

The Eagle Flyer



Kennedy High School
422 Highland Avenue
Waterbury, Conn. 06708

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Welcome back...to unexpected day off?

By *Adrianna Perez*
Staff Writer

All city schools were closed when residents of Waterbury lost water due to a main water break from a failed air relief valve on the major transmission line on Huntingdon Avenue, but because of severe weather during the night workers had to pause fixing the pipes Wednesday Sept. 24, 2025.

“The 100-year-old 30-inch high-pressure main broke Tuesday afternoon on Huntingdon Avenue and caused water to spew into the street for hours,” according to wfsb.com, a news station based in Hartford, Conn. covering local events.

Although not as many people were affected, it is still a significant number.

“The mayor’s office said fewer than 1,000 homes were impacted,” according to wfsb.com.

Not all schools were affected by the break but there were at least seven.

“The schools impacted included Driggs, Kingsbury, Walsh, Wallace M.S.,



UNEXPECTED WATER BREAK A Waterbury Bureau of Water truck sat next to a spewing fire hydrant Wednesday, Sept. 24, 2025 near East Aurora Street. Photo by Andreas Yilma of Hearst Connecticut Media.

Crosby High School, Carrington, and Generali,” according to wtnh.com, a news station based in New Haven, Conn.

The city ensured schools are taken care of, especially for food and beverage services.

“All food will be prepared off-site at a central kitchen and delivered to the schools. Bottled water will be available, but it is recommended that students bring their own bottled water,” according to wtnh.com.

Students spend day off working on college, singing, babysitting

By Matthew Twasam
Staff Writer

Journalism students found out about the unexpected day off of school in various ways including from an aunt who is a bus driver, then indulged in different activities after a break in the city's main water line resulted in a scarcity of water in some areas in Waterbury so all schools were closed, Wednesday, Sept. 24, 2025.

"I woke up around like 6 in the morning and I got a text from one of my aunts. Since she worked for the school bus she got the news letting me know there was no school," said Amarie Rivera, senior and cheer captain.

When you think your alarm disappointed you and you are in trouble, instead you might just be in luck.

"I woke up late panicking thinking my mom had left me because she always tells me that if I ever woke up late she isn't going to wait for me and I'd be in trouble," said Ivana Camacho, a junior.

College was knocking on one student's door, who used this day to her advantage.



LIKE A SNOW DAY WITH NO SNOW An overhead shot of Kennedy High School shows an empty front circle and entrance as it may have looked on the first day school was closed for the school year, Wednesday, Sept. 24, 2025 due to a city water main break. Photo by Homes.com. 'Closed' graphic by M. Twasam.

"I got to do some more college work and research. I also helped my mom with a few things. I practiced my singing," said Tefta Mino, a senior.

This day off also resulted in a babysitter to the rescue!

"During my unexpected day off, I didn't do anything significant except taking care of my niece," said Bryan Cruz-Santiago, a senior.

How did you spend your day off? Let us know, or share other story ideas with us! Stop by room 105 during B Day, first period.

Hard-working Eagles excel twice in one day

By Corinna Hunter
Staff Writer

The Kennedy Marching Eagles (which includes the band, color guard and dance team) performed in Waterbury's annual The Gathering Parade at 11 a.m. and later at 7:50 p.m., placed first in the annual Rocky Hill High School competition in Rocky Hill, Conn. Saturday, Sept 27, 2025.

"We went from being tired, to coming back and beating our high score, breaking 70 points," said Mr. Drabik, band director of the Marching Eagles.

Around this time last year, the band had not even finished their show, and the score was around 64. Yet they quickly went from that, to doing two major events in one day and still winning first place, especially with a large group of students.

"There are 105 students in the band program this year," said Drabik, when asked about the number of participants as of Sept. 29.

The Kennedy Marching Eagles continue to grow and succeed. Teachers and staff are reminded to move their cars in order to let them practice on Tuesdays, Wednesdays and Thursdays, with most individual sections practicing on Mondays or Fridays (every day for the color guard.) These practices usually run from 2:30 p.m to 5 p.m., although times may differ by day. And, with this being their third win added to the winning streak, there's no doubt they'll keep evolving and making their school proud.



MARCHING EAGLES' DRUM MAJORS (from left to right) junior Dionna Person and seniors Devon Colon and Neveah Ramos hold the band's most recent first place trophy. Photo courtesy of the band.



MARCHING EAGLES' COLOR GUARD
Members pose right after performing in Waterbury's annual The Gathering Parade Saturday, Sept. 27, 2025. Photo courtesy of the band.

Introducing fingerprint mode...daily

By Shirlyn Castillo and Aiden Robinson
Staff Writers

Within the halls of Kennedy, optional fingerprint scanning has been introduced to provide a quicker, more efficient way to keep up with students' attendance by recording one's fingerprint, and saving it within the system, starting Tuesday, Oct. 14, 2025.

Your fingerprint is much more useful than you think!

"It's for security measures; other students from other schools have gotten on the Kennedy bus and have come to our school. But now with the fingerprints we will be able to know if someone is really here," said assistant principal Mr. Gwiazdowski, also known as Mr. G.

And to be even more careful, there will be a whole system to get into the school.

"There'll be a computer linked with a fingerprint scanner, in the front and back of the school," he said.

If you opt out, you can type in your id number.

"If someone isn't who they say they are, they'll be caught because the computer screen will notify us by turning red," said Mr. G.

Explaining biometric fingerprint scanning



UNEXPECTED CHANGE While this picture is not from Kennedy, it gives an idea of what fingerprint scanning in school will look like as of Tuesday, Oct. 14 to ensure school safety. Photo from Google Images.

By Alexis Ruiz and Safiya Arnold
Staff Writers

Some students and employees at public schools nationwide were first affected by biometric fingerprints to access library books, the cafeteria and more, starting in the late '90s and went on to the 2000s, trying to make school more efficient and safer.

"Biometrics is a way to identify people by analyzing their unique physical or behavioral characteristics. These can include fingerprints, eyes, voice patterns, or the way someone completes an online puzzle," according to thegoodclinic.com, a health and wellness website.

If you forget a password or pin, some say this still helps with convenience and safety.

"Biometric authentication brings a high level of convenience and security to the age-old problem of remembering passwords and PINs," according to Anil Jain, Distinguished Professor of Computer Science, on Michigan State University's website



Halloween Movie Night moves to week of Oct. 20

By *Amarie Rivera and Amiya Heyward*
Staff Writers

Kennedy is hosting its annual Halloween Movie Night, which got postponed from Wednesday, Oct. 15, 2025 to the next week (listen to morning and afternoon announcements) and the movie being shown is *The Grudge*. About 150 tickets will be sold, with each ticket costing \$5, and the reason for this event is for students to hang out and spend time with their friends making memories.

“Halloween Movie Night started happening back in 2018 (approximately), and we did it because we never had an event like it. When we do this event, we always let the seniors pick out the Halloween movie,” said to Mr. Clark, who teaches video production, TAG and produces the annual Senior Video.

Snacks will also be sold at the event.

“For food, the event is selling popcorn, pizza, chips, soda, and water, all under \$5,” Clark said.

Now, let’s hear his perspective on Halloween Movie Night since the movie the seniors selected was *The Grudge*.



GET READY TO BE SCARED *The Grudge* is the movie the Class of 2026 seniors picked for the annual Halloween Movie Night, which was postponed from Oct. 15 until the following week. This movie is a supernatural horror film about a vengeful curse. Photo from Google Images.

“If I were to pick a movie, I would pick *The Babadook* for a PG-13 movie,” said Clark, who also serves as advisor to the senior class, but if he were to pick his overall favorite, it would be *The Sixth Sense*, he said.

Why did government shut down?

Causes and effects of the enacted government shutdown

By London Antrim
Staff Writer

The United States unexpectedly announced a nationwide shutdown Oct. 1, 2025 as a result of Congress failing to come to an agreement to pass a bill on funding. In the United States, government shutdowns will occur when funding legislation required to finance the federal government is not enacted before the next fiscal year begins.

“The spending agreement that was previously funding the U.S. government expired as of October 1. Because Congress was unable to pass a new spending bill, the government is shut down until an agreement can be reached,” according to militaryfamily.org, a nonprofit organization dedicated to serving all military families.

Every year, Congress is responsible for the continuance of the 12 annual appropriation bills signed by each of its members to regulate government spending and sets a specific amount of money aside for government funded services and businesses; yet each member of Congress failed to agree on these bills on federal funding.

A government shutdown can either have a minor or a drastic effect on government funding services, businesses and even financial support. A majority of government-funded services will be unsupported or even cut from funding and some jobs are at a high risk of being lost.

“When the government shuts down, federal agencies are required to classify their employees whose salaries have lapsed as either ‘excepted’ or ‘not excepted.’ The employees classified as ‘excepted’ work without pay during the shutdown. The employees classified as ‘not excepted’ are put on furlough (which means a temporary leave from work that is not paid),” according to carbajal.house.gov, a website run by Congressman Salud Carbajal, who represents the 24th Congressional District of California.



U.S. CAPITAL BUILDING This is mainly where members of Congress meet; they are responsible for the current shutdown, when the government mainly supports what are considered essential workers and services. Photo from Google Images.

Although the shutdown is making many economic impacts, it's also making a social impact on the American people. The shutdown is said to have a very negative effect on family financial aid, especially mothers and young children.

“Among the first to feel the pinch during this shutdown could be the mothers and young children who rely on the Supplemental Nutrition Program for Women, Infants, and Children (WIC) food program,” according to npr.org, an independent, nonprofit media organization whose mission is to inform the public.

The shutdown is actively affecting the small families in America with financial struggles and causing many challenges for struggling families and children in the country to get the support they need. The shutdown is expected to last at least until next week.

Torrington factory fire destroys buildings

By *Bryan Cruz Santiago*
Staff Writer

Firefighters battled against a massive fire at a vacant factory, formerly the Stone Container Company, causing multiple Torrington, Conn. residents to evacuate as the blaze spread, yet no cause had been identified as of Sept. 29, 2025, with the fire itself having started early Sunday morning Sept. 28, 2025.

“Fire crews from around the region responded, including Torrington, Avon, Simsbury, Harwinton, and Plainville. State police are also at the scene,” according to nbconnecticut.com/news/local/firefighters-battle-large-fire-at-building-in-torrington/, the website for a television station dedicated to informing Connecticut residents with accurate local news and weather.

Despite the added help, the fire proved to be resilient.

“Several buildings were destroyed as the fire spread near Summer and High streets,” according to wfsb.com/2025/09/28/firefighters-battling-fire-former-stone-contained-company/, a Hartford, Conn. news station which covers local news, sports, and weather.



EARLY SIGHTINGS The fire Sunday morning Sept. 28, 2025 in a vacant Torrington factory is seen here before further escalation. The fire did destroy nearby buildings and forced people to evacuate. Photo by NBC Conn.

Thankfully, the factory structure was empty at the time of the incident, and later affected buildings were all safely evacuated.

“No injuries were reported,” according to wfsb.com.

Luckily, the station caught wind of the blaze early, allowing for a controlled counter-attack.

“It definitely is a lot. With our staffing we had to reach out for mutual aid and a lot of it as you can see on the scene here,” said Torrington Fire Department Battalion Chief Patrick Doyle to WFSB, according to firehouse.com/operations-training/ladders/video/55319715/vacant-stone-container-factory-in-torrington-ct-ravaged-by-fire, a website with a mission to inspire future and current firefighters with news and advancements. “But, once the mutual aid started coming in, we started getting a good handle on it.”

Cheesecake Factory: worth going to..?

Commentary

By Arielle Henry
Staff Writer

The Cheesecake Factory is one of America's most popular restaurants, known for its menu and its cheesecakes. It offers a variety of foods, such as pasta, burgers, seafood and salads, plus more than 30 different flavors of cheesecake. The first Cheesecake Factory opened in Beverly Hills, Calif. in 1978 and spread worldwide and has multiple locations across the United States, so is it worth the hype?

First, some history: the restaurant was founded in 1978 by David M. Overton, whose mother Evelyn had a cheesecake recipe people loved. That inspired her and the family to start a restaurant that serves food with her famous cheesecakes. By creating a really good menu and offering different types/ flavors of cheesecake, The Cheesecake Factory became known and successful, and it is worth a visit.

The food tastes great plus it has a colorful interior with good customer service, but did you know it was also in the founder's mother's basement?

"Cheesecake Factory CEO David Overton told Vice in 2016 that his mother ... found a cheesecake recipe in a newspaper and opened her own bakeshop in Detroit before moving the operation to the basement of her house for 25 years so she could be around as her children grew up," according to www.businessinsider.com, which covers news business, technology, and innovation

You can have a taste of the delicious Cheesecake Factory from home if you can't make it to the actual restaurants, which are in West Hartford, Trumbull and Danbury, Conn.

"You can still make plenty of the dishes from the chain on your own at home. From lemon-ricotta pancakes to crispy brussels sprouts, you can find recipes on The Cheesecake Factory's website to whip up a meal," according to www.tasteofhome.com, founded in 1993 for home cooks.

The menu and vibe is why you should definitely go here, but also because your favorite NBA player might go here, too.

"The Cheesecake Factory holds a unique place in the hearts of many NBA players. One of the reasons NBA players gravitate towards The Cheesecake Factory is its widespread availability. Located in nearly all NBA cities, it provides a consistently comfortable and familiar dining experience, no matter where the players might be," according to the website www.tastingtable.com, dedicated to modern food and beverages.



OUTSIDE VIBE If you haven't gone before this is how the outside of the restaurant looks: very vibey. Both photos are from the restaurant's website.



EYECATCHING INSIDE The inside is colorful and spacious and customer service is very good.

Oktoberfest: enjoy Bavarian culture for 16 days or more

By *Joslyn Tremblay*
Staff Writer

You might think Oktoberfest starts in October, but it actually starts in September!

Oktoberfest is an annual festival celebrated worldwide that originated in Bavaria, Germany to celebrate the royal wedding of Crown Prince Ludwig and Princess Therese with traditional music, German food and honoring Bavarian culture, this year running Saturday, Sept. 20 through Sunday, Oct. 5, 2025.

Another big holiday impacts Oktoberfest since it is typically celebrated for 16 days. If the first Sunday in October is before Oct. 3, then Oktoberfest keeps going, because...

“October 3 is the national holiday known as German Unity commemorating the anniversary of German reunification in 1990,” according to www.oktoberfesttours.travel, a website offering tours and travel information.

At the end of the original festival came the horse race.

“The festival concluded five days later with a horse race held in an open area that came to be called Theresienwiese,” according to www.britannica.com, a website with trustworthy information and a vast range of topics.

Did you know this interesting fact?



OKTOBERFEST is a festival held worldwide that originated in Bavaria, Germany and people celebrate today with traditional music and German food as well as honoring Bavarian culture. Photo from www.oktoberfest.de.

“Every year, people consume at least 200,00 sausages at Oktoberfest,” according to www.storylearning.com, an online website that teaches foreign languages by using stories.

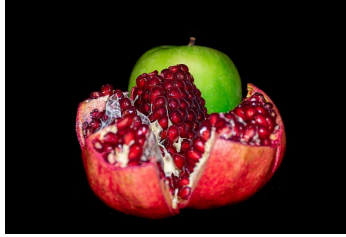
Even Quassy Amusement Park in Middlebury, Conn. held an Oktoberfest Sept. 20-21, 2025 with live music and all-day ride passes, so if you missed it, plan ahead for next year.

Expand your mind: learn about Jewish New Year

By *Serenity Houghtaling*
Staff Writer

Rosh Hashanah and Yom Kippur are two significant Jewish holidays held worldwide to celebrate the Jewish New Year by gathering with family and friends enjoying a meal and this year falling on Tuesday, Sept. 23, 2025 through Thursday, Oct. 2, 2025.

“Rosh Hashanah is the Jewish New Year. Marking the day God created Adam and Eve, it’s celebrated as the ‘birthday of the world,’ ” according to chabad.org, which is considered to be the “most dynamic force in Jewish life” today.



ROSH HASHANAH The Jewish New Year is very similar to the American one with people enjoying feasts and get-togethers but most importantly, seeking atonement and a fresh start.

“There is one important similarity between the Jewish New Year and the American one: Many Americans use the New Year as a time to plan a better life, making ‘resolutions.’ Likewise, the Jewish New Year is a time to begin introspection, looking back at the mistakes of the past year and planning the changes to make in the new year,” according to jewfaq.org, which is like an online encyclopedia of Judaism.

Rosh Hashanah is a 10-day holiday. After those 10 days, Yom Kippur is celebrated.

“Yom Kippur, also known as the Day of Atonement, takes place 10 days after Rosh Hashanah. ‘Atonement’ means acknowledging our misdeeds during the past year, looking for opportunities to apologize or make things right and asking for forgiveness and a fresh start,” according to 18doors.org, a website which welcomes people of all faiths and backgrounds to learn.

Yom Kippur is a time to connect with oneself, another and God.

“Yom Kippur is the moment in Jewish time when we dedicate our mind, body, and soul to reconciliation with our fellow human beings, ourselves, and God,” according to reformjudaism.org, which is a website that strives to, “create a more whole, just and compassionate world.”

Note to our readers:
Waterbury Public Schools did not have either of these days off from school but other Connecticut public schools were not in session on both Rosh Hashanah and Yom Kippur.

Celebrate Halloween with Karuna (Compassion)

Commentary

By Dr. Nirupama Nigam
Science Teacher

In Hinduism and Buddhism, nirvana is the highest state someone can attain, a state of enlightenment, in which a person's individual desires and suffering vanish. The fundamental purpose of meditation is to achieve this state. "Lack of meditation brings ignorance; meditation brings wisdom."

About 2,500 years ago, an Indian prince called Siddhartha Gautama sat quietly in a place known as Deer Park at Sarnath, Bihar. From here, he began to offer simple teachings he referred to as the dhamma (Sanskrit: **dharma = truth/religion**). These were instructions by Siddhartha Gautama AKA Buddha (enlightened) on how to free oneself from suffering.

The Buddha taught many things, but the basic concepts can be summed up by the Four Noble Truths and the Noble Eightfold Path.

The Four Noble Truths are Life is suffering: This means that life includes pain, getting old and ultimately death. This is a realistic cycle. Suffering is caused by craving and aversion: Buddha believed we would suffer if we expected other people to match our expectations, or if we crave for people to like us. 'Getting what we want does not guarantee happiness.' Suffering can be overcome, and happiness can be achieved if we give up useless

cravings and learn to live each day at a time (not dwelling in the past or the imagined future) then we can become happy and free. We then have more time and energy to help others. The Noble Eightfold Path is the path that leads to the end of suffering. The Eightfold Path teaches the following ideals for mental discipline and achieving wisdom: Right understanding, Right thought, Right speech, Right action, Right livelihood, Right effort, Right mindfulness, and Right concentration.

Introduction to Karuna (Compassion) Meditation

Karuna (Sanskrit) or Compassion is defined as deep, genuine sympathy for those who are suffering, along with the desire to alleviate this suffering. Karuna Meditation or Compassion Meditation is deeply rooted in compassionate thoughts. The premise is that if life involves unavoidable suffering, we ought to embrace it and be compassionate toward the suffering of ourselves and others.

The mental qualities of *Compassion* and *Loving-Kindness* are part of Buddha's Four Sublime States {Loving-Kindness (metta), Compassion (karuna), Appreciative Joy (mudita), & Equanimity (upekkha)}. The Buddha urged people to adopt these sublime states as their habitual state of mind, in order to create the best possible relationship with the world and everyone in it. The traditional Karuna Meditation involves chanting of any of the three Karuna or Compassion Mantras.

1. Compassion Buddha Mantra: "Om Mani Padme Hum" is the most well-known mantra in Tibetan culture. It translates in English to: "The jewel is in the lotus." The mantra means much more than the translation depicts. This chant is said to calm fears, alleviate worries, and heal broken hearts until the chanter is pure, compassionate and wise as the lotus flower itself.

2. Happiness Buddha Mantra: "Lokah Samastah Sukhino Bhavantu" is a Compassion Mantra which translates to: "May all beings everywhere be happy." This mantra is the last line of a famous Sanskrit verse.

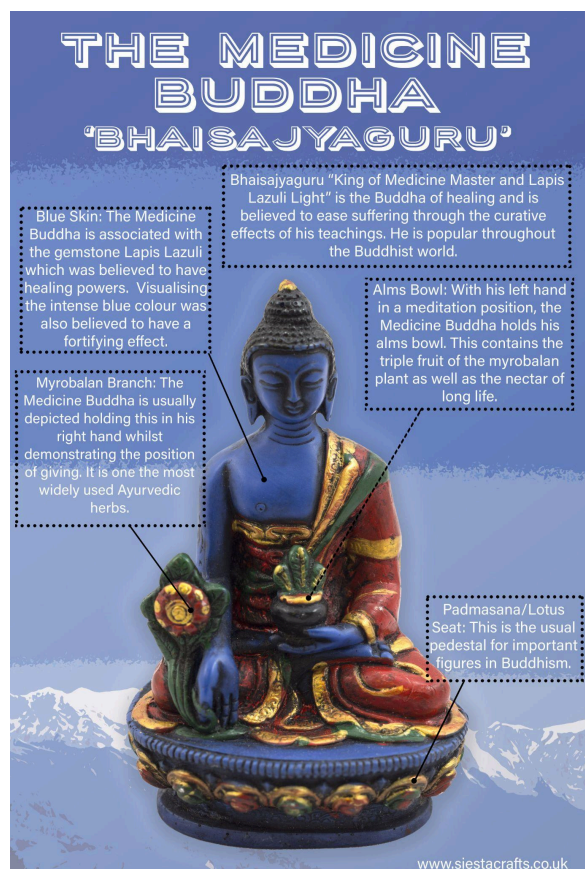
3. Medicine Buddha Mantra: "Tayata Om Bekanze Bekanze Maha Bekanze Radza Samudgate Soha."

Om is the primal energy of the Universe. Bekandze means eliminating pain, Maha Bekandze means great elimination of pain. The first Bekandze refers to eliminating the pain of true suffering, not just of disease but of all problems from the mind and body while the second Bekandze eliminates all true causes of suffering which are not external but within the mind, referring to spiritual suffering. Maha Bekandze means the great eliminator of all pain and suffering, that is Medicine Buddha. Radza Samudgate refers to the kind, or the most Divine, whose wisdom is as wide as the ocean and Soha means pure devotion, intention or inner being. Reciting the mantra detaches the mind from overwhelming negative thoughts, the traumas of the past, and the fear of uncertainty. By listening to this mantra, we learn to breathe in all the joy and gratitude towards our lives and breathe out all the bitterness and suffering of the past.

Compassion Meditation is the most appropriate practice during the pandemic surge and turbulent times. Consider that this Halloween.



THREE STATES OF MIND The Buddha urged people to adopt these sublime states as their habitual state of mind, in order to create the best possible relationship with the world and everyone in it: Compassion (above), Happiness (top right) and Medicine (bottom right). Images compiled by N. Nigam.



Girls' soccer now considered sport, not club

*Team kicks off season with
optimistic, eager players*

By Tefta Mino
Sports Editor

The girls' soccer team had their first game of the season against Seymour at the West Side field (a home game) Saturday, Sept. 6, 2025 since the team has become an official sport after attending numerous meetings with the superintendent.

"Last year we played intramural but this year we moved up to JV and varsity," said Ms. Drewry, the girls' soccer coach and English teacher.

"I was nervous but excited. I did not sleep very well before our first game. During the game, I was very proud of how hard everyone worked and their sportsmanship and attitude," she said.

Sophomore Hailey Gomez and junior Allison Munoz played very well in the midfield.

"I actually just transferred from a different school, I joined this year," Gomez, a sophomore, said.

"I am very passionate about the sport. I'd like to pursue it in college," she said. "We usually warm up, say something motivational," she said, regarding how they get to learn about each other's skills.

Here are the three seniors of the team!

"I joined the team last year and I'm returning this year," senior Tooichi Okeno said.

Note to our readers:

This article features interviews with soccer players following their first game as a new varsity team but other teams are active this Fall:

Boys' soccer

Cheerleading

Cross country

Football

Girls' swimming

Volleyball

More will be featured in upcoming issues. Check out www.casciac.org/ for updates and listen to morning and afternoon announcements.

"I've always been interested in soccer as a kid but I never got to play a sport in school," she said.

When she heard there was a girls' soccer team, she was ecstatic and claimed...

"Yes, this is my chance!"

"I think I've definitely improved a lot. I would say my ability to communicate with my teammates got a lot better," she said.

Zalia Baba, a senior, has been on the team since it first started!

Baba usually does track but she chose to play soccer because...

"I just wanted to be more physically active and put myself to better use," she said.

Baba describes the team as very relaxed, calm, always laughing and having fun, yet serious.

Baba was asked if she could continue soccer in college, to which she replied,

"I have thought about it, but I think I would only do track and not soccer games," she said since she described her role as more of a substitute.

Continued on next page

However, that being said, while she is not playing on the field, she still looks out for the girls.

“I’ll be there. It’s about looking out for my girls as much as I can in soccer,” she said.

Amiya Heyward, a senior, went from playing volleyball to soccer, starting this year.

“I usually do volleyball but I decided to change and do soccer,” she said.

“I wasn’t picked to be on the (volleyball) team this year,” she said, however, “I like being on the field. I like running.”

Heyward is so committed to sports, with no experience playing soccer, but she still went for it.

“Why not? I’ve never tried it before,” she said, but at first, “I was scared but the girls are very welcoming,” she said, and now she is the goalie!

Will she continue playing soccer after high school?

“I’ll do it for fun but I don’t think I’ll make that my number one sport,” since Heyward said she would prefer to stick to volleyball.

It feels so surreal how Drewry was able to make all of this happen, what a dream come true.

Football coach: commitment key to success

By Tefta Mino
Sports Editor

Mr. Sarlo, head football coach and History teacher, speaks about the status of the team this year to help them stay strong and become stronger by recruiting as many students as possible while ensuring proper commitment and dedication.

Sarlo starts off by mentioning the significance of being committed and notes the progress made.

“We’re only four points away from a 2 and 3 record,” he said. “The highlight of the season is showing progress.”

Sarlo understands that winning is not easy, but it is the hard work that counts.

“I tell it to the kids all the time... if winning was easy, everyone would do it; but it's not... in any sport,” he said.

“Two years ago we finished 6 and 4 but we started 0 and 4, so we've had rough starts before,” he said.

One of the team’s biggest challenges now is commitment.

“We have almost everyone healthy. We just need everyone to stay committed to what we're trying to do,” Sarlo said.

Apparently there was a week-long mandatory break, which gave the players a good rest.

“We needed that... to regroup and be able to play the other half of the season,” he said.

Although the team faces challenges, Sarlo still has hope that someday the players can accomplish their goal.

“Our goal, always, is to win a state championship. It’s going to be hard to do given where we are now but it's still our goal,” he said.

Hillel Desamour and Kanaan Rosario, junior captains, along with Vagner Sorres, offense and defense lineman, have been dedicated every day this year as has Luis Rivera, lineman.

“I give credit to those guys for committing to the program,” he said.

It is important for the team to have younger players (meaning freshmen and sophomores) and here is the coach’s take on that.

“I wish we had more young players. They are the future of the program,” said Sarlo.

Sports are not easy, and Sarlo completely gets that.

“It’s a tough sport,” he said of football, and because of extreme commitment, Sarlo does not expect players to drop everything else but to still give it their all.

A team does everything together and should work with each other.

“We win the game together, we lose the game together,” he said.

In order to see progress, what has to happen?

“Continue to work to make it happen” since the other teams will not sit back and let you win, they are competing, Sarlo said.

He took over coaching football in 2003.

“We haven’t gone winless since,” because in 2000, the team had no wins.

Sarlo loves...

“Watching the kids rally each other like a family should,” he said.

Sarlo greatly wants...

“To win a game for the good kids in the program. They deserve to win the game,” he said.

Sarlo mentioned the importance of when the team acts like brothers.

“That’s the reward,” he said.

Winning is nice but is second to being a coach to good kids who are dedicated to football because of “the fact that I get to spend time with a good group of kids. The whole family thing is important to me,” Sarlo said.

Do not think that it is too late to join!

“We are always looking for new additions at any time,” Sarlo said.

October honors Italian American Heritage Month

By *Joslyn Tremblay*
Staff Writer

How much do we really know about Italian American Heritage Month?

Italian teacher Dr. Sagnella was interviewed in Kennedy H.S., room 344, to give insights on Italian heritage Friday, Oct. 17, 2025.

“We should be learning some history of Italian heritage,” said Sagnella.

Not only is this month important to her but every month matters to her.

“To be totally honest with you, all months are important to me,” said Sagnella.

What made her want to become an Italian teacher is inspiring.

“I absolutely love Italian literature so I wanted to share that love with students,” said Sagnella.

She not only celebrates her Italian culture in October, but she celebrates it daily as well as helping students learn more about others.

“I just usually have my students do research on an Italian person. I celebrate Italian culture every day,” said Sagnella.

What are some traditional foods that are eaten during this month?

“Probably eggplant parmesan and sausage and peppers,” said Sagnella.



ITALIAN AMERICAN HERITAGE MONTH is in October, celebrating the achievements and contributions of Americans of Italian descent after a special proclamation was first made by President George H.W. Bush and Congress in 1989. Photo from www.ncwlibraries.org.

Italian immigrants came to America searching for a better life.

“In the early 1900s, thousands of Italian immigrants came to the United States, searching for a better life just like many other immigrant groups,” according to www.nypl.org, a public library system which provides free access to books.

Italian Heritage Month actually began 36 years ago.

“Italian American Heritage Month was first celebrated in 1989 by a special proclamation of both Congress and President George H. W. Bush,” according to www.osdia.org, the website for the Order Sons and Daughters of Italy in America.

Every year Italian Heritage Month is also celebrated with parades and festivals.

“Each year Italians around the country take time to celebrate their heritage, history and culture with festivals and parades,” according to www.osdia.org, the largest and oldest national organization for people of Italian heritage in the United States.

If you are a junior taking Italian, consider taking the Italian IV UConn course with Dr. Sagnella for your senior year. It’s an amazing class and it’s not really talked about often!

2026 winter in Conn. may be very chilly

Commentary

By Jacob Barbera
Staff Writer

For this winter in Connecticut, the polar vortex is becoming weaker, leading to more cold and this year's La Niña event is causing unusually warm North Pacific ocean water. So will it be warmer or colder? The answer depends on the source!

“Winter in Connecticut should be milder and drier, with most snow falling around the holidays and late winter. Fewer snow days could ease commutes, but not as we get ready to usher in 2026, when the Old Farmer predicts the weather in Connecticut to hit its snowiest levels for the season,” according to patch.com, which features local community news.

The Old Farmers Almanac (a yearly book first published in 1792) says it's going to be dry, up until the new year, but is that true?

“Cold snaps are also predicted for January and February, with much of the U.S., including Colorado, expected to see a ‘very cold and snowy’ winter. Meanwhile, the Great Lakes, Ohio Valley and North Central states are set for a classic winter wonderland, with frequent snowstorms predicted for New England, the mid-Atlantic and Pacific Northwest,” according to News 8 based in New Hampshire.

What about other sources? Will it be cold or warm?

More below↓!



BE WARY OF FROSTY: As shown in the image, the Farmers’ Almanac predicts it is going to be a very cold winter with a lot of snow in the Northeast. Luckily, up in the Northwest, they will have more chilly rain than snow. Map from www.farmersalmanac.com/ (not to be confused with the different Old Farmer’s Almanac).

We see how cold it will be up North, but how about down below South?

Down South, surprisingly, it's going to be rather average temperatures for the Southeast. The same goes for the Southwest. Surprisingly enough, towards the South where Texas is, it's going to be cold and wet, a major difference from the West and East coasts, according to www.farmersalmanac.com.

Of course, time could tell when we can see if it will be much colder or warmer. All we can do now is prepare and wait for Christmas to come!

“AccuWeather predicts colder-than-average conditions in the Northeast and Midwest, and The Farmer’s Almanac also forecasts a cold winter for those areas. However, NOAA (National Oceanic and Atmospheric Administration, which forecasts weather) expects warmer-than-average temperatures in those regions. NOAA also projects a warm bias in the South and East, whereas AccuWeather forecasts colder-than-average, but not frigid conditions, in those areas. The Farmer’s Almanac, on the other hand, trends cooler nationwide,” according to fox61.com weather forecasts.

Scrambled!

Unscramble these five words related to the month of October.

EFAOLGI
DRGUO
SKPYOO
CRESOWCAR
HMCRTNMEUYHSA

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

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

DON'T READ THIS! DO NOT.



Or, you might get graduation credit.

You might improve your writing talents.

You might learn college or career skills.

You might earn a scholarship or award.

This could happen to you...

if you join Journalism.

Sign up with your School Counselor or
visit Room 105.

WE WARNED YOU...

Alaska flood displaces more than 1,400

By Ivana Camacho and Genesis Rodriguez
Staff Writers

A missing woman was found dead in Alaska due to a flash flood that left many people without homes as remnants of Typhoon Halong caused intense winds and a storm surge Sunday Oct. 12, 2025.

“Alaska state troopers announced late Monday that a woman had been found dead in the small coastal village of Kwigillingok,” according to [nypost.com](#), America’s oldest continuously-published newspaper.

“The powerful flooding has displaced more than 1,400 people and prompted search and rescue operations by state and federal officials,” according to [foxweather.com](#), a weather website from the Fox News Network.

Troopers were able to save many people.

“According to Alaska State Troopers, more than 30 people were rescued in Yukon-Kuskokwim Delta communities over the weekend. At least 18 people were rescued in Kwigillingok, and at least 16 people were rescued in Kipnuk, troopers said,” according to [foxweather.com](#).

The flood caused significant damage to homes and people were displaced.

RESCUE Alaskan residents flown to safety in a National Guard cargo plane. Photo from The Weather Channel.

“At least eight homes in the town of Kipnuk were pushed off their foundations, and at least four homes in the town of Kwigillingok were inundated by the flooding, according to Alaska State Troopers,” according to [abncomews.go.](#), a breaking news source.

Storms happen everywhere, so it is good to inform people what is going on in different parts of the world.

“More than a thousand people in Western Alaska are sleeping in their local school after a massive storm Sunday made their homes unlivable,” according to [alaskapublic.org](#), a non-profit news organization.

NATURAL DISASTER This map shows two of the areas hardest hit by Typhoon Halong: Kipnuk and Kwigillingok, Alaska. Map from The Weather Channel.

