commonly disregarded, was what America was constructed for.

Kellenberg plans to continue its tradition of sending pilgrims from the Junior Class to the March for Life each year. Kellenberg is an avid supporter of the Pro-Life Movement, as it shows life to be a journey which Christ walks with us. Surely this movement will grow over time as this issue has become one of great importance for our generation—a generation which now struggles for the most basic of rights, life.

Before the march on January 18, Kellenberg took a tour of the nation's capital, visiting many historical landmarks like the Washington and Lincoln monuments. The juniors spent their time learning about the struggles the country faced in its history before embarking on their march the next day.

Students Dance at QoP

By Alexander Wrenn '21

The annual Junior/Senior Prom took place on Saturday, February 2. For the last thirty years, Kellenberg has held its annual Junior/Senior Prom at Queen of Peace Residence in Queens Village, New York.

Fifty students from grades six through twelve and from both Kellenberg and Chaminade attend the “prom” each year, as it is a joint venture between the two Marianist schools.

These students were paired with thirty residents. Each year, Kellenberg students and faculty decorate the Residence's auditorium for the Prom. This year's prom theme was “Valentine's Day.” The students left Kellenberg at 5:30 p.m., arriving in Queens Village shortly after. Upon arrival, the students picked up their “dates” at their rooms and proceeded to the auditorium.

This year, Kellenberg religion teacher Mr. Basile assisted with the prom by bringing his band for live music during the evening. “They were great!” said Kellenberg senior, Liz Solferino. “The music...was well known by the residents and really took them back in time to when they were growing up, which...they really appreciated.” she added. Most of the night consisted of dancing and



Seniors Megan Schmidt and Caroline McGrath take a break from dancing with Queen of Peace resident Fr. Bob.

conversing with the residents.

Bro. Michael Gillen, S.M., commented that the prom is, “Truly one of the best nights of the year.”

Liz concluded, “Attending the Junior/Senior Prom was honestly one of the highlights of my year. My goal for the night was to make sure that my date had the time of his life and he truly did. Whether you were dancing or just conversing, the residents were always smiling.”

At the end of the evening each of the

residents received a box of chocolates as a parting gift. These chocolates were a gift from one of the Kellenberg parents.

The Queen of Peace Residence is a home for the low-income elderly that provides them with physical, social, emotional, and spiritual needs including housing, food, and medical care. It is run by the Little Sisters of the Poor, an international congregation of Roman Catholic women religious founded in 1839 by Saint Jeanne Jugan.

Freshman Sodality Initiated at Annual Prayer Service

By Andrea Lauritsen '20

On February 4, 2019, 350 freshmen students gathered for the Sodality Opening Prayer Service in the auditorium.

The prayer service, led by Fr. Thomas Cardone, S.M. and Mr. O'Brien, started with four freshman students reading selections about the history of the sodality. These readings gave background on the ways people lived their faith during the French Revolution. Fr. Tom urged the students to imagine living in a place where no one celebrated Christmas, marriages or Baptisms.

According to Fr. Tom, the mission of the Sodality “is that we are all invited to enter into a deep communication with

Jesus through Mary. For Mary is the patron of sodality and the one whom we look to as a model of what it means to be a disciple of Jesus.”

Fr. Tom compared the situation in Revolutionary France to the strong trend of secularism emergent in society today, through which we see faith and morality dismantled. By joining Sodality, Fr. Tom emphasized, freshmen are becoming part of a legacy led by Fr. Chaminade in 1815, whose goal was to maintain the vitality of the Church through the faith and action of young people.

Through the Sodality, freshmen begin to strengthen their spiritual foundations in a Marianist, community-based organization.

“The sodality groups are developmental and the students are challenged in a way that is appropriate for their age group,” says Father Tom.

Sodality, a club that meets every Monday, is introduced to the freshman class in the beginning of the second trimester each year. As freshmen acclimate to their new school, Sodality gives them the opportunity to discuss their growing faith lives, school work and new classes. Students in sodality are with the same moderator and classmates throughout their four years here. This gives them the chance to meet new people, and to create new friendships while building a strong relationship with God.

Students See Grammy Winner Lauren Daigle at Carnegie Hall

By Elena Smith '19

Carnegie Hall hosted 50 Kellenberg teachers and students for a Lauren Daigle concert on Saturday, January 26, 2019. Daigle, a popular Christian singer, is regularly featured on Kellenberg's morning music videos.

Upon arriving at the famous venue, the students were delighted to see that they had floor seats with an incredible view of the stage. It was a magical moment hearing the orchestra tuning up before Lauren Daigle came out to sing her hit opening number, “Still Rolling Stones”. Lauren wearing a white jumpsuit and a regal red cape and decorated in her typical way with an assortment of rings and bracelets, was backed by a full symphony, orchestra and choir.

The audience cheered loudly all night, while also leaving room for respect and reverence for the artists on stage. The Kellenberg members of the audience found the perfect times to stand up and clap along with Lauren. At one point, during her popular song “Trust in You,”

which happens to be a Kellenberg favorite, it was only the Kellenberg crowd standing out of the entire audience.

It was an extremely fun and enchanting night, filled with energy, joy, and spirit. There were times during her performance where Lauren would look up to God and praise Him in between a song, or clearly worship in the middle of singing. In times like these, the Kellenberg bunch felt extremely reverent and prayerful.

Another powerful moment was the last song before the intermission, “You Say”. This, being Lauren's most popular song, had most of the crowd on their feet or singing along. The song has given hope and peace to so many, and has inspired hundreds of thousands to work on their relationship with God.

At the end of the concert, Lauren performed an encore where she exhibited one of her new songs, “Tremble”. The Kellenberg students who heard the unreleased single that night got a sneak-peek to her upcoming music!

After an amazing night, the students

boarded the buses with music in their hearts, and began to sing Lauren Daigle songs the entire ride home. Natalie Capasso '19, stated, “The energy we all felt that night was indescribable. We all witnessed something special at that concert that helped us appreciate the beauty of music and the power a group of people united in prayer!”

The night began with a bus ride into Midtown and a stop at an Italian restaurant for dinner. The students and teachers felt the warm and welcoming atmosphere as they stepped into Restivo Ristorante, a small Italian restaurant that had been reserved for the Kellenberg concert-goers.

Settling down in the cozy dining rooms lined with lights and festive decorations, the guests began to order their drinks as they enjoyed bread and olives to start. A prayer was led before dinner by Mr. Moran to give thanks for the meal and the opportunity to see such a special concert. buzzing with energy after the meal and dessert, the enthusiastic group made their way to Carnegie Hall.

Hush, Hush: Blue and Gold Captains Tell All...But You'll Have to See the Show

By Anya Murphy '19

Dedication, teamwork and coordination are just a few of the qualifications necessary to become a Blue and Gold Captain - this year, Madison Miller, Jaclynn Moschetta, Erin McCloat and Dominique Basso were chosen by teammates and coaches to lead the teams.

The school spirit and dedication necessary to lead such a large and enthusiastic group of girls starts to grow early. All four of this year's captains started Blue and Gold in their freshman year.

Maddie started on Blue Entrance her freshman year because she "loved to dance and wanted to get out of her comfort zone."

Dominique's passion for Gold started long before the start of the ninth grade. After seeing her cousin's final show when she was in eighth grade, Dominique decided that the competition was something she wanted to get involved in.

She commented, "The props, the scenes, the costumes, and most of all the dances, had all drawn me in. Having been a cheerleader for most of my life, I was used to performing. However, performing at blue and gold would be a completely different challenge, and it was one I couldn't wait to take on."

Blue and Gold was a deciding factor in her decision to attend Kellenberg in the first place. "Before going to the show I was pretty hesitant on coming to Kellenberg," she explained, "I was registered already, but I was very on the fence. I thought that I would hate it. After going to the show, I couldn't wait to start Kellenberg."

Much of the strong tradition surrounding the Blue and Gold competition comes from the enthusiasm of the captains and leaders. The formation of good memories creates an overall positive attitude that trickles down to even the freshman level.

Maddie's sophomore year, her first year on the Blue Hip Hop team, was her favorite year. Though the decision was difficult to make, Maddie decided that their placing as second Best in Show made that her best year yet, but anticipates 2019 being much better.

"It was overall such an exciting season," she said.

Dominique's first year on Gold Tumbling, also her sophomore year, is one that she draws on for inspiration in her leadership of this year's Gold team.

She reflected, "Our theme, based on the Wizard of Oz, was executed even better than I imagined it could be... The bonds I made with my gold teammates and leaders that year is still present in my life today."

She hopes to provide younger members of her team with a similar season to her sophomore year, in which she based stunts as a "Flying Monkey" in three out of six of their scenes. Being able to participate so heavily in an activity that is so integral to the school's spirit and community made Dominique feel as if she were a part of something larger, and it is her goal to make her younger counterparts feel the same way.

Becoming captain in their senior year is a goal for many girls entering Blue and Gold in their freshman year, including this year's captains.

Spreading the feeling of "what Blue and Gold is all about," is Maddie's goal; she relates to the younger girls by under-

standing their hopes for the future. She described her aspirations to be captain, "since I found out what Blue and Gold was." She, like many of the girls, had looked up to her leaders as a young dancer and was excited to lead the group herself one day.

"Seeing all the hard work and dedication everyone puts into the show made me want to be captain even more. Blue and Gold is truly so special and close to my heart, that I knew I wanted to be captain from the start."

From the moment she saw her first show in eighth grade, Dominique has been thinking of ways that she could personally make the show great.

She confessed, "I started thinking of themes while watching that show."

In regard to her aspirations to become captain, Dominique felt much the same way that Maddie did - from the very beginning, she has always wanted to be captain.

She describes her dedication to Gold, "Every time I watched a movie, saw a play, or heard a catchy song, I'd think about turning it into gold."

She remembers being excited by the prospect of running a show like Blue and Gold from the very beginning, taking a vested interest in choreographing the finale, writing scenes, building and designing props, helping with costumes and writing

songs.

These kind of plans for the show are kept strictly under wraps until May 11, the day of the show. Captains, leaders and dancers alike respect and defend the secrecy of their groups, costumes and plans. On the part of the captains, massive orchestration on behalf of the whole team is necessary as they work to execute their theme in the best way possible.

The pressure is on Maddie and Jaclyn as they defend the title from last year. Their hope is a "back to back BTV," but their more realistic goal is to have fun. "Blue and gold is the heart of Kellenberg, so having fun is the most important to me and Jaclynn... if everyone feels like they're a part of something and has fun, then we did our job."

Dominique is looking back over the years and seeking the advice of past captains in her pursuit of turning the tide toward a GTV. She relies on communication with her leaders to keep the team working as a cohesive unit; the Gold leaders' group chat was created almost immediately after the announcement of captains and leaders. She kicked off the planning with a "Binder Party," at which all of the leaders, "got down to business," and created a gold-spangled file of ideas and important information.

Working together is a priority for the Gold leadership as well, as the girls col-

laborate on finding and writing songs, creating promotional material and designing costumes.

Dominique reflected, "I like to believe that Blue and Gold is about trying your best, and having fun while doing so. Above all else, we make sure that everyone is happy and having fun."

This positive attitude affects each and every girl who joins Blue and Gold. The passion of the captains creates a feeling of friendly yet fierce competition.

"Blue and Gold is my heart and soul..." Maddie said, "And I am lucky enough to have one of my best friends, Jaclynn, who I actually met from Blue Entrance, as my co-captain."

In a completely opposite situation, Dominique described, "I'm thrilled to see how things will turn out. I went into this not really knowing my co captain, and I'm now proud to have her as my partner in gold."

The friendships that are made by freshmen during the practices for both Blue and Gold entrance endure for four years and beyond and continue to develop beyond the competition into lasting relationships.

The commitment of friendship and hunger for victory grows each year during Blue and Gold season, and the group that embodies them the best will be the ultimate victor after months of hard work.



Renaissance Poets Win 1st, 2nd in Poetry Awards

By Maya Tadross '19

James Dionisio '20 won first place with his poem "Lunar Cycle," and Rachel Siegel '20 won second place with her poem "Hold Me Down (Shades)" in the Raynham Hall Valentine's Day Poetry Contest. Both poems were published in last year's Spring Issue of *The Renaissance*, Volume 31, Issue 2.

On Thursday, February 14, James and Rachel attended the Valentine's Day Poetry Contest Awards Ceremony at Raynham Hall Museum in Oyster Bay. The competition was judged by a distinguished panel of four poets led by Walt Whitman Birthplace writer in residence George Wallace, and also included long-time Oyster Bay resident and poet Anthony Policano, playwright and poet Marsha M. Nelson, and current Nassau County Poet Laureate Peter Dugan. Town Supervisor of Oyster Bay, Joe Saladino, was also in attendance to support the young poets. Out of a pool of over 70 strong competitors in the 10th-12th grade category, the judges were especially impressed by the works of James and Rachel, who were awarded \$50 and \$25, respectively, for their excellent work.

On the achievement, James said, "It was a great opportunity and a great thrill to win. I love the Arts, so I'm proud, but looking forward to new work."

Raynham Hall is home to the first known Valentine in the United States. In February 1779 British Col. John Graves Simcoe presented the young Sally Townsend with a 26-lined love poem, which in part read, "To you my heart I must resign, O choose me for your Valentine!" The contest is held by the Raynham Hall Museum and the Daughters of the American Revolution, and students enter by submitting a poem of no more than 26 lines on the topic of love or Valentine's Day.



Poets, winners, friends—Raynham Hall Poetry Contest winners Rachel Siegel and James Dionisio won 1st and 2nd places.

Language Week Brings World to KMHS

By Monika Sweney '20

From Tuesday, January 22 to Thursday, January 24, the students and faculty of Kellenberg Memorial High School took part in the school's annual Language Week. As a way to celebrate the languages offered at Kellenberg, cheerful students greeted fellow classmates in the lobby each morning with greetings in Spanish, French, and American Sign Language. In addition to the enthusiastic foreign greeting, students were given stickers saying "Hello" in each language.

As students walked down the hallway past the cafeteria, they couldn't help but stop and read the colorful and creative posters which hung from the walls and ceiling. Laminated posters hung from the ceilings with common phrases in English on one side and a foreign language on the other. Members of the ASL club were particularly devoted to this activity and colored in the entire alphabet in sign language to line the walls of the hallway.

Throughout the week, students were able to hear these other languages on the morning announcements. The daily weather forecast was read in English and another language every day, in addition to daily prayer videos and morning prayer.

This was Evan Carroll's second year speaking French on morning announcements, at the request of Mrs. Delbrune.

Evan reflected, "I loved everything about language week—the exhilaration of speaking in front of the whole school and everyone watching at home, the translation of weather into French, and the compliments received afterwards were fantastic. I'm also a huge fan of learning and listening to different languages which is why I participated in the rosary prayer service on that Thursday and prayed in Russian."

On Wednesday, members of Spanish, Latin, French and ASL clubs played an intense game of multilingual Jeopardy after school.

Mr. Cicalese judged questions ranging from vocabulary for each language to culture. Latin club took first place, followed closely by Spanish club, ASL and French, respectively.

Daniella Villalobos '20 on the Spanish club team commented, "Even though my team came in second place, it didn't matter. I loved watching everyone trying to answer questions as fast as possible to win. Everyone wanted to do their club justice."

Daniella continued "getting help from my team members with extra tough questions really just made it a relaxing and enjoyable experience for all, while still remaining competitive and exciting."

The week came to a close Thursday afternoon with a prayer service. It began with the opening song, performed by junior Benjamin Truncate. Hillary Jean Baptiste '20 said the Apostles Creed, Glory Be, an Our Father and a Hail Mary. After Hillary, Ana Marie Vargas '21 said the Luminous Mysteries.

A decade of the rosary was said in honor of the Virgin Mary and featured speakers of languages taught at Kellenberg as well as languages spoken by students at home.

Kavin Siwik '21, said the Our Father in Polish and was followed by Kendall Butler '20 who said the Hail Mary in Spanish. Gabriel Blanco '24, Madeleine Lorentz '24, Daniela Nightingale '20 and Evan Carroll '21, said the Hail Mary as well, in Latin, French, Italian and Russian, respectively.

Nicole Kamel '20 brought the service to a close by reciting a Hail Mary in Lebanese.

Benjamin Truncate said of the service, "It was so amazing to hear students say the rosary in so many different languages. The prayer service is a wonderful way to showcase both the languages our school offers to study and the many languages that so many Kellenberg students have learned to speak at home."

Cashless ID Card System Brings Tech Update

By Mary O'Connor '21

In the beginning of the 2018-2019 school year, Kellenberg Memorial High School instituted a new system in the cafeteria by which only student ID cards are acceptable as payment for food purchased. Mr. York, Assistant Principal for Personnel and Communications of Kellenberg, has overseen this process during the past few months.

Students like sophomores Caitlin Noonan and Kerrin O'Grady have expressed that their main question once learning about the cashless cafeteria is why it was put into place. Mr. York explained, "It was time to update the payment system in the cafeteria to utilize the new technology available today and help it run more efficiently."

Mr. York added that this change also gives all families the convenience of keeping track of the money on the account, "an option best suited for our school."

The cafeteria staff, Information Technology Department (I.T.) and the administrative staff are the team behind the cashless cafeteria operation.

By now, the beginning of 2019, Mr. York stated that the benefits of the new system are already showing. He has received compliments from both teachers and cafeteria staff on how the lines move much faster and how now there is greater direction and guidance given to students as they are approaching the lines. Other benefits include greater accountability on the part of the students and the ability of parents to oversee their child's use of the ID card in the cafeteria.

Damaged or malfunctioning Cashless Cafeteria ID cards can be presented to the cafeteria staff. Lunch will be served to the student, and the card will be sent to the IT Department, where it will be repaired and reissued during homeroom the next school day.

Students who wish to begin buying lunch can set up their ID card for payment by first visiting the Kellenberg website and clicking on the tab labeled "Parents." This leads to a list of options including choose "MySchoolBucks," which will supply information on setting up an account, as well as a link to deposit money.

Health Present. Informs Srs.

By Randi Titus '19

Maria Franco and Dawn Eskew, presenting this year's annual Senior Healthcare assembly in the auditorium on January, 29, helped add to seniors' knowledge gained in their Christian Existence classes about death and dying.

Advocate for life Maria Franco opened the presentation with the advice that, "Death and dying are a part of life." After leading the class in prayer, Mrs. Franco introduced the *Evangelium Vitae*, the "gospel of life" encyclical written by Pope St. John Paul II. She utilized the document to help students understand that life is both a gift and a great responsibility. Mrs. Franco urged students to implement this idea when it comes to dealing with the end of life.

It was the opinion of both speakers that the elderly should be treated with the utmost care; pain management and comfort should be the number one priorities. Mrs. Franco informed students of the necessity of hospice and palliative care. Using these methods, patients at the end of their lives can receive treatment for physical and spiritual needs in their homes, in hospitals or in nursing homes.

Madeline Lay '19 shared, "The senior healthcare presentation taught me to be more aware of the difficulties that one faces at the end of his or her life."

Mrs. Franco also spoke to students about New York's Health Care Proxy document. In the case of an emergency, one can name a proxy to make important medical decisions on his or her behalf.

Dawn Eskew, Personhood Education founder, then took the stage to talk to the senior class about the horrors of assisted suicide and abortion. She presented the quickly advancing bills in the United States that propose assisted suicide for not only for those who are dying, but also for those who have years left to live, and more flexible abortion regulations.

Mrs. Eskew also told students about the Catholic Religious Directives, rules Catholic hospitals must follow. In these institutions, assisted suicide and euthanasia are forbidden.

Rachel Nemeth '20 stated, "I thought both Mrs. Eskew and Mrs. Franco were very passionate about their faith and did a great job of informing us about how we can use this faith as we approach death with grace."



Senior Nick Castellano uses his ID card to buy a bottle of water after school.

... But what do I know?

By Sean Ronan '20

We all have goals that we wish to accomplish: getting perfect scores on exams, having the perfect job and a large income, a beautiful home, a family, and being able to travel all over the world. However, it is only through diligence and taking responsibility that anyone unlocks the doors to success. Like the old saying goes “no pain, no gain”.

In elementary and middle school, I faced many challenges. Because I didn't listen to my teacher telling me to read at home, I had a difficult time going up reading level: When my 5th grade classmates were on level Z, I was stuck on level N. I remember being disappointed in myself after hearing from my teacher that I hadn't improved.

To this day, I still struggle with reading comprehension. I also struggled in math class. Because I refused to spend my time after school practicing what I had learned in school, I was put into an additional math class and a study skills class to better my grades. I was also given an IEP that allowed

me extra time and a lector for regular and standardized exams.

Throughout those years, the many teachers that I had, including my parents, sacrificed their time (and money) so that they could work with me one-on-one inside and outside of school.

I credit my teachers and parents who instilled in me the importance of responsibility and hard work.

6th grade was the last time that I attended a study skills class, reading class or additional math class. Because I showed my teachers great academic improvement, they suggested that I was able to do without the extra classes.

Since then, I have been on the Honor Roll for six consecutive years and have maintained at least a 92 average in all of my years of middle and high school. I haven't seen an “F” in a long time.

I spend an extensive amount of time every night — during weekdays and weekends — completing homework assignments and preparing and studying for exams. Because of my prevailing difficulties in learning, it takes me more time to complete assignments and to prepare for assessments when it would take others half the amount of time.

In Alexander Pope's Essay on Man, Pope explains that “a little learning is a dangerous thing.” As I grew up, I began to recognize how critical it is to do things that will enrich the mind — especially because of my learning difficulties. Instead of playing games and watching TV shows and YouTube videos mindlessly, I spend my time writing for the school newspaper after school and I spend my free time reading articles and books on politics, or watching videos that answer the many curious questions that I have.

My sister, Emily, a sophomore in high school, has been facing difficulties in learning since she was born, and was placed in

special education, reading, speech and study skills classes.

Like me, she works tirelessly, for many hours during the week, to enhance her knowledge. Every day, I am a mentor to my sister. If she is having difficulty with her homework, I set aside time so that I can help her, and I never walk away without first knowing that she's got it. Her teachers have been by her side to help her for many hours after school and on the weekends.

But there comes a time when she will be left on her own to “figure it out Stet” as they say.

Using the suggestions that her teachers and I have provided my sister, my sister knows that she must spend more time reviewing for exams by creating study guides and flashcards on her own. Sometimes she gives up and becomes tired of having to put so much effort into exams, but I am always there to lead her back on the right path.

When you know you have prepared as thoroughly as you can for exams but still see an “F” on your report card or a comment on

a progress report that says “Needs Improvement”, it is easy to become distraught and give up. But, my mother only hopes that my sister and I do our best — that's all that matters.

Having crossed big barriers in my academic life, I know that it is through hard work that you will be rewarded. These barriers have made me diligent, reliable and responsible.

But I am also critical. It was in failing that I was fueled to learn the “right way” towards success in my academic life, so I believe people should use that same fuel to make changes in the world. I am critical of individuals, that have the power to make a change, but settle on doing the bare minimum.

Students shouldn't be left in the dark by teachers who might want to rush home. Teachers should be open to sacrifice their time for students. Similarly, politicians should look at the issues we face in locally or nationally and be there to listen to the constituents they represent in order to make policy to effect change for our benefit — not just for the politician's benefit. In a time of failure, a coach should look at what he himself can do in order to lift up his teammates.

Conversely, players should work with each other to better their play. Do you work out when you need to? Train even more than you have to? And, we students shouldn't blame the people we answer to — the teachers and administrators and our parents — but instead look at what we can do for the betterment of ourselves and our school and our society. Work harder. Do more. Don't point fingers, unless you're pointing at the mirror.

We have no one to blame but ourselves for the choices we make in life. We should remember the responsibilities we have as individuals to, as Mohatma Gandhi said, “Be the change you wish to see in the world.”

But... what do I know?

“I believe people should use that same fuel to make changes in the world. I am critical of individuals, that have the power to make a change, but settle on doing the bare minimum.”

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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First of All, Last of All, & Everything in Between; Seniors Reflect on Four Years

By James Mooney III '20

There is a first and last for everything. Every great achievement begins with the first step. "Every accomplishment starts with the decision to try." This quote from John F. Kennedy embodies the human spirit in the endeavors we take, whether great or small. At Kellenberg, many members of the student body have made great strides, beginning with their first step as a freshman to their last moment as a senior. Anya Murphy, Editor in Chief of The Phoenix, Kristen Mangiapanello, Communications Club producer, and Maureen Lewin, Track team Captain are three students who dared to take the first step.

Anya first got involved with the newspaper completely by accident - she had Mr. Flood for study hall sophomore year, and she asked him to read a paper she was writing. About a week later, he just came up to her and said, "You're going to apply for an editorship." A month later, Anya was in the office with Mr. Flood for the first time.

Anya actually discovered journalism through her years of writing for the Phoenix. She had always loved to read and write, and knew that it was a talent that she possessed, but never really tapped into it seriously until she started reporting. Anya recounts, "The newspaper was never a "goal" per se for me, but it became something much more important than that - I can't picture how my life would have gone had I not become an editor. It's become a natural extension of my high school career and it has shaped my life more than anything else."

Her first article was about the Marianist Bicentennial in January 2017. Anya remembers writing it and researching the words for the focus on her article. Having skipped lunch that day to interview Bro. Roger Poletti, S.M., Anya remembers Mr. Flood assigned it to her that morning and wanted it to be ready for review the next day. The idea of getting it done and being on deadline got her adrenaline pumping immediately. This process of investigation and research made her feel purposeful and confident. Anya tells her story, "Being editor-in-chief feels almost the same as being an editor, just a little more in depth. It's as if you were renting a house and eventually you bought the house and you were suddenly in charge of the

maintenance and upkeep but it was still your same house. Since I was the only junior on the staff last year, it fell to me to assume the role this year, and I had big shoes to fill. Last year's staff was an incredible team of people whom I am proud to call my closest friends. After winning first place in so many competitions last year, I'll admit that I was apprehensive going into this year's awards season."

Many hours have been spent in the office. But Anya has loved every minute of it and will be heartbroken when it is over. Mr. Flood and Anya always say, "This is why they pay us the big bucks"! Our Phoenix Editor in Chief shared her parting thoughts, "Sometimes I think about having to write my Editor's Farewell, and I honestly almost cry thinking about saying goodbye to my home and my newspaper family."

I think that Issue six and the sentinel are going to be incredibly bitter sweet. Knowing that the thing that I hold so close to my heart is going to end I'm certain will put a sad twist in my last days as the EIC, but I have supreme confidence in the people I am leaving the paper to and I know that I can always come home if I need to. It's bold of anyone to assume I won't be FaceTiming in every afternoon from three to five or researching ways to bottle and ship the smell of printed ink."

Kristen Mangiapanello's first steps toward Communications Club began when she was a tyro in the Latin School, "I found out about the communications club in 6th grade but didn't join until 7th. One of my Marianist Mentors in 7th grade was a producer Dan Gavin, and another was a member of ETV, Nick Boffardi. Both of them encouraged me to pursue one of the clubs. Dan really convinced me to do Communications because he knew that I loved public speaking and presentations. So one Friday he brought me up to a meeting and he trained me. The following week I did my first ever announcements (PM). I remember I read the prayer and I was so nervous! I remember that as I was doing it I couldn't get out the word "Hail" and I butchered it. I was so embar-

assed and I thought I would never do announcements again. But I did. I did PM one more time and then I proceeded to doing AM. As a tiny, nervous 7th grader I sat behind the big desk and looked into the camera. And I did it. I did my first ever morning announcements, the first step on a long journey. I was physically shaking so much that everyone noticed. I was terrified. But I'm so glad I did it."

Kristen has been a producer in Communications Club since the end of her Freshman year. She is known as the "Mom" of the club and Mr. Beyrouthy has bestowed the title of "Senior Executive Producer" on her. Kristen is at all of the daily announcements and knows the names and strengths of the club members. Her time in

"I always try to be my best...as a leader that my teammates can look up to."

Communications Club has prepared her for the University of Vermont where she will be pursuing secondary education.

Kristin reflects on her upcoming last moments in Communication at Kellenberg. "I am going to be devastated on the last day of announcements. Communications been such a huge part of my time at Kellenberg and I've really poured out a so much time, energy, and love into this club. It's going to be sad to leave my fellow producers (especially the rest of the seniors) because we are so close and have such a good time up in the studio in the mornings together. I do know that I will be the final person to go on our last day and I might have something special that I'm going to say or do (I'm not sure yet). I do think that we all are going to be introduced "for the final time." I'm going to miss it."

The firsts and lasts are very strong for our athletes at Kellenberg. Maureen Lewin recalls her first race as a freshman runner, "My first notable moment from my track career at Kellenberg was my first race. I ran the 1000 at St. Anthony's. I didn't know anybody in my race except my sister's best friend. Just her being there really helped to calm my nerves!"

Maureen was lucky to be a part of the 4 x 800 relay team as a starting freshman. Each leg runs 4 laps on indoor competitions and

she was the lead-off leg. Her sister Deirdre also ran on this relay team. They won their first race at the Armory for the Stanner Games. Maureen's relay team also qualified for the states competition at Cornell.

Maureen's reflects on track and her leadership role, "It feels great to have competed in such an amazing sport over all four of my years at Kellenberg. I feel as if over the years, my leadership role on the team has grown significantly. Starting freshman year, I joined winter track and did soccer and not cross country. A lot of the older girls knew the freshman on track from cross country, but I didn't know many of them, except my sister and some of her friends. However, from the first day, all of the upperclassmen were so welcoming and as the year progressed, I constantly looked to all of them as great role models on and off the track. The great leadership I had shown to me my first few seasons of track has definitely helped me to lead the Underclassmen now. I always try my best to be someone who the freshman can look up to and come to if they need advice or help with anything. Also, before races, I try to give everybody on the team and pep talk so they know how much work they have put in at practice and that all of it will be sure to pay off during the race."

Maureen will be experiencing her final moments at Kellenberg, but continuing her track career at Boston College. Her final reflections on her time at Kellenberg, "I am so thankful for this sport because without it I wouldn't have met my best friends or learned so many important life lessons. I am so thankful for my family, friends, and Mr. Brown for always supporting me throughout these four years. Some of the best moments I've had on the team include all the little things like the bus rides to and from meets and some of the overnight trips we've taken for meets. The great leadership shown to me over the years has helped me to lead the Underclassmen. I always try to be my best in my pep talks and as a leader that my teammates can look up to."

As these three seniors depart they leave lasting impacts on Kellenberg and their club or team forever. Remember that it is never too late to try to create an impact. At Kellenberg you can only share that last moment if you take the first step.

Pop Hop

By Caitlin Noonan '21

On Thursday, January 24, 2019, Kellenberg Memorial hosted its annual Pop Hop father-daughter dance. The dance started at 7 p.m. in the formally decorated cafeteria and lasted until 10. DJ OB provided the soundtrack for the evening. Iridescent, pastel disco lights and booming speakers framed the dance floor. There daughters taught their fathers the latest dance moves including the ever ubiquitous “floss.” The Pop Hop gave the dads and their daughters a great chance to relax and spend some quality time with each other.

In between all the dancing a catered Italian buffet dinner was served. Each table in the cafeteria had a Valentine’s Day bag as the centerpiece, complete with heart decorations. Also on the tables were small snacks such as chips and pretzels for when the dancers got tired and needed a quick bite. Following the dinner and more dancing, a prayer called “Thank You Dad” was led by sisters Elena Smith '19 and Juliana Smith '21.

The night progressed with several slow dances, as well as popular songs and Christian music. The dads especially enjoyed when DJ OB played music from the classic Long Islander performer Billy Joel. “Cinderella,” a classic and emotional song about fathers and daughters by Steven Curtis Chapman, moved some dads to tears while dancing with their daughters. Sophomore Clara Ambrosino added that the song “Living on a Prayer” was especially enjoyable and was one of her personal favorites of the night.

For some fathers and daughters, the annual Pop Hop dance has become a tradition. “The dance is always a fun night with my dad and sister, prayer co-leader Julianna Smith expressed, “and I look forward to it every year. It provides my sister and me the opportunity to spend quality time with our dad.”

Sophomore Kerrin O’Grady has been attending the Pop Hop with her dad since she was in seventh grade. “I personally love the dance since it



The Smith family, dad PJ and sisters Julianna '21 and Elena '19, form a kickline on the dance floor.

provides time for my dad and me to share in an experience together. “Mr. O’Grady echoed his daughter’s comments, “It’s a great way to spend time with my daughter, different than the time we would normally spend together, and I look forward to attending each year.”

Behind the scenes of the Pop Hop, Kellenberg boys participating in S.A.L.T. (Service, Allegiance, Leadership, Teamwork) helped set up the dance, serve food, and pour drinks, and helped out with any practical needs at the dance such as drinks and set up.

“I’m amazed by the members of S.A.L.T. They really help the dance run smoothly so that everyone can have a great time,” explained Mr. O’Grady.

Overall the fathers and daughters shared a fun-filled and unforgettable night together at the Kellenberg 2019 Annual Pop Hop.

Fashion Club

By Ally Goldsmith '20

At the beginning of the 2018-2019 school year, Fashion Club was added to the list of over 80 clubs and activities offered at Kellenberg Memorial. The idea for Fashion Club was first introduced to the administration by two current seniors, Alessia Pecorella and Juliet Novello, who are now the club’s co-presidents along with Mrs. Curly as moderator. Fashion Club meets every Tuesday and Thursday in room 213.

At a recent meeting, all the members applied a 90’s theme to their fashion sketches, which gave them the opportunity to research styles from a past decade. Exercises like these allow students to under-

stand the history of fashion and how it is reflected in today’s styles. Additionally, the club practices upcycling, a process in which old clothes are taken and made new again by adding cuts or iron-on details. Occasionally, Fashion Club hosts competitions for who can create the least expensive outfit with the most expensive look.

“Fashion club really helped me find me passion for fashion,” expressed senior Kayla Lissade. “I look forward to it every week.”

Although Fashion Club is still in its infancy, its strong student support and interest will make it increasingly popular in the years to come. As fashion trends change, on an almost daily basis, one thing appears to be steadfast: the students’ con-

Open House for Accepted Candidates Welcomes New Freshman, LS Students

By Sam O’Donnell '20

On January 12, 2019, Kellenberg Memorial High School hosted its annual Open House for the Accepted Candidates of the class of 2023.

As the students and their families entered the building, they were welcomed by the current teachers and students of Kellenberg Memorial. The accepted students were led into the auditorium, where alumna Katie Brennan '06 spoke to the students and families about how Kellenberg has not only prepared her for college and for her job, but for life in general.

Katie was diagnosed with cancer right after she finished college. Despite this devastating news, Katie was able to rely on her strong faith. During her recovery, Katie was invited back to Kellenberg to help coach varsity volleyball. Being back at Kellenberg, surrounded by the faithful, apostolic environment, she finally started to feel like herself again. Katie concluded her speech by stating that her experience

at Kellenberg made her the person she is today, and she wishes the incoming students have a similar experience in finding a family at Kellenberg.

After the inspiring speech, students were given the opportunity to take a tour of Kellenberg and discover all of the school’s activities and programs. Kellenberg offers over 80 different clubs, providing the chance for everybody to get involved. Incoming students were also informed of the many athletic opportunities available at Kellenberg, including the newly formed crew and hockey teams.

During the school tour, prospective students were able to experience performances in the gymnasium given by the dance team, cheerleading team and Tae Kwon Do Club.

Future Firebird Nicole Whitacre '23 commented, “Seeing the dance team perform reassured me that Kellenberg is the right choice for me, and I can’t wait to try out and hopefully be part of it soon.”

On the tour, Mr. Fechtmann and Na-

tional Honor Society members educated the incoming students on the iPad and common apps used here at Kellenberg, including eBackpack and Notability. This gave the Class of 2023 a preview of what they may experience for the next four years.

Another highlight of the Open House was a video on the STEM classes and activities at Kellenberg. In the video, physics teacher, Mr. Sorkin explained how Kellenberg’s science programs adapt with modern times. The new students will be able to take science classes that have not yet been offered at Kellenberg. Extracurricular STEM opportunities, like Science Olympiad, Health Sciences Club, Psychology Club and Robotics Club, allow students to further explore areas of STEM in which they are interested.

The video also mentioned the relatively new implementation of weekly science labs, which gives students a hands-on experience with what they are learning about in the classroom. “The new inclu-

sion of labs to the curriculum really helps our students prepare for college,” explained Mr. Sorkin. “It gives them the physical and visual experience with their science courses necessary for a deeper understanding of what they are learning.”

Throughout the tour, Kellenberg’s lively environment was omnipresent. The Firebird was walking through the hallways giving high-fives. The many Kellenberg dogs greeted prospective students in the lobby. Jacqueline O’Donnell '23 expressed, “The dogs at Kellenberg make it such a great and comfortable environment to learn and grow as a student.”

Kellenberg is a truly a unique environment, providing amazing academics, activities and athletics. It instills the message “One Heart, One Mind” in all of their students, and looks forward to the class of 2023 to be part of the Kellenberg family.

Varsity Basketball Team Defends Top 15 Ranking at Annual Tom Crotty Classic

By Ben Oppenheimer '19

The Boys Varsity Basketball team defeated Cardinal Spellman High School by a score of 59-53 at the annual Tom Crotty Classic on January 26, led by senior Sean Lachman, who scored 15 points.

Coming in hot from non-league play with a 6-2 record and recognized with a #15 ranking in the Long Island Basketball Sweet 16 Coaches Poll, the Firebirds were very optimistic going into league play this season.

They picked up a solid win on the road in their season opener as they beat Saint John the Baptist 63-46 on January 3. They were led by senior guard Sean Lachman's 20 points including 6 three pointers, and junior forward Nick Spinoso's 16 points.

Although the team and the coaches were pleased with their victory over Saint John's, a showdown versus rival Saint Anthony's was what would be their true test. Although the Firebirds lost to the Friars 53-47, the boys proved they could compete with one of the league's better teams, as the game was tight throughout, despite a slow start for Kellenberg.

Lachman once again lead the charge with 11 points while going 3-8 from the three-point line. Looking to continue the momentum from the previous week in a tight contest with St. Anthony's, the Firebirds hit the road for Manhasset for a matchup with Saint Mary's on January 8. The game was another matchup that went down to the wire, as Kellenberg only won 61-55.

Despite not playing to their full potential in the first half, the boys smoothed out their mistakes and managed to successfully execute some clutch plays in the final few minutes of the game. Some notable contributors were once again Lach-

man, who had 22 points and went 4-5 from deep, and senior forward Dan Wilson, who impacted the game when it mattered most with his solid defense.

Despite the fact that they won the game, the team took their struggle as a wake-up call, realizing that the NSCHSAA is the toughest league on Long Island.

The boys remembered this during the week before the highly anticipated Senior Spirit Night home game, in which the team faced off against Saint Dominic's. On Thursday, January 18, the home crowd was once again riled up, this time with a bigger and more enthusiastic student section featuring many members of the Class of 2019. Despite some great support from the fans, the Firebirds lost 63-50 in a game that slipped away in the second half.

It was a tough offensive battle at first, as Kellenberg scored 20 points in the first quarter. Sean Lachman had 17 points and went 3 for 6 from the three.

The team took to their home court again for a matchup versus Holy Trinity that would be broadcast on television on MSG Varsity.

The tough 30-point defeat helped the team find more of their weaknesses and how to improve them as they continued on in their season.

In their next game, the Firebirds took a break from the grind of league play for a game against Cardinal Spellman, hosted at Kellenberg as part of the annual Tom Crotty Basketball Classic. In another exciting game, the team won 59-53.

Senior guard Sean Boll won MVP for his 8 points and 2 assists, while junior guard Jake Cosgrove picked up 13 points and went 3-5 from the three.

Looking to continue the momentum at home in their last regular season



Sean Michael Wilcox '21 overcomes an opposing defensive player to shoot.

matchup with Saint John the Baptist, Kellenberg executed successfully by winning 50-26. It was a breakout game for both senior guard Billy Stockdale, who scored 18 points and went 6-11 from three and sophomore forward Sean Wilcox, with 8 points, 10 rebounds, and 2 blocks.

The Firebirds faced off against Chaminade on January 30. Despite Chaminade having the best record in the league, Kellenberg played without fear and in a back and forth game. Due to several tough missed shots in the fourth quarter, Kellenberg lost 71-62. Nick Spinoso

had a fantastic all-around game, almost securing a triple double, picking up 22 points, 9 rebounds, 9 assists and a block.

On February 1, Kellenberg played another competitive game, this time at Saint Anthony's, losing with a score of 54-50.

Although the team's losses to both Chaminade and Saint Anthony's impacted their stance in the league heading into the playoffs, the boys proved through tough play and down to the wire matches that they are able to compete with the best teams in the league.

Senior Erik Brown Captures National 6th, State 2nd Place Record for 600 Meter

By Randi Titus '19

Accounts of the Varsity Boys Track team's major success throughout the winter season have permeated the halls of Kellenberg Memorial. Announcements featuring incredible wins, standout runners and team accomplishments have marked the team's season.

On the weekend of February 9-10, Erik Brown led the team with an incredible 1:20.93 victory in the 600 meter, earning him sixth place nationally in scoring for that race.

On February 9, the boys had great success at the CHSAA Intersectional Championships. Erik Brown ran his personal best in the 600 meter winning 2nd place. Fredrick Zenny won 3rd place in the 300 meter race. The 4x400 relay received 3rd place. Alain Telfort got 3rd place in the high jump.

Runner Rolando Ramos '19 remarked, "The highlight of the season for me was watching Erik Brown run the most exciting race."

Alain Telfort '19 started off the day by finishing in third place in high jump. Fred Zenny '19 and Erik Brown '19 performed well enough in their individual events to qualify for the New York State Championship. Both runners came back later in the meet with Kevin Marroquin '20 and Tom Hopkins '19 to finish in third place in the 1600 meter relay.

Erik Brown '19 was just one of the

runners on the team who broke records during the season. Seniors Fredrick Zenny and Alain Telfort also frequently contributed wins to the team.

The boys started off the season on December 1 at Saint Anthony's Developmental Meet. Fredrick Zenny ran to 2nd place in the 55 meter dash, and Erik Brown received 2nd place in the 300 meter race. The 4x400 relay of Erik Brown, Thomas Hopkins, Kevin Marroquin, and Fredrick Zenny also won second place. The teams' collective effort set the tone for the rest of the season.

At the CHSAA Relay Carnival on December 8, the 4x400 relay stole the victory over Chaminade High School. The 4x200 relay team, comprised of Daniel Cardito, Jordan DeLuca, Erik Brown, and Fredrick Zenny ran to a 2nd place finish.

At the NSCHSAA League Championships, on January 27, the 4x400 relay team won 1st place. Fredrick Zenny ran his personal best in the 55 meter dash to win 3rd place. Newcomer to the event Alain Telfort '19, won 1st place on the high jump. Erik Brown took 2nd place in the 600 meter race. The 4x200 relay took 3rd place.

Khalel Florentino "The track team is like a seconded family. Whether we're in a race or not, we'll always support each other. Had a great winter season with these guys."



Erik Brown pushes for the last steps of his race, preparing to pass the baton.

Girls Varsity Basketball Overcomes Losses with 3-Game Win Streaks

By Sarah Narcisse '19

The fourteen members of the Girls Varsity Basketball Team have done an amazing job. These fourteen girls have earned themselves an astounding 8-5 record in their thirteen games this season. Led by their coaches Mr. Kirk and Mrs. Camron, the girls have practiced diligently to prepare for their games.

Their captains Gabriella Faya '19 and Caitlin McDonough '19 have led these Lady Firebirds through their practices. These girls have practiced for 2 hours a day and up to six times a week this season to obtain their wins. Other seniors on the team, Colleen Moulder, Heather Oleksiw, Colleen Bowles, Sarah Heiskell-Mann and Samantha Schuler, also have their own leadership roles in their own efforts to contribute to making the team better. Senior Heather Oleksiw talks about the team as she says, "I've only played basketball at Kellenberg for two years so jumping right into varsity was definitely a challenge, but with the help of my team, I was pushed to work harder and assimilate faster. It is honestly so fun to go into practice with your friends where you can work and improve together as a team."

Captain Caitlin McDonough talks about the team dynamic as she says, "This season, the team has been extremely close. There have been tough times for each of us, but we have been there for each other. I know I will continue to lend my support to my teammates just as they would for me." These girls each want to

get the most of their last season together at Kellenberg and have clearly worked to achieve their goal.

To build up the team's chemistry even more, they had a retreat at Founder's Hollow, a Kellenberg retreat house. Here the girls' competitive nature came out as they played the game Minute to Win It. After competing in their games, they wrote each other uplifting notes. Colleen talks about how the sadness of this being her last year with this team at Kellenberg as she says, "Words can't describe how much I will miss this basketball program. In the winter season, you spend so much time and give so much to the team that you become integrated with your teammates around you and with the routine you do each day. I will never let go of my memories of this season and the relationships I have built with this team as they now hold such a special place in my heart."

After putting in their hard work into practicing for their games, the girls started out their season strong with an overwhelming win against Oyster Bay. The team chemistry that the girls built up clearly translated to the court and here, the Lady Firebirds quickly overcame the opposing team. The girls finished the first half with a twenty-two point lead. Gabriella Faya started out her season with an amazing 17 points. Senior Colleen Moulder chipped in with 15 points of her own while also putting up 6 rebounds. They continued their momentum to win the game with a score of 64 to 19.

After this game, the girls continued their win streak for two more games against Locust Valley and St. John the Baptist. These two games were much closer in score than the first, but the Lady Firebirds pulled through. At Locust Valley, the girls beat out their competitors with the help of fifteen points by Colleen Bowles and eight rebounds by Caitlin McDonough. The team persevered until the end, winning the game by three points with a score of forty-seven to forty-five. After this close win, the girls went on to win another close game against St. John the Baptist with a score of 58 to 53. Gabriella Faya contributed sixteen points to this win with the help of Colleen Bowles and Colleen Moulder who contributed thirteen points each.

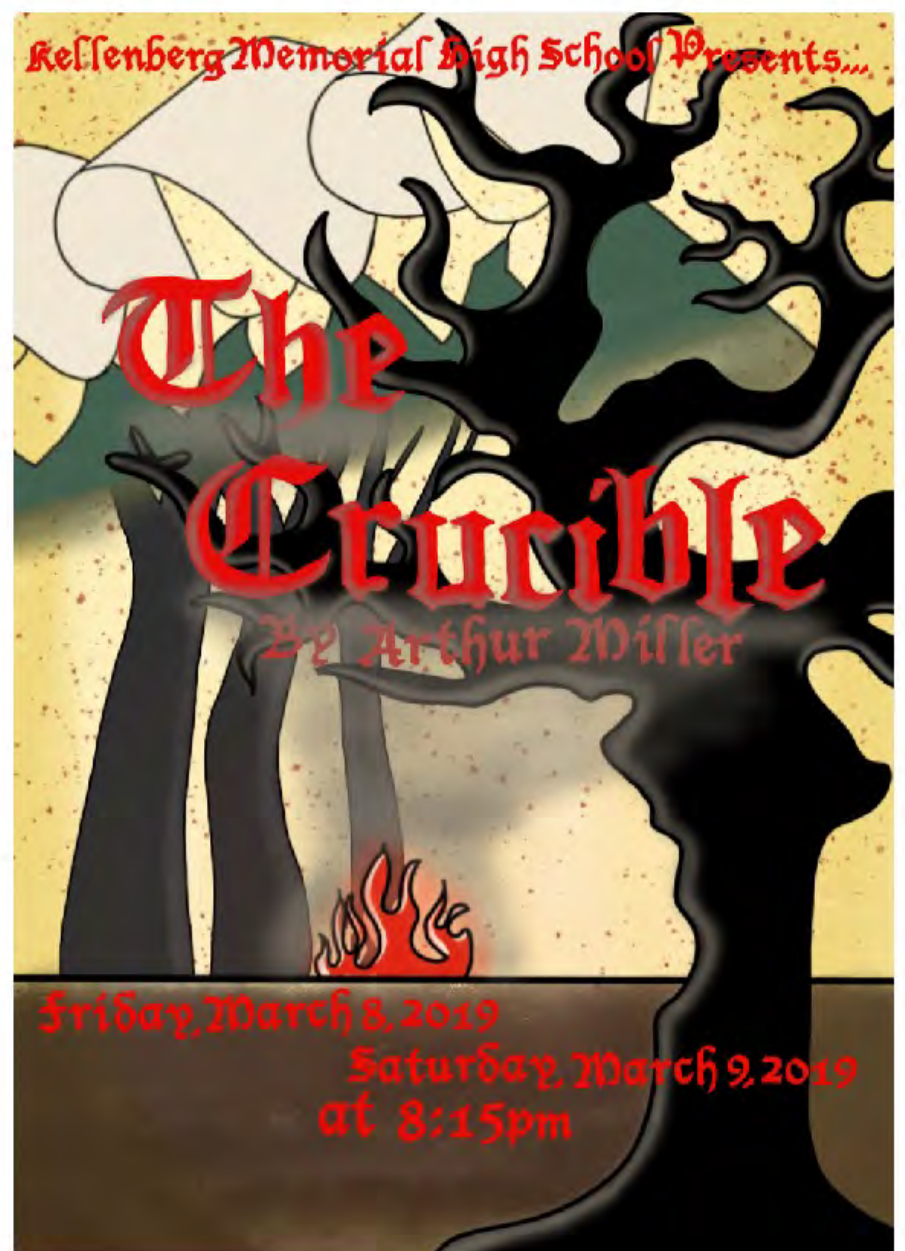
After this three-game win streak, the team then took three losses to St. Mary's with a score of 32-51, Our Lady of Mercy with a close score of 31-36, and Sacred Heart with a score of 27-43. The Lady Firebirds soon came out of this slump with another three-game win streak, starting with a win against St. Dominic with the score of 71 to 47. Here sophomore Victoria Dieguez dominated the court with 22 points. She was aided in the win by Colleen Moulder's 13 points and Gabriella Faya's 12 points. This explosive game was followed up the next day at Guilderland High School where the girls continued their win streak as Victoria Dieguez commanded the court once again with another 20-point outing. Due to her explosive gameplay and the 11 point assistance of Gabrielle Faya, the Lady Fire-

birds obtained the win at a score of 51 to 48. After these two games, the Firebirds had their highest scoring game this season as they racked up 72 points against Holy Trinity's 69. The pattern of season highs continued as Gabrielle Faya racked up thirty-three points and five assists. Victoria Dieguez continued her win streak as she went on to gain seventeen points of her own.

After this three game win streak, the girls lost their momentum in their games against St. John the Baptist and St. Anthony's. These two losses served as fuel for the girls to win their next two games against Our Lady of Mercy and Sacred Heart, two teams the girls had lost to at the beginning of the season. At Our Lady of Mercy, Victoria Dieguez contributed twenty-two points to the Firebird's 66. Gabriella Faya also added to the win with 17 of her own points so that these girls could avenge their loss from earlier in the season. At Sacred Heart, the girls continued their win streak as Colleen Bowles and Colleen Moulder each contributed 14 points and Victoria Dieguez contributed 13 points. Here Heather Oleksiw also had a season high of 8 points, two of those being three-pointers. The girls won this game with a score of 59-48, gaining themselves their 8th win this season. These girls have worked extremely hard throughout their season as they pushed to win for themselves and for their team. Since the first day of tryouts, they have come closer together as a family and have used this chemistry towards their games.



Colleen Bowles '19 launches the ball into the air.



Girls JV Basketball Tops OLMA, St. Ant's to Claim League Championship Title

By Kristen Dempsey '21

The Girls Junior Varsity Basketball team became League champions on Thursday, February 14, defeating St. Anthony's by a score of 43-36. The girls started strong with a 21-10 lead at the half. Scoring 15 points in the fourth quarter, the girls opened their lead and took a definitive win. Caitlin Marten '21 was the team's highest scorer with 11 points, followed by Natalie Bottiglieri '21, who scored 8.

The championship win would not have been possible had it not been for the game the girls played the night before, January 13, against Our Lady of Mercy, whom they defeated 35-22. The team scored 9 points in the first quarter to kick off the game, then lost their grip as the score climbed to 14-12 at the half. In the third quarter, the team pulled ahead, scoring 11 points. Jessica Lampasone '22 had back to back three-pointers and Mackenzie McAllister '21 had three herself. The defense worked hard, protecting Kellenberg's net so that the offense would keep the score up.

On the weekend of January 25, 2019, the Girls JV Basketball team picked up two league wins against Holy Trinity and Our Lady of Mercy. The lady firebirds offense combined for 91 points. The girls did a tremendous job finding the rhythm of play and generating a tremendous of-

fense. In the Mercy game, Mackenzie McAllister scored 16 points and Teresa Moulder finished with 10. To support the offense, there was also great defensive play by Megan Cosgrove, Caitlin Marten and Natalie Bottiglieri.

"This team was special and was unlike any other team I had ever coached before. This group of girls was light hearted, they cared about one another, and most importantly, were all about having fun," explained Head Coach Pisciotta.

To start off the season, the Kellenberg JV Girls Basketball team opened up the season with a one-point loss to Molloy. It was a very close game; the Firebirds lost by one point. Coach Pisciotta noted, "The girls came out very raw during the first game. It was all about learning how to play together as a team."

Towards the beginning of the season, the Girls JV Basketball Team took part in their Service Over Self Project. They made Christmas cards and filled stockings for children in South Nassau Hospital Pediatrics. The girls truly showed their care and concern for others in need as well as sharing their Christmas spirit.

Captain Caroline Tahany '21 stated, "This isn't just a team -- this is a family. I've never met a group of girls who work so hard while having fun. Whether we won or lost, we always came in the gym the next day ready to work hard."



Sophomore Megan Cosgrove dribbles down the court.

Varsity Swimming, Diving Defeats St. John the Baptist, Iona Prep

Samantha Schuler 12N

The boys Swimming and Diving team has been making quite a splash this season with its stellar performances at recent meets. The team started off the new year on January 8 with a win against St. John the Baptist at St. Joseph's College in Brooklyn, New York. They ended the day with an impressive final score of 111 to 51 to take the win for the Firebirds.

The following weekend on January 15, the boys kept the fuel going with another win against Monsignor Farrell at Chaminade Pool. The team won 96 to 77 thanks to some great performances from several athletes. Senior Andrew Nazareno swam the 200 Freestyle with a time of 1:59.63 and finished first. Sophomore Eric Shopis swam great times in the 200 meter Individual Medley placing second with a time of 2:23.53 and the 100 meter Backstroke placing first with a time of 1:00.28. Junior Ryan Connors finished first in the 100 meter Butterfly with a time of 58.21 and finished at 2:24.43 in the 200 meter Individual Medley. Sophomore Liam Schroeder finished with a time of 6:16.43 in the 500 meter Freestyle. Sophomore Tyshawn Saulsbury swam the 50 meter Freestyle and finished second with a time of 25.36. The 200 meter Freestyle Relay team of juniors Maxwell Kramer, Zhenya Pierce, Brett McNelis, and Saulsbury helped secure the victory for the firebirds with their performance coming in at 1:43.50.

The next week, after their varsity team retreat in Emmanuel Retreat House, the boys Swimming and Diving team went back to work at the Chaminade Pool where they took on St. Peter's High School on January 24. They secured seven first place finishes and fought their way to the ultimate victory with a final



Senior Andrew Nazareno cuts through the water in his Freestyle race.

score of 97 to 79. First place performances were turned in by Andrew Nazareno in the 200 meter freestyle with a time of 1:57.98 and in the 500 meter Freestyle with a time of 5:15.83, Zachary Baldassare in the 50 meter Freestyle with a time of 24.77, junior Olivia McNicholas in Diving, Shopis in the 100 Freestyle with a time of 55.02, Chad Gaspard in the 100 meter Backstroke coming in at 1:04.39, and the 200 meter Freestyle Relay team of Kramer, Saulsbury, Baldassare, and Phillip who finished with a time of 1:44.57. These crucial performances proved vital to the success they saw in the meet. Other notable races were turned in by senior Robert Maina in the 100 meter Freestyle with a time of 1:01.00, and senior Brandon Ramtahal in the 50 meter Freestyle finishing with a time of 26.10.

On January 29 the boys traveled out to New Rochelle to compete Iona

Prep in a close, competitive meet. The meet started out with the 200 meter Medley Relay where the Kellenberg team of Shopis, Phillip, Connors, and Baldassare placed first in the race with a time of 1:50.86. Kellenberg and Iona Prep tied at 15 early in the meet during the 200 meter Freestyle where Andrew Nazareno placed second with a time of 1:56.87. They kept the tied score up into

the 200 meter Individual Medley where Ryan Connors took second with a time of 2:25.78. In the Diving event junior Olivia McNicholas had an amazing dive blowing out the competition and taking first. The firebirds took the lead in the 500 meter Freestyle 64 to 61 thanks to Andrew Nazareno (5:21.64) and Vincent Franco's (5:46.13) first and second place finishes. In the 100 meter Backstroke Kellenberg saw another first and second place finish between Eric Shopis

(1:01.74) and junior Markus Gonzalez (1:06.86) which provided a secure lead against the combatting Iona Prep. Finally, the first place relay team of Nazareno, Connors, Baldassare, and Schroeder with a time of 3:41.2 and second place relay team of Ramtahal, Carpenter, Ramtahal, and Nealon with a time of 3:57.48, finished the day to obtain the win for the Kellenberg Boys Swimming and Diving.

While the swim season is winding down coming in to the spring season, there does not seem to be any brakes to stop this team from their goals. In the upcoming weeks the swimming and diving team looks forward to their Swim Trials coming up on February 9th. Right after that they have their Swim Finals on February 10th, both at Eisenhower Pool, where they hope to dominate the competition.

Varsity Wrestling Raises Arm in Highest State Finish Since 2012

By Staff

The Firebird Wrestling team earned third place in the New York Catholic State Championship Tournament over the weekend of February 11 and 12, their highest finish since 2012.

Keith Sherry and Mike Jensen led the team winning their first three matches of the tournament and making it to the finals. James Watterson '20 had a record of 4-1 on the weekend to claim a third place finish. Both Mike DeMicco and Andrew Cascio bounced back from close semifinal losses to finish fourth and fifth respectively. Rob Griffo led the team in pins on the weekend and pinned his final opponent as well to earn a fifth place finish. Dan Knoblach won three matches on the weekend to take home fourth place while Anthony Iadevaio and Rob Serviss rounded out the Firebirds on the podium. Jordan Paladino, Giacomo Martelli, Matt Moreno, Tim McGrath, Joe Muratore and Matt Alamia all competed hard, scoring points for the team contributing to its third place performance.

On February 3, 2019, the Firebird Wrestling team placed third in the Catholic League Championship Tournament. The Firebirds were led by junior James Watterson who took home the league championship at 195 pounds. Making it to the finals and concluding as runners up in their respective weight classes were seniors Andrew Cascio, Rob Griffo, Keith Sherry and Mike Jensen. Finishing third place on the day and earning all league honors were Giacomo Martelli '21, Matt Moreno '19 and Tim McGrath '22. In addition to these wrestlers the Firebirds qualified seven more wrestlers for the New York Catholic Championship.

Mike Jensen has his arm raised in one of many victories he earned with his fellow grapplers on the mat.



Blind Lead the Blind During Winter Rally

By Theresa Fox '19

Kellenberg held its Annual Winter Sports Rally on Thursday, January 17.

Seniors Alyssa Ruggiero and Nicholas Repoli emceed the rally and led the events. As juniors and seniors filled the gymnasium, team members from different winter sports dressed up and paraded into the gym, holding banners and posters for their team.

Sam Bendig, a member of the senior spirit committee expressed her excitement for the pep rally. "Planning for the pep rally was so fun. As a member for the spirit committee, it was so exciting to be responsible for getting the entire school energized for it. Watching the events we planned play out was such a cool experience."

The first event of the afternoon was a hockey match. One member from each team went up to represent their team. Each representative was given a number, and ran onto the court when said number was called.

An intense match took place between seniors Bryon Phillip, who represented the Swim team, and Maximus Vamvaketis, who represented the Boys Varsity Hockey team. Students' laughter filled the gym as Maximus's shoe flew off during the intense face off.

The next event was blind musical chairs. For this event, two members came forward to represent each team. One student was blindfolded as the chairs were moved around. When the music stopped, the other team member had to guide the blindfolded one to the other chair. After about three rounds, only members from the Girls Varsity Basketball team and the Girls Varsity Track team remained.

The third and final event that took place was the "Pie In The Face." For this event, three students from both teams were called up. After putting in their protective garbage bags, they took their places. If the music stopped when you were holding the pie, you could pie yourself in the face once and remain in the game, or pie the person next to you and then you are out. It was an intense game, and in the end, only seniors Gabby Correia, from Girls Track, and Colleen Bowles, from Girls Basketball remained.

When the music stopped, Bowles was left with the pie. Correia and the rest of the Girls Track Team celebrated as Bowles covered Correia with whipped cream.

The Pep Rally was organized by the Senior Spirit Committee, which is comprised of involved and dedicated students from the senior class.



Senior basketball player Caitlin McDonough searches frantically for a chair in festive 80's costume.



The varsity cheerleaders perform a group stunt at Disney's Wide World of Sports practice center.

From Uniondale to Disney: KMHS Cheerleaders Compete at Nationals

By Elizabeth Mooney '22

The Kellenberg Varsity Cheerleading team just returned from the UCA National High School Cheerleading Championship in Walt Disney World, Orlando, Florida, which took place from January 8 to 10.

The team qualified for the National competition by competing at the Pocono Regional competition in December. The fourth place win at the regionals earned the bid to compete nationally.

The Nationals does host over nine hundred teams, but is broken down into divisions. Kellenberg Varsity Cheerleading competed against 45 teams and placed 17th in their division, a great victory for

the team while competing against tough talent in the Large Varsity Division.

Large Varsity Division is a competition team totaling 17 to 20 girls. Kellenberg competed with 20 girls in the regular routine but also had an opportunity to do a game day routine with 23 girls competing in it.

Coach Lawrence said, "The girls put on two impressive performances. The highlight of the trip was getting to experience the excitement of Nationals together. Although the competition did not go as well as we had hoped, we are proud of how far this team has come!"

The team stayed at the All Star Resort and enjoyed magical moments at

Walt Disney World.

Meredith Kass '19, a flyer, shared her feelings, "I had the most fun at Magic Kingdom with my teammates. It was our last night and we spent the whole night together with our coaches going on all the rides. It was amazing to have that one last night together as a team in the Happiest Place on Earth!"

Performing and watching the crowd when the team hit the routine was one of Meredith's greatest moments.

The National High School Cheerleading Championship (NHSCC) is the most prestigious cheerleading championship in the country. The NHSCC is held annually at The Walt Dis-

ney World Resort in Orlando and is nationally televised on ESPN2 and ESPNU to over 100 million homes and 32 countries nationwide each year. Over 950 teams, 18,500 athletes from 29 states makes this bid to compete a competitive and coveted honor for the Kellenberg Cheerleading team.

The thrill of competing on a national stage not only included the final standings. Competing at the Nationals is an experience like no other. The memories that are made with teammates and the lasting bonds that are made are never forgotten. You can check out the actual performances on line at tv.varsity.com under the Large Varsity Division I dropdown.

KMHS Sports

Girls Varsity Track Qualifies Nine Runners for State Championship



Theresa Fox '19 passes the baton to teammate Lizzie Schmidt '21.

By Melanie McManus '20

The Girls Winter Track and Field team finished in second place at the CHSAA Intersectional Championship at the Ocean Breeze Athletic Complex in Staten Island, New York Saturday February 9. The girls competed against Catholic schools from Westchester, New York City and Long Island. Senior Maureen Lewin won the 1000m race and later joined teammates Brianna Lausev '19, Maya Richardson '19 and Madeline Lay '19 to win the 4x800m relay.

Grace Massillon '21, Eliana De-Freitas '20, Rachel Cooney '19, and Catherine Cooke '20 came in third place in the 4x400m relay. In addition, Céili Donnelly '20 ran to her best 3000m time ever and Sam Bendig '19 scored points for the team in the shot put.

According to Coach Brown, "Spirits and energy were high Saturday as the girls made a spectacular comeback from

the Varsity Championship, finishing in second place when they were formerly predicted to be outside the top five."

Other highlights of the season include the Lady Firebirds' second place victory at the Freshman-Sophomore Championship on Martin Luther King Jr. Day at St. Anthony's.

A week before, on January 14, the team bonded on their retreat and watched a video about a man who ran races while pushing his daughter with Down Syndrome in a stroller. The story helped inspire the girls for their upcoming competitions.

Maureen Lewin '19 shared, "The great relationships we have as a team really helped lead to a fantastic winter season. Not only are we each other's teammates and best friends but we are all like a family. Our support for each other and determination to always give our best effort in every practice helped lead to a hard fought second place at the Intersec-

tional Championship and an overall amazing and unforgettable season."

During the Varsity Championship on January 27 at St. Anthony's, senior Maya Richardson placed second in the 1500m. She came in just two seconds behind Maggie Maier of Sacred Heart, one of the most competitive distance runners in the league. Also at the meet were Chrissi Foster '19, Olivia Coletta '19, Claire O'Regan '20, and Camryn Beckford '20 of Kellenberg's 4x200m relay team which came in second place.

The team attended the Yale Inter-scholastic Track Classic this season for the first time in twelve years. Maureen Lewin took second place in the 1000m, and recorded the second fastest time in New York State to that point in the season. The 4x800m relay team came in second place to a team from Portsmouth, New Hampshire, achieving the fastest time on Long Island for the season.

Céili Donnelly '20 said about the

season, "Over the course of my past two and a half years on the cross country and track teams, I have made so many best friends whom I now consider family. This sport and these people have gotten me through all of the highs and lows of high school and I wouldn't be the athlete or person I am today without them. The camaraderie and teamwork that exists among us at every practice and meet is what allowed us to have such a successful and memorable season that I and the rest of the girls will cherish forever."

Coach Brown is excited to see how the team's nine qualifiers - Camryn Beckford, Margaret McLoughlin '21, Maureen Lewin, Maya Richardson, Madeline Lay, Brianna Lausev, Claire O'Regan, Chrissi Foster and Olivia Coletta - will perform in the upcoming State Championship, the most competitive indoor meet in the country.