

The Eagle Flyer



Kennedy High School
422 Highland Avenue
Waterbury, Conn. 06708

November 2025
Volume XXII, Issue II

Band ranks 5th in nation

By Corinna Hunter
Staff Writer

NEWS COMMENTARY

The Marching Eagles band and color guard attended nationals at J. Birney Crum Stadium in Allentown, Penn. and earned a score of 84.9, ranking 5th place after placing 3rd at states in New Britain, Conn. They piled onto two coach buses and a U-Haul for equipment, journeyed for around three hours and had a number of band parents acting as chaperones for the event Sunday, Nov. 9, 2025.

Band members showed up tired but determined that morning, most arriving at 6:30 a.m. to find Panera had donated an array of bagels and cream cheese. As they ate, they made sure they had every aspect of their uniforms and instruments ready for the big show. They were still waking up by the time they loaded onto the buses, but you could feel the excitement rushing through them. Arriving at the stadium around 11 a.m., they received sandwiches donated by Jersey Mike's. After-



RANKED TOP FIVE IN NATION The Marching Eagles are seen at J. Birney Crum Stadium in Allentown, Penn., receiving their score at the 29th Annual Collegiate Marching Band Festival Sunday, Nov. 9, 2025. They placed fifth in the nation. Photo courtesy of Mr. Drabik, Band Director

ward, they got their instruments and flags to practice an hour before the competition. Though it rained, by the time they were set to march onto the field, it had stopped. They performed exceptionally; you could feel the emotions from the stands.

“Their best performance so far, no matter what score they give us, that’s what this performance was to me,” said band director Mr. Drabik. They also performed at Stamford’s parade Nov. 23.

Road to college: not always straight path

Help available for undocumented students

By Matthew Twasam
Staff Writer

AACTUS is an initiative in the state of Connecticut which allows undocumented students to further their education after high school no matter their legal status or documentation, and students interested can make appointments or send emails to their school counselor to aid them in such an application since the school Counseling Office believes every student has the right to such a privilege with no hindrance.

“AACTUS stands for Aid Application For Connecticut Undocumented Students. (As for) the money source, FAFSA (Free Application for Federal Student Aid) is a federal program and AACTUS is for Connecticut,” said Mrs. Stellmach, one of five school counselors.

AACTUS is not available online.

“Only hard copy. The FAFSA is online. (AACTUS) has to be signed in front of a notary public. A notary public can be found at any bank,” said Stellmach.

With graduation coming in a few months, students should take advantage of this opportunity.

“We hope to bring in a notary public to assist students. They (students) can come to the school counselor by appointment and email,” said Stellmach.

To sum it up...

“We don't want students to not apply to colleges because they are undocumented. We want them to have the same opportunity as everyone else,” said Stellmach.

For more information and to see the form (which must be printed) in both English and Spanish, visit portal.ct.gov/sde/performance/fafsa-completion/financial-aid-resources-for-undocumented-students, the website from the Connecticut State Department of Education and page titled Financial Aid Resources for Undocumented Students.



OPPORTUNITY FOR UNDOCUMENTED STUDENTS Assistance is available for students who wish to pursue their education after high school, regardless of their legal status or documentation through an application known as AACTUS. See your counselor for information. Photo from Google Images

Theater Dept. presents Disney's *Dare to Dream!*

By Tefta Mino
Staff Writer

COMMENTARY

The Theater Department is hosting a pasta dinner while teaming up with the Robotics Club to raise money for the club by putting on two shows for the public in the cafeteria Friday, Dec. 5, 2025 at 6 p.m. and 7:30 p.m.

Did you know there was about a two-week delay with auditions, one due to the city water main break Sept. 24?

The Theater Department moved their show *Dare to Dream Jr.* from Saturday, Nov. 22 to Friday, Dec. 5 since we need some more time to prepare songs, lines and dances.

We currently have about four dances, but are working on adding one or two more.

Chorus teacher Ms. Pape, who runs the Theater Department, said that even though the show is good now, it could be great with those extra few weeks.



BEING A DISNEY IMAGINEER MEANS HELPING OTHERS DISCOVER DREAMS

Come watch Kennedy's Theater Department perform *Dare to Dream*, a 60-minute musical from Disney (as performers above illustrate) in the cafeteria Friday Dec. 5 at 6 p.m. and 7:30 p.m. Photo from Instagram

Since auditions were constantly being rescheduled, we lost quite a few rehearsals, hence why we needed some extra time.

Robotics will be accommodating the audience by taking their orders and serving food, beverages and desserts as they enjoy the show.

Tickets are on sale now; you can purchase them from Theater students or at the door.

Just to clarify, while tickets usually range from \$5 to \$10, this show includes a dinner so that is why prices have increased.

13 years or older : \$18
4 - 12 years old : \$15
Kids 3 and under : \$5

Coffee cart benefits school

By Joslyn Tremblay
Managing Editor

One small thing can make a big difference to others.

Special Education teacher Ms. Anton was interviewed about her coffee cart in Kennedy H.S., room 231A, to learn why she and her students bring teachers and staff coffee most A Days period 2, revealing how the students benefit.

“So the past two years we made \$1,000 each year; that money is used on the kids to go to Holiday Hill,” said Anton.

When asked about how much she enjoys what she does, it was honestly inspiring.

“A lot! I like the kids being out of the classroom and seeing them be social and use life skills,” said Anton.

The reason she started doing this was to benefit the students and teachers.

Her IWE (Independent Work Experience) students used to have job sites to go to but that was unfortunately canceled due to COVID, so, “I wanted to do something in the morning that benefited students and teachers,” said Anton.



CREAM OR SUGAR? OR HOT COCOA?

Ms. Anton’s students as well as her paraprofessional bring the coffee cart (seen here on the first floor Thursday, Nov. 20, 2025) to as many staff members as possible during A Days, period 2. Beverages as well as cookies and biscotti are available for purchase. Photo by Dr. A. Cybart- Persenaire

Her goal is to make the students more self-sufficient and prepared for life outside the walls of high school.

“(I hope) to make the kids more independent and have them experience a life out of high school,” said Anton

Anton has been running the coffee cart for the past three years with her goal of helping these students. Buy a coffee or beverage if you can; the price is \$2.

What was first Thanksgiving in 1621 like?

By Jose Lopez
Staff Writer

The first Thanksgiving in Plymouth, Mass. in 1621 was an opportunity to bridge hard feelings amongst Natives and newcomers, known today as Pilgrims, but it took more than 200 years to make the day a holiday.

“The formation of Thanksgiving as an official, United States holiday, did not begin until November 1863 during the Civil War. President Abraham Lincoln officially established the holiday as a way to improve relations between Northern and Southern states as well as the U.S. and tribal nations,” according to potawatomi.org, a website that represents the Citizen Potawatomi Nation.

The first meeting was not what you expect.

“In one paragraph of a letter, Edward Winslow wrote that a good harvest led the colony to ‘rejoyce together.’ Part of their celebrations included firing guns. The sound of firearms attracted their Wampanoag neighbors, who probably thought a battle had broken out,” according to colonialwilliamsburg.org/, a website where historians dive into primary source documents, original maps, and oral histories.

Early on, the holiday was not about eating.



THE FIRST TIME AT THE TABLE

This painting displayed what was a three-day harvest feast in 1621 between the English colonists and the Wampanoag people in Plymouth, Mass. Painting by Jean Leon Gerome Ferris



TYPICAL 2025 THANKSGIVING FEAST?

Turkey, mashed potatoes, pumpkin pie, and apple cider are some staples of modern Thanksgiving Day feasts. Artwork by London Antrim

“Thanksgiving today may have little connection with the Plymouth harvest festival 400 years ago, but it has a long history nevertheless. Originally a regional observance in colonial New England, Thanksgiving began as a solemn affair. Rather than a day of feasting, it was a day for fasting and quiet reflection,” according to visit.archives.gov, a website that preserves and shares historical records.

Nov. 19 marks discovery of Puerto Rico

By Ivana Camacho
Staff Writer

The discovery of Puerto Rico is celebrated to commemorate the arrival of Christopher Columbus in Puerto Rico in 1493. It is celebrated with fairs and grand parades to honor the island's history and culture and its indigenous roots Nov. 19, 2025.

“On November 19, Christopher Columbus discovered the island in his second voyage to the New World. He found the island populated by as many as 50,000 Taíno or Arawak Indians,” according to welcome.topuertorico.org, a site dedicated to the culture and history of Puerto Rico.

A lot of communities celebrate this holiday, and some even claim they know where Columbus's boat landed that eventful day.

“Every year on November 19, many towns and cities on the west coast of Puerto Rico celebrate the landing of Columbus on that date in 1493. Each community claims to be the spot where the landing took place. Since no one is really sure, everyone celebrates happily,” according to teachersinstitute.yale.edu, a New Haven-Yale initiative.

Many celebrate this holiday for the island's Taíno roots; the island loves their culture.



LA ISLA DEL ENCANTO, THE DISCOVERY

This image is a depiction of Christopher Columbus's discovery of Puerto Rico. The actual event took place Nov. 19, 1493, when Columbus went on his second voyage and found the island populated with approximately 50,000 Taíno or Arawak Indians.

Painting by Agustin Anavitarte titled “El descubrimiento de Puerto Rico,” created in 1993

“It is a national holiday in Puerto Rico. The day, also known as *Día del Descubrimiento de Puerto Rico*, honors the island's history and culture, including its Taíno indigenous roots and the subsequent Spanish, African and American influences,” according to holyoke.org, an informational website from the city of Holyoke, Mass.

Puerto Ricans get the day off from school and work to celebrate this holiday with family and friends.

“Discovery of Puerto Rico Day is a national holiday on the islands. Banks, schools and public offices are closed on this day, and a grand parade is organized in every major city. The day also signals the arrival of the holy month of December. Christmas decorations go up right after the holiday,” according to nationaltoday.com, a website whose mission is to connect the world through everyday celebrations.

Fav / least fav foods for Thanksgiving

By Arielle Henry, Safiya Arnold
Staff Writers

COMMENTARY

5,000 American adults were surveyed between July and August 2025 by Campbells about their favorite and least favorite Thanksgiving foods, with the winners being: mashed potatoes, sweet potatoes, mac and cheese, green bean casserole, and cranberry sauce while turkey, coleslaw, stuffing, pumpkin pie, carrots, and corn come out to be least favorite, so some might say, skip turkey!

“This year... if less than half of your table wants turkey, it's not worth the massive task of cooking it at all,” according to www.cleaneatingmag.com/, the website for Cleaning Eating Magazine.

Meanwhile, a national survey in early November found stuffing is the top Thanksgiving side dish in 42 states. It is genuinely difficult to “mess up” stuffing, and there are many different ways to make it right, according to www.delish.com/food-news/a69364111/most-popular-thanksgiving-side-stuffing-survey/ the online food newsletter.

The Campbell's survey of favorite and least favorite Thanksgiving Day foods featured



BE THANKFUL AND APPRECIATIVE, REGARDLESS OF WHAT FOODS YOU EAT

You should always be thankful for what you have because some people are homeless, with nothing to eat on Thanksgiving and nobody to celebrate with, so cherish what you have. Photo from Google images

answers of 100 adults from 50 states, according to www.news-leader.com/story/entertainment/dining/2025/11/22/survey, a website from the USA Today network.

Here's some other food for thought:

“Be thankful for what you have; you'll end up having more.” — Oprah Winfrey

Instead of focusing on what's missing or what's going wrong in our lives, we should view things through appreciation because there are many people who would wish to be in our position.

“What if today, we were grateful for everything?” — Charlie Brown

We're encouraged to look around and appreciate not only what we have, but also the time we have with others. Cherish it.

“Thanksgiving is a time of togetherness and gratitude.” — Nigel Hamilton

Native America Heritage Month honors Indigenous people since 1976

By Favour Agboola
Staff Writer

Native American Heritage Month is held annually in November across the United States to celebrate and honor the history, culture and the contribution of Native Americans by sharing traditions like music, crafts, dance, educational events, art exhibits, and supporting Native-led organizations.

“The history of Native American recognition was from President Jimmy Carter. He issued a presidential proclamation in 1976 to acknowledge and celebrate the contributions of Indigenous peoples,” according to externalaffairs.baylor.edu, the Baylor University website whose mission is to educate men and women for leadership.

Did you know that New York became the first state to declare an “American Indian Day” in May 1916? The celebration became a week, then eventually a whole month.

It was called “American Indian Day” by an archaeologist named Dr. Arthur C. Parker, and then later called “Native American Awareness Week” by President Gerald Ford, according to Native American philosophers.



NATIVE AMERICAN HERITAGE MONTH

The month was recognized by President Jimmy Carter with a presidential proclamation in 1976 acknowledging and celebrating contributions of Indigenous peoples. Photo from Google images

“This month represents an opportunity for education, reflection and the fostering of a deeper understanding of the challenges faced by Indigenous communities,” according to www.qu.edu/quinnipiac, the Quinnipiac University website.

Nearly 600 Native American tribes exist.

“There are 574 federally recognized (U.S.) Native American tribes, each operating as a sovereign nation with its own government and a unique legal relationship with the federal government,” according to nativeamericanheritage.gov, an educational website.

It is also a time to reflect on the past.

“Today, Native American Heritage Month provides an opportunity to reckon with our past and to reflect on the treatment of Indigenous people throughout American history,” according to www.schools.nyc.gov the NYC public schools’ educational resource guide.

Celebrating Thanksgiving with gratitude

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

COMMENTARY

The relationship between **Gratitude** and **Thanksgiving** is best understood as the difference between a **feeling** and an **action**. While they are often used interchangeably, they are distinct steps in a psychological and social process. You can think of gratitude as potential energy, and thanksgiving as the kinetic energy.

Gratitude (the Feeling) is internal. It is a state of mind. It happens when you recognize that something good has happened to you and that the source of that goodness lies outside yourself. You can be deeply grateful without ever saying a word. **Thanksgiving (the Act)** is external. It is the *expression* of that gratitude. It is a verb (giving thanks). It is when you take the internal feeling and make it visible to others through words, gifts or service.

The history of the words reveals their deep relationship. The word **Gratitude** comes from the Latin *gratis*, meaning "pleasing" or "thankful." It is related to "grace." It suggests a state of being. In **Thanksgiving**, the word "thank" shares the Proto-Germanic root as the word "**think**." To give thanks, you must first *think* about what you have received. You cannot have genuine thanksgiving without the cognitive act of remembering (thinking) about the benefactor.

We will read five stories of gratitude hence, thanksgiving.

1. The Gratitude for Rain (Anthony Ray Hinton)

Anthony Ray Hinton spent 30 years on death row in Alabama for a crime he did not commit. During those three decades, he was locked in a 5x7 cell in solitary confinement. He was finally exonerated and released in 2015.

Shortly after his release, it began to rain. While most people ran for cover, Hinton stood still, letting the water soak him completely. When asked why, he explained that for 30 years, he had been deprived of the simple sensation of rain on his skin. He said, "I am so grateful for every drop. Just to feel it on my face."

The Lesson: Hinton refused to let the anger of his wrongful conviction steal the rest of his life. His story reminds us that the things we often complain about—like bad weather—can be profound gifts if we change our perspective.

2. The Grieving Father and the Bike

A cyclist (who shared this story anonymously) met a man at a local gym who was training intensely on a heavy, outdated bicycle. They struck up a conversation, and the man revealed he had lost his 9-year-old son six months prior. Cycling was his way of coping with the grief. He mentioned he had put a newer, better bike on layaway at a local shop and was paying it off bit by bit.

Moved by the father's dedication, the cyclist went to the shop and secretly paid off the remaining \$1,000 balance on the bike, asking the shop owner to keep it anonymous.

The Ripple Effect: The story isn't just about the cyclist's generosity, but about the father's reaction. When he went to make his next payment and found the bike paid for, he broke down in tears of disbelief and thanks. It restored his faith in the world during his darkest time. The cyclist later noted that seeing the man's

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gratitude was a greater gift to *him* than the money he had spent.

3. The Cafe Owner and Higaki-san

An American cafe owner in Japan was forced to close his business after 2.5 years of struggle. By financial standards, the venture was a failure. He felt defeated and embarrassed to close his doors.

On one of the final days, he reflected on a regular customer named Higaki-san. She was an elderly woman who had come to the shop nearly every week, sometimes four days a week, for the entire 2.5 years. She would sit, drink her coffee, and chat happily with the owner's wife.

The Lesson: The owner realized that while the business "failed" on a spreadsheet, it had succeeded in something else. He wrote, *"People like Higaki-san... are what makes it all worth it. Not money, not work success, just knowing I spent my time in peace doing the best I could and helping those that I could."* He walked away from a "failed" business with a heart full of gratitude for the connection he had fostered.

4. The Water Bottle Perspective

A university student was rushing to class, stressed about exams and the pressure of an \$80,000/year education. He stopped at a convenience store to buy a bottle of water. Outside, he saw a homeless man he had passed many times before but never spoken to.

On a whim, the student offered the man the water bottle he had just bought. The man looked at the plastic bottle as if it were gold, shaking the student's hand and expressing profound, sincere thanks for such a small object.

The Lesson: The student was struck by the contrast. He was stressed about his high-status life, while this man was genuinely grateful for a sip of water. The interaction jolted the student out of his anxiety, replacing it with a deep appreciation for the fact that he had a warm bed

and could buy a drink whenever he wanted.

5. The Unconquerable Smile

A young man wrote about his mother, who was diagnosed with Multiple Sclerosis (MS) when he was born. The disease took her ability to walk and eventually, she was paralyzed from the waist down. Her husband left her, and she lost custody of her son, only seeing him a few times a year.

Despite losing her health, marriage and daily access to her child, the son recalled he never once saw her frown or heard her complain. In every short visit, she was simply electric with joy just to *be* with him. She focused entirely on the three hours she *did* have rather than the months she *didn't*.

The Lesson: She practiced what psychologists call "aggressive gratitude." She didn't deny her suffering, but she refused to let it blind her to the blessings she still possessed. Her son credits her attitude as the single greatest lesson of his life: Gratitude is a choice, not a reaction to good circumstances.

While gratitude leads to thanksgiving, the reverse is also true. This is often called the "Virtuous Cycle of Gratitude." **Gratitude triggers thanksgiving:** You feel blessed, so you say "thank you." **Thanksgiving amplifies gratitude:** The physical act of writing a note, saying a prayer, or hugging a friend reinforces neural pathways in the brain associated with happiness. By acting it out, you feel it more deeply.

The biggest disconnect between the two terms occurs when we have one without the other.

Gratitude without thanksgiving: This is known as "Silent Gratitude." As the writer William Arthur Ward famously said, *"Feeling gratitude and not expressing it is like wrapping a present and not giving it."* The beneficiary never knows they are appreciated. **Thanksgiving without gratitude:** This is mere politeness or obligation. Saying "thanks" because you *have* to, not because you feel it, rings hollow.

Nov. 30 marks start of Advent

By Bryan Cruz Santiago
Staff Writer

Advent season, which celebrates the arrival of Jesus Christ, is celebrated globally by Christians and some denominations to renew commitment through both family and religious customs, with the start of the Advent season being the Sunday closest to Nov. 30, occurring in 2025 on the last Sunday of November and ending Dec. 24.

“...The entire Liturgy of the Advent season, will spur us to an awakening in our Christian life and will put us in a ‘vigilant’ disposition, to wait for Our Lord Jesus who is coming,” according to catholicculture.org, a website run by the non-profit Trinity Communications, providing information, encouragement, and perspective to Christians all over.

Although there’s no specific way to celebrate, there are common traditions among those who celebrate, with some displaying a Nativity scene in their home.

“The visual focus of a Nativity scene is the Christ Child, with Mary, Joseph, animals, shepherds, and wise men all playing secondary roles,” according to glencairnmuseum.org, the website for a non-profit museum whose mission is to interpret art and artifacts as expressions of religious belief and practice.



TRADITIONAL VISUALS Commonly agreed upon decorations for the four-week Advent season include a Nativity, usually present under a Christmas tree. Photo from Fallgreentreeservicecalifornia.com

Through the excitement, it's important to know when Advent actually begins for many followers of faith since the date changes.

“It starts on the Sunday closest to the feast of St. Andrew the Apostle (Nov. 30). It can begin as early as Nov. 27 or as late as Dec. 3,” according to nolacatholic.org, a Catholic religious jurisdiction that aims to serve the people as they encounter Jesus’ love.



MORE ADVENT DECOR Many households who honor Advent also display a wreath with four candles: three purple and one pink, symbolizing hope, peace, joy (for the pink one, which is lit during week three) and love. Photo from www.mcgill.ca, the McGill University Office of Religious and Spiritual Life

Diabetes Awareness Month strives to educate all

By Matthew Twasam
Staff Writer

National Diabetes Awareness Month was commemorated to broaden the awareness of diabetes, most especially in November, with an entire month dedicated to such an agenda; and especially Nov. 14, which is World Diabetes Day, to remember the creation of insulin (which helps manage diabetes) by sharing media surrounding diabetes and repping the color 'blue,' the official color of diabetes, because millions of people of all ages are battling this disease.

"Myth: Only older people get diabetes.
Truth: It can affect anyone, including kids and young adults," according to redcross.org/, a nonprofit health website from the American Red Cross.

It may come as a surprise but such an issue is affecting others on a large scale.

"According to the Centers for Disease Control (CDC), approximately 38.4 million people of all ages in the United States have diabetes. This is more than 11 percent of the population," according to pcc.edu/, an online



HOLD ON PINK, IN NOVEMBER WEAR BLUE
With pink being the color representing breast cancer awareness in October, blue is the color representing National Diabetes Awareness Month in November. Image from thereisadayforthat.com/

library which provides information to the community in a respectful, unbiased manner.

One special day honors the discoverer of insulin, a medication used to treat diabetes.

"World Diabetes Day (WDD) is reaching a global audience of over 1 billion people in over 160 countries. It is marked every year on 14 November, the birthday of Sir Frederick Banting, who co-discovered insulin along with Charles Best in 1922," according to worlddiabetesday.org, whose mission is to improve the lives of people with diabetes and prevent diabetes.

"Diabetes occurs when your blood glucose, also called blood sugar, is too high... (It) can damage the eyes, kidneys, nerves, and heart, and it is linked to some types of cancer... planning healthy meals, being physically active, getting enough sleep, and not smoking may help you prevent diabetes or manage your diabetes," according to www.niddk.nih.gov/health-information/community-health-outreach/, the National Institute of Diabetes website.

How much does hosting Thanksgiving really cost?

By Aiden Robinson
Staff Writer

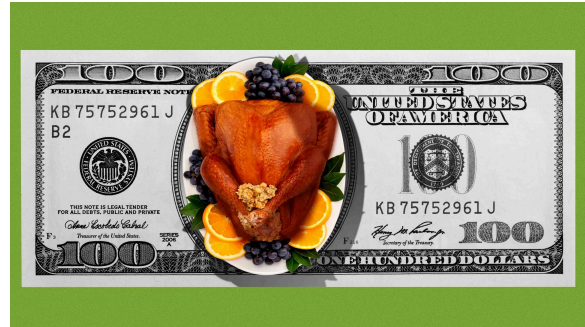
The cost of Thanksgiving is a fluctuating thing; people might spend vast amounts of money on the holiday, primarily on the food but experts say the average cost of a dinner for 10 people is under \$100 and closer to \$50, believe it or not.

Thanksgiving prices would be what some people call stuffed!

“The cost of a Thanksgiving dinner for 10 people has declined for the third straight year. The ‘classic’ meal — a 16-pound turkey and sides like stuffing, rolls, sweet potatoes, peas, cranberries and pumpkin pie ingredients — costs an average of \$55.18 nationwide,” according to fb.org, the American Farm Bureau Federation website advocating for all farmers, ranchers, and rural communities.

For anyone willing to spend a little more, you can get an oven-ready meal.

“Grocery prices are up, but some stores are offering deals on Thanksgiving bundles, like



WAYS AROUND THANKSGIVING COST

To make the most of holiday dinner deals, plan your menu around what’s in season and on sale, shop at discount stores or dollar stores, and use coupons as well! Grocery stores like Shop Rite usually offer a free turkey if you spend a certain amount by a set date. Image from Google

Whole Foods Market's \$99.99 oven-ready turkey meal for four people,” according to usatoday.com, whose mission is to serve as a forum for better understanding and unity to help make the USA truly one nation.

Even though inflation is on its rise, Thanksgiving will cost less by default!

“Shoppers are likely to pay less this year because the foods that make up a traditional Thanksgiving meal aren't the ones driving grocery inflation,” according to cbsnews.com, the news and information division of Paramount, providing journalism across broadcast television and more.

One affordable side dish to add to your feast this year is mashed potatoes, which are a classic side that won’t attack your wallet.

Congress ends U.S. Gov't. shutdown

Congress votes to end 43-day shutdown, longest so far

By London Antrim
Staff Writer

Have you been affected by the 2025 government shutdown? The U.S. Congress has finally come to an agreement and voted to end the government shutdown, which was finalized by President Trump signing a bill to end the shutdown Wednesday, Nov. 12, 2025.

For more than a month, the shutdown affected a majority of Americans financially and negatively affected the U.S. economy by impacting employment, government housing, SNAP benefits, military service, the stock market, and many more groups. The government was forced shut down due to Congress failing to agree to pass a significant bill on funding, making history.

“The 2025 government shutdown lasted for 43 days, from Oct. 1 to Nov. 12, making it the longest shutdown in U.S. history,” according to usafacts.org, a website which “exists to make government data easier to access and understand.” Before 2025, the longest government shutdown was 21 days in 1995 due to a budget dispute between then-President Bill Clinton and the Republican-controlled Congress.

Ending the shutdown is a complicated process that requires a lot of negotiation, agreement and

approval and it may even take a few weeks or even months for the country to go back to normal and for the economy to stabilize, according to experts.

“To end a government shutdown, Congress needs to pass, and the President must sign, appropriations bills to fund the departments and agencies that have been shut down. The President does not have the power to end a shutdown unilaterally. The funding bills follow the same legislative process as any other bill, requiring approval from both the House and Senate before the President can sign them into law,” according to [liccardo.house.gov](https://www.house.gov), a website from California Congressman Sam Liccardo.



43-DAY GOVERNMENT SHUTDOWN ENDS

President Trump is seen signing the bill to officially end the longest government shutdown in history thus far, as of Nov. 12, 2025. Photo from Google images

The shutdown also resulted in outrage and controversy since some people were angered by news of the President supposedly using tax funds for \$300 million White House renovations, withholding SNAP payments, and laying off workers, according to FOX TV News.

“President Trump has tied the shutdown to his overall goal of shrinking the size of the government, laying off workers en masse while it continues,” according to [npr.org](https://www.npr.org), an independent, nonprofit media organization.

Snow? Rain?

Make up your mind, November!

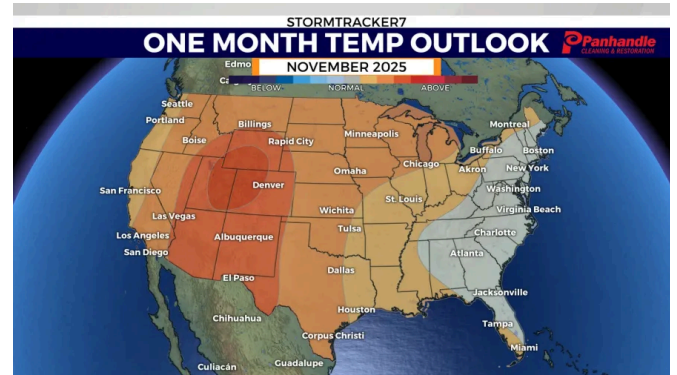
By Jacob Barbera
Staff Writer

November in Waterbury, Conn. features cold weather due to reduced sunlight, Earth's Axial tilt, and expansion of the polar vortex, leading to a chilly Thanksgiving Thursday, Nov. 27, 2025.

“The weather in Waterbury in November is very cold with temperatures between 35°F and 50°F; warm clothes are a must. You can expect about three to eight days of rain in Waterbury during the month of November. It’s a good idea to bring along your umbrella so that you don’t get caught in poor weather,” according to weather25.com, which includes Waterbury weather data from official meteorological authorities.

Yes, it’s quite cold, and possibly lower as Nov. 19 reached below freezing. How is the sunshine in November, however?

“The highest sunshine period occurs during (Nov.) 1-10, with 5 hours daily. The least sunshine is recorded between (Nov.) 21-30, at just 4 hours per day,” according to en.climate-data.org, which shares climate data for cities worldwide.



NOVEMBER, NOVEMBER: CLOSER TO DECEMBER. THE TURKEY, FAMILY, COLD

Throughout November, leading to December, most of the East will be stuck with more cold weather as warmer temps will be leading the charge in the West. The Thanksgiving holiday will feature snow in some parts of the country, according to The Old Farmer’s Almanac. Image from www.wtrf.com, Nexstar Media

With November weather featuring both rain and sunshine, how will this affect the actual day of Thanksgiving, Nov. 27?

“Thanksgiving week 2025 brings a patchwork of weather across the United States, with sunshine in much of the East and rainy conditions in the West. Snow is limited to a few northern spots—northern New England, the Upper Midwest, the higher elevations in the Intermountain West, and Alaska—where flurries could affect travel,” according to The Old Farmer’s Almanac, which is the oldest almanac in the country and was started when George Washington was president.

Why do clocks change in Fall?

By Cyn’Niah Riddick
Staff Writer

Clocks in most areas in the United States are adjusted one hour every Fall because the development of standardized time was transportation driven and time zones were handled by transportation agencies as of 2007.

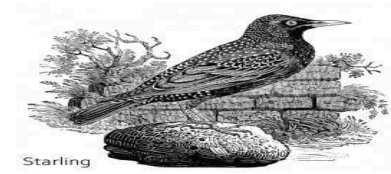
Daylight Savings Time (DST) begins in the United States on the second day in March and ends on the first Sunday in November.

In most areas, clocks are set an hour ahead of time to begin Daylight Saving, and in November the time is set back an hour at 2:00 a.m., but not in Hawaii nor most of Arizona.

“Not all places in the U.S. observe Daylight Saving Time,” according to aa.usno.navy.mil/faq/daylight_time, an official website of the U.S. Government.

Daylight Saving Time was passed as a lawful requirement by the Uniform Act of 1966 and it was motivated by transportation improvements. As of today, the Department of Transportation oversees standard time, but back in 1883, lack of standard time caused transportation headaches.

“Before the establishment of time zones in 1883, there were more than 144 local times



‘FALL’ BACK TO GAIN AN EXTRA HOUR

Sunday, Nov. 2, 2025 was when Daylight Saving Time ended, and clocks were changed from 2 a.m. to 1 a.m., providing an extra hour of sleep and giving more light to the mornings. However, Hawaii and most of Arizona do not follow Daylight Saving Time. Calendar image from Google

in North America. . . Due to this lack of time standardization, train scheduling proved difficult to coordinate, resulting in missed connections and collisions. As a result, the major railroad companies began to operate on a coordinated system of four time zones starting in 1883,” according to www.bts.gov/explore-topics-and-geography/geography/geospatial-portal/history-time-zones-and-daylight-saving, the History Of Time Zones, but not everyone is in agreement about DST.

“Only Congress can change the length of the DST observance period; however, since 2015, at least 45 states have proposed legislation to change their observance of DST,” according to www.congress.gov/crs-product/R45208#_Toc52800512, a Library of Congress website, so Daylight Saving Time is still up for debate.

Despite city food shortage, resources exist

By Farha Ahmad
Staff Writer

There are food shortages and people not having enough food in Waterbury, Conn. due to the rising cost of living, low wages, poverty, and loss of pandemic-era benefits like SNAP (Supplemental Nutrition Assistance Program), not to mention the longest government shutdown in history, but free resources do exist as of November 2025, notably the St. Vincent DePaul Soup Kitchen at 327 Baldwin Street.

“Since 1981, our Soup Kitchen has been serving ... a nutritionally balanced, hot noon-time meal seven days a week. Our Food Pantry, which also operates in the same location, distributes weekly groceries to the area poor at no charge,” according to svdpmission.org, the website for the St. Vincent DePaul organization whose mission is to help people in need.

“Through our network of services, we aid, support and empower people experiencing poverty, homelessness, hunger, and mental health challenges so they may recover with dignity and develop solutions for a brighter future,” according to svdpmission.org.

Another organization is located close to Kennedy at 1333 Thomaston Avenue, called

the Bread of Life Food Pantry, and they offer nonperishable food items.

“(This) church food pantry offers nonperishable food to people in need who live in the Greater Waterbury area,” according to www.standingwithyou.org, which is their website, and their phone number is (203) 759-0869, according to waterburyct.org, a website listing several food pantries and their information.



ST. VINCENT DEPAUL'S SOUP KITCHEN

Located at 327 Baldwin Street in Waterbury, Conn. “(o)ur Soup Kitchen (seen above) serves over 300 cooked meals per day, and our Food Pantry prepares and distributes over 45,000 bagged meals per year,” according to svdpmission.org. Photo from the St. Vincent DePaul's Soup Kitchen's website

You can also request food, in particular lasagna, made and delivered by volunteers at lasagnalove.org/request-a-meal/.

“Lasagna Love provides volunteer-prepared home-delivered meals to families in need throughout the country. Families/individuals may request one meal each month for the household,” according to findhelp.org.

National Hunger, Homelessness Awareness Week attempts to gain peoples' attention during holidays

By Alex Mino
Staff Writer

Since 1975, people all throughout America have helped to raise awareness for the homeless and hungry during National Hunger and Homelessness Awareness Week, trying to draw attention to the problems of homelessness by holding community events.

“Taking place the week before Thanksgiving, Hunger & Homelessness Awareness Week serves as a time to reflect on what we are grateful for and how we can come together to shed light on a pair of issues affecting millions of Americans today,” according to volunteer.utdallas.edu/hhaw, a website from the University of Texas whose volunteers also work to address food insecurity.

While the holidays can be joyful, some people may have great struggles.

“With the upcoming holiday season and harsh winters, it can be a particularly difficult time for many, especially those who are struggling with hunger and shelter,” according to www.smcm.edu, the website from St. Mary’s College of Maryland, which offers an undergraduate liberal arts education.

Since this week began in 1975, many college campuses and communities have joined in to raise awareness.

“Started in 1975 by the Augustinian priest Ray Jackson and a group of Villanova students, National Hunger and Homeless Awareness Week now takes place on 700 campuses and communities nationwide,” according to www1.villanova.edu, the website from Villanova University in Pennsylvania, which is an Augustinian Catholic community of higher education.



LITTLE KNOWN EVENT? For the past 50 years, the week before Thanksgiving has been designated as National Hunger and Homelessness Awareness Week to help and support those in need. Image from Optometric Extension Program Foundation

For more information and to learn how to volunteer or find events near you, visit hhweek.org. Another website to check out for information is nationalhomeless.org.

Visit nearby: Institute of American Indian Studies

By Evan Delfino
Staff Writer

The Institute of American Indian Studies (IAIS) is a museum in Washington, Conn. that is dedicated to preserving, researching and educating about Native History and Culture, and its founders actually created the Institute to house and share their collection of artifacts.

“With their collections growing and no place to exhibit them, co-founders Ned Swigart and Sidney Hessel began a capital campaign to raise monies and the American Indian Archaeological Institute was born,” according to housantoicheritage.org/places/institute-for-american-indian-studies-washington-conn/, a website from The Upper Housatonic Valley National Heritage Area that exists to preserve and promote its historical, cultural and natural resources.

Now it’s known who founded it, but when was it founded?

“The Institute for American Indian Studies (IAIS) began in 1975 as a collaborative research hub between Indigenous and non-Indigenous archaeologists and



NEARBY MUSEUM CELEBRATES 50 YEARS

The Institute of American Indian Studies, located about 30 minutes from Waterbury in Washington, Conn., which features the replica of an Algonkian village, was founded July 1, 1975. Image from the IAIS website

community members in western Connecticut,” according to www.iaismuseum.org/about/who-we-are/, the Institute's own personal website.

Now it’s known how the Institute was founded, what has the museum actually done?

“IAIS has surveyed or excavated over 500 sites, including the remarkable discovery of an 11,000-year-old camp site—one of the earliest known archaeological sites in Connecticut,” according to www.iaismuseum.org/about/who-we-are/, the Institute’s own personal website.

The IAIS Museum and Research Center is located at 38 Curtis Road in Washington, which is a little more than 30 minutes from Waterbury and about 20 miles, depending on the route you take, according to Google maps. It is open Thursday through Sunday, from 11 a.m. - 4 p.m. For more information visit www.iaismuseum.org. Tours are available at 11 a.m., 1 p.m. and 2:30 p.m. There are also nature trails, a healing garden, and the replica of an Algonkian village from 350 to 1,000 years ago.

Scrambled!

Unscramble these five words related to Thanksgiving.

GNAAAWPOM

RBERERICNSA

LPYOMUHT

IONNLCL

REIDC

Email answers to acybart-persenaire@waterbury.k12.ct.us.

First to email receives a \$5 Dunkin Donuts gift card. Separate prizes given for students and staff.



WINTER WONDERLAND

ACTIVITIES:

- Tree Lighting Ceremony in honor of Nancy Cocchiola
- Live Kennedy High School band
- Live Carol Singing
- Holiday craft and coloring.
- The Year Book club will be doing a photo with Santa, or by yourself, one 5x6 for \$5.00
- Sweet Treats and Hot Cocoa Bar \$1.00-\$3.00

CASH ONLY

**There will be free Amazon toys to pick from.
Your little ones are invited too!**

We will also be
accepting donations for the Nancy Cocchiola
scholarship. We appreciate any donations.



created by the Eagles Beautification Club