

COMMUNI-K

Learning, Faith, Leadership



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In the News

News and Press Releases

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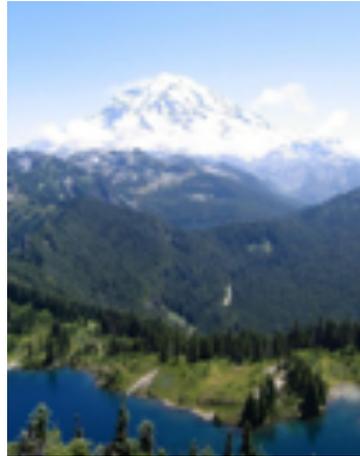
On the Cover

19 Kennedy Catholic students attended the DECA State Tournament in Bellevue on March 2-4. Pictured on the cover are a few students before the event. Two students will be attending the DECA National Event in Atlanta, GA in April.

Read the full story on page 10.

Lenten Challenges Calendar

Click [here](#) for our daily Lenten challenges calendar. Take time today to prepare for Easter by challenging yourself.



“ Verso l’alto; to the heights! ”

► In my younger days, my college track buddies and I would take weekend hiking trips around the Wonderland Trail. One such excursion took us to Tolmie Peak. Originally a fire lookout, it’s a looming .9-mile jaunt from Eunice Lake. The entire hike round trip from Mowich Lake is about 8 miles. Back in the day, we would jog the first three miles. The last .9 miles was a race to the summit with a gain of 1000 feet. Exhausted, we were able to recover thanks to the amazing vista of Mount Rainier and surrounding peaks.

Lent for me is like my journey to Tolmie Peak. I’m jogging with Christ through the last 40 days of his life, then sprinting along the painful Via Dolorosa on the way to Calvary. It seems like I’m more focused on the path taken; the goal - Easter Sunday, the Resurrection and a renewed hope for the future.

Verso l’alto was a phrase favored by Blessed Pier Giorgio Frassati to encourage his friends to new heights, whether it be climbing Mon Viso or mobilizing the Federation of Italian Catholic University Students in support of the social justice issues of the day. Verso l’alto; to the Heights!

What defines our Lenten journey? Are we experiencing fatigue, sore muscles, a shortness of breath in anticipation of the “summit”? Allow this short invitation to act as a reminder to be faithful in the commitment to fasting, alms giving and prayer. Exercise more consistency and expect the grace from the journey to shower you with an amazing vista.

MIKE PRATO
President



NANCY BRADISH
Principal

► The safety and security of all students, faculty and staff are of paramount importance. Each year, in keeping with State law, Kennedy Catholic High School conducts a variety of emergency preparedness drills throughout the school year to ensure the safety of our students in the event of an emergency. These drills include fire, earthquake and lockdown. Planning and execution of these drills includes the input of local fire, police, as well as our own security systems provider. These procedures are revisited frequently to ensure best practices are being followed. In addition, over the last several years, we have upgraded and improved our school security systems to include the installation of new security cameras. As a Catholic organization, we encourage our students to be respectful, inclusive and to respect the dignity of all human life.

In the wake of the tragic Parkland, FL school shooting, national student initiatives for “walk-outs” have arisen. As a school, we pray for Parkland and for every community, man, woman, and child who have been affected by gun violence. We also pray for an end to the tragedies we see with increasing and scary regularity.

Kennedy Catholic High School believes it is the right and responsibility of parents to guide their children politically. We, as a school, believe in political participation and encourage our students in a non-partisan manner to be active and knowledgeable in their government. As such, we leave the decision of participating in the school walk-outs to each student and his or her family. We encourage those who want to participate to do so. Please send a note to school with your child on the day of the walk-out alerting us to the fact that he/she will be participating so we can accurately account for attendance. They will not be penalized in attendance and will have the opportunity to make-up work. Those who do not want to participate have the opportunity to remain in our classes. Kennedy Catholic will not supervise or be responsible for any students in the walk-out. Below is a list of the walk-outs and what Kennedy Catholic will recognize at this time:

March 14, 2018 – This is a 17 minute walk-out exactly one month from the tragedy at Parkland. It is a walk-out in protest of gun violence and congressional inaction, and in honor of the victims. Kennedy Catholic will participate in the 17 minutes of silence to pray for the lives of the victims and to pray for the Respect for All Life. Our student leadership and our Campus Ministry Team will coordinate the prayer service.

April 20, 2018 – This is a partial day walk-out that begins at 10:00am and continues for an undetermined time on the anniversary of the Columbine High School shooting. This protest is organized by a student in Connecticut based on the view that nothing has changed since the 1999 shooting. Kennedy Catholic will remain in session and students who have parent permission may participate in the walk-out.

There are other walk-outs being planned as the issue of gun violence rises in our country. We encourage you to discuss these walk-outs and choose for you and your son or daughter what is right. Please send us a note to make us aware of any approved walk-out participation.

While we can never truly grasp or understand the reasons why such tragedies occur, we will continue to be ever vigilant in the protection and care of our students at Kennedy Catholic High School. Additionally, if you ever have a concern you feel the school should be aware of, please email our Principal, Nancy Bradish (bradishn@kennedyhs.org) or our Vice Principal of Campus Life, Perry Sampley (sampleyp@kennedyhs.org).



French Class Traditions

► February has been a busy month in the French classes so far! The French 1 students had a quick snack of tartines – French bread with jam, butter, or Nutella. The French 2 students enjoyed a cheese tasting event where they tried Port Salut, Brie, Camembert, Bleu, Ossau Iraty, and Gruyère. Not everyone was brave enough to try all six cheeses, but their comments told the tale of their experiences! The French 3 students also had a tasting event called Breads and Spreads. Students were given toastettes with which they could sample jams, d’Affinois cheese, pâté, duck mousse, tapenade, and goat cheese with cranberries. Some students ranked their spreads (the pâté and duck mousse did not score well) while others provided their gastronomic insights. In addition, Mardi Gras was Tuesday, February 13 and the French students learned about the traditions and festivities related to different

locations. The French 1 students prepared presentations about various Mardi Gras and Carnaval customs around the world. French 2 students focused on the Winter Carnaval in Québec. The French 3 students learned about Le Grand Dérangement where the Acadians in northeast Canada were expelled by the British, travelled south, eventually settled in Louisiana, and today are known as Cajuns. Finally, the French 4 students have focused on the festivities in Nice, France. All students made crafts to tie in to their locations: masks, bonhommes (the mascot of the Winter Carnaval), crowns, and parade floats. All classes celebrated with a party and all students are encouraged to take a selfie in the Mardi Gras/Carnaval selfie booth in the Library – hopefully an annual tradition!



Faculty Retreat

Last month, members of the Lancer faculty and staff joined together for a one day retreat filled with service and small group time centered around our new patron, Blessed Pier Giorgio Frassati. Pier Giorgio led a life of example by blessing those in need through acts of service and presence; taking this to practice, the faculty and staff volunteered at both Northwest Harvest and St. Vincent de Paul, where they packed and served food for those in need in Washington State.



World Languages Honor Society Induction Ceremony

► The World Languages Department at Kennedy Catholic High School celebrated the annual Honor Society Initiation on February 8, 2018 in the school chapel. After a few words from Principal Nancy Bradish and world language teacher advisors, the Honor Society Officers of American Sign Language, French, Latin and Spanish led their respective portion of the ceremony, in their different languages,

initiating new members and recognizing current members. It was wonderful to see so many family members in attendance! A simple reception was held after the ceremony in the Dillman Center. Congratulations to all the initiates, and their families, along with current members! Prerequisites for new membership into the World Languages Honor Society is 3.5 GPA in their language. For a full list click [here](#).



Anatomy Career Speaker Series

Throughout the year, Ms. Bacher invites members of the community to speak to her Anatomy and Physiology classes as part of a Career Speaker Series. Over the past month, students in this class have had the opportunity to hear presentations from Barry Peterson, Autopsy Technician at the King County Medical Examiner's Office and physical therapist, Trevor Bryant. This is a great opportunity for students to hear about jobs in the field they're studying and figure out what might interest them the most for a future career.



KATCH Auction

Let the Adventure Begin and support Kennedy Catholic! Online auction bidding begins Friday, March 9 at 9:00am and ends on Sunday, March 18 at 9:00pm. Bid on restaurant gift cards, vacation get-aways, handbags, local services and much more! Preview items [here](#).

Invitations are on the way – watch your mailbox! Registration is now open for the 2018 KATCH Gala Auction on Saturday, April 21. Register [here](#).

We can't wait to see you there.



Mason R. Wins National Competition

Mason was chosen as one of three winners in the nation for the CDN-GM Interactive Competition. Contestants designed their own cars, and were taken through a series of elimination phases, and mentored by individuals throughout the process. Mason won a place in the highly prestigious CCS Summer Camp Experience through his entry in this contest. To see Mason's contest submissions, click [here](#). Congratulations!



Earth and Space Sciences Lab

Ms. Newman's class has been discussing escape velocity, which is the speed that something has to reach in order to escape the gravitational pull of a planet. In an escape velocity lab completed last month, the students acted as a planet and created an orbit around themselves with balloons and then calculated the speed that their balloons would have to reach in order to escape their own gravitational pull.

This was a great way to actively and tangibly learn about escape velocity. Pictured left is a student learning about gravitational pull.



Congratulations Sam C.

Congratulations to Class of 2018 Sam C. on being named as a Finalist in the National Merit Scholarship Program for 2018! Merit Scholars will be named later on this Spring.



NOLA Cribbage Tournament A Success

This past February, our 2018 NOLA Spring Break Service Trip team celebrated the second annual NOLA Cribbage Tournament fundraiser. Cribbage players gathered for a night of festive fun, good eats, and fundraising for the 21 students who will be spending their spring break serving with Habitat for Humanity. Through the incredible generosity of the tournament players we were able to raise \$670. We extend our deepest gratitude to the following people that made this fundraiser a success - to all the cribbage tournament players, faculty, staff and parents for your support; to Mr. Dolesji and sophomore Brandon D. for the incredible artwork on our cribbage board prize; to Mr. Dyer for his leadership, cribbage expertise, craftsmanship, and incredible cooking.

On behalf of the 2018 NOLA Crew, thank you.

First Semester Honor Roll Students

This fall semester we had over 300 students make the Kennedy Catholic Honor Roll. That's almost 1/3 of our entire student body! There are three different designations within the Honor Roll system. Honors is a GPA between 3.5-3.74, High Honors is a GPA between 3.75-3.99 and Highest Honors is a 4.0 GPA. For a full list of students and their Honor Roll designation, click [here](#).



DECA Students Compete in State Conference

In early March, nineteen students in the Kennedy Catholic DECA program competed at the DECA State Career Development Conference. These students qualified to compete at SCDC after their success at the regional conference in January. Over 3,000 students from around Washington converged in Bellevue to compete in business-scenario role-plays, written events, and presentations. Four Kennedy Catholic students placed in the top 10 of their events, with two advancing to the International Career Development Conference. Senior Dirke H. and junior Hannah D. will be traveling to Atlanta, GA in April to compete at the national level.

Interview with Sarah F.

In a few sentences, explain your recent achievements.

I qualified for nationals in the Thespian solo musical theater event and got high ratings in my feedback from the judges. I'm also going to Rome with my choir after fundraising for the trip by singing at extra concerts, participating in various fundraising events, and doing odd jobs for the last year and a half.



What clubs/sports/activities do you participate in at Kennedy Catholic?

I'm in the drama department's touring company, and International Thespian society. I also have been in two musicals at Kennedy Catholic: Camelot and Honk, which were incredible experiences!

How has your time at Kennedy Catholic or outside of school helped you accomplish your recent achievements?

Being in the International Thespian Society allowed me to compete at the qualifying Thespian event which is how I qualified for nationals. My time at Kennedy Catholic in drama activities showed me that it's important to have fun while you're working hard. I take that with me in all my musical activities, and to Rome with my choir.

What are you looking forward to for the remainder of the school year?

I'm super excited to go to Rome and sing for Pope Francis! We'll be singing at St. Peter's Basilica; seeing the Vatican museum, and all sorts of amazing works of art! I've always wanted to go to Europe, and now I finally get the chance to go with all my choir friends. I know it will be an incredible experience, and I can't wait to get on that plane!

Northwest Catholic Student of the Month

Ruth Z. - Senior

“Whether someone needs a ride, hug, or a person to talk to, Ruth’s heart is open to all,” said nominator Sofia Lopez. A student of Latin, Ruth has served as President of the Washington-British Columbia Junior Classical League. She is a member of Seattle’s Our Lady of Guadalupe Parish, where she is active in immigration ministry and has volunteered as a vacation Bible camp counselor. Read her article [here](#).



Capture the Moment!

The Parent Club invites Mothers and Daughters to “Capture the Moment” at this year’s annual event held Tuesday evening March 20, in the cafeteria from 6-9pm. Please join us for dinner catered by Chipotle, a guest speaker from Nordstrom and a unique photo memento created by YOU! Tickets on sale in the Knight Stand or [online](#) for \$20ea.



ISLE Projects

After fulfilling many volunteer service hours throughout our community, Kennedy Catholic seniors are required to present to a panel of teachers, their work and the influence it has had on the community to a panel of teachers. Each senior creates a Powerpoint that describes their service, the impact it had on the population they served, and how their work relates to the Seven Catholic Social Teachings. Students are encouraged to look their best as they celebrate this big achievement. Pictured above is Ms. Nacko’s English class.



ALUMNI NEWS

Alumni Profile: Celeste (Quitiquit) Dickason '98

As a student at Kennedy Catholic, Celeste (Quitiquit) Dickason '98 was always one to be involved. She was up for anything, trying sports, clubs, and leadership roles in ASB. With one eye toward the future, she kept in mind the lessons learned from her coaches, "Play with all of your heart, have no regrets" and success will follow. She took this lesson and used it to guide her forward with her future goals after graduation. Serving her community has always



been a guiding point for her. As a member of ASB, she was a leader for her class and the school. This leadership role was also an important part of her experience with SEARCH. She took many of these lessons in leadership from her coaches. A devoted volleyball and basketball player, who also ran track through high school, she hoped to continue her athletic track through college. While those goals were ultimately deterred due to injuries, she feels blessed to have had the opportunity, and still remains active with running and hiking. Through all of her experiences, the community at Kennedy Catholic, including that in athletics, is something she remembers best. The current athletics theme, Integrity, Service, Passion, Grit, perfectly exemplifies her time

at Kennedy Catholic. Her passion for service is what drew her into the medical profession. When she began college at the University of Washington, Celeste already had a goal in mind: to help her community as a pediatrician. Growing up, Celeste saw her mother serving her community as a teacher. In helping students, her mother set an example for her of the importance of giving back and Celeste always saw herself taking on that role, but by educating through her own interest and specialty: medicine. After obtaining her degree from UW and studying at Seattle Children's for her concentration in pediatrics, Celeste went on to study at UCLA for an additional specialty in orthopedics. With her new specialty completed, Celeste returned to her home town of Seattle where she combined her two areas of interest to practice in pediatric sports medicine. Staying connected to her alma mater, she is on call for both Kennedy Catholic and Foster High School to consult on injuries sustained during games. She also sees patients at a clinic in Federal Way. When she isn't helping kids in her community, Celeste is focused on her family life. Raising two girls, with a little boy due this spring, she and her husband are always on their toes. When looking back at her life, and all the blessings she has had, she believes strongly that we always have something to be grateful for.



Happy Birthday!

Happy Birthday to our March alumni! We wish you a wonderful year ahead!

[Click here](#) for the full list.

To make sure your name makes it in this section, head over to our **[Alumni Page](#)** and fill out the form under, "Help Us Update Our Records."



KENNEDY CATHOLIC COMMUNITY



Community Easter Egg Hunt

Join us for our annual Easter Egg Hunt on Eisiminger Field. Over 1,000 eggs will be filled with goodies on **March 23 from 3-4pm**. Baskets will be provided.

See you there!

Attention Classes of 1978, 1988, 1998, and 2008!

Reunions are a great time to reconnect with classmates, and we hope to see you there! Thank you to all of those who have joined planning committees and are working to make these events a success. Planning is currently underway for all reunions. If you have any questions, or would like to assist with planning, please contact Rebecca Nuffer at nufferr@kennedyhs.org.



Lancer Golf Classic

Save the date! On **August 17, 2018**, Kennedy Catholic will host the Lancer Golf Classic at Washington National Golf Course. Take your turn on the course designed by award-winning architect John Fought.

Whether you're an experienced golfer, or simply driven by your love of the game, this is the perfect opportunity to play on one of Washington's premier courses while supporting student scholarships at Kennedy Catholic.

Registration opens April 1.

Questions? Contact Rebecca Nuffer at nufferr@kennedyhs.org



Welcome Class of 2022!

This past fall, the Admissions Team geared up for an exciting season of meeting new students and families that would eventually become the Kennedy Catholic Class of 2022. Through our various events and close communication with many families, we already feel extremely connected to our new Lancers.

The Class of 2022 is a special group that brings unique talents into our community. We are thrilled to welcome students who are artists, musicians, athletes, scientists and so much more. It will be a privilege to see them grow and blossom over the next four years.

These young adults have chosen a school that will empower them, motivate them and guide them to explore their passions and achieve their dreams. We are so excited to welcome these outstanding students into the Class of 2022!

Travel to Australia and New Zealand

Down Under on the other side of the globe, the people of Australia and New Zealand have much to boast about, including exotic wildlife, natural beauty, and fascinating indigenous cultures. If you go on this special journey, you will have the opportunity to experience the Hobbiton movie set, dance the haka in an authentic Maori village, and cuddle with a koala bear at the Night Zoo - and that's just the beginning. You will also have the opportunity to snorkel on the Great Barrier Reef, surf at Manly Beach, and shop Sydney Harbor. You'll make lasting friendships as we visit our Catholic sister school, Emmaus College, in beautiful Melbourne. Plan on being warmly welcomed by an Emmaus host family who will share adventures with you in their special city. This and, much, much more awaits you on this fantastic 18-day adventure of a lifetime. Chaperones for this trip include Ms. Burns, Ms. Gurnard, and Mr. Wright in conjunction with EF Tours. For information on how to reserve your space, contact Mr. Wright at wrightj@kennedyhs.org or come by room B224 to get your questions answered.



Biotechnology and Fred Hutch Research

► Mrs. Lazerte's Biotechnology classes perform many labs throughout the year in conjunction with Fred Hutch Research. Below are two labs that happened during the month of February.

Electrophoresis: Ms. Lazerte's Biotech classes performed an Electrophoresis lab, where they separated DNA fragments by size and charge. This process uses electricity to move charged molecules from one pole to the other through an agarose gel. Once complete, the size and relative charge of the molecules can be determined.

Transformation: Transformation is a form of genetic engineering where a desired gene is added to the genome of another organism. In this case, students added a gene for colorful phosphorescence to harmless bacteria, and then grew the bacteria to determine what color they get. The phosphorescence gene originally came from a coral that produces these colors naturally. This process can be used to produce all kinds of useful products, not just colorful pigments! For example, very pure human insulin can be produced both quickly and inexpensively in this way instead of trying to purify insulin from the pancreas of horses and pigs, the method used up until 1980's.

Library March Madness: Tournament of Books

The library is holding its 3rd annual Tournament of Books for March Madness! Watch book trailers on the library website, turn in your completed bracket by Monday March 5, and then vote for your picks each week. See which books move up the bracket to make it to the big match! Prizes for best score, including a \$25 Barnes and Noble gift card. Will a modern book oust our defending champ, *To Kill a Mockingbird*? Will Ishmael Beah's book make it to the Final Four? Only you can decide! Brackets available in the library or on the library website. Book trailers and voting links available on the library website.



INTERNATIONAL NEWS



Lunar New Year Celebrations

► Kennedy Catholic recently celebrated Lunar New Year, or Spring Festival. This is the most important of the traditional Chinese holidays. The second floor hallway was decorated with red and yellow to remind International students of home and other students of our school's rich and diverse heritage. One of the favored traditions of the Lunar New Year is the giving of a red envelope filled with money. Usually elder generations give to younger ones, with the amount of money often increasing as a child grows older. The International staff and Chinese classes prepared several hundred red envelopes to be given out to Lancer students by faculty and staff. Each envelope had a Kennedy Catholic chocolate coin, representing this

symbolic New Year gesture. Normal etiquette is to hand the envelope with two hands as you wish the recipient, "Happy New Year!" and for it to be received with two hands -- to show respect and gratitude for the giver, the act of giving, and the gift itself. Mr. Tribble's (Cultural Ambassador) favorite part is how it makes the kids smile with the surprise of receiving. Staff members from the International Program also handed out oranges and dumplings during passing time – symbols of the season. We wish our international students and members of our community a Happy Lunar New Year.



Stacy G. Reminds Us: Don't Hold Back

Stacy is an international student who recently had an interview with USA Study Abroad Magazine. When asked what her advice was for international students considering studying abroad, "Don't hold back, trusting yourself can work miracles! Don't be afraid to ask for help, because everyone is happy to help you! The USA is a good place to fulfil your dreams."

To read her full interview. click [here](#).

Korea Virtual Office

In the February Issue of Communi-K, we introduced Kennedy Catholic's virtual office in Vietnam. In this edition, we are featuring the school's virtual office in Korea! Esther Park joined Kennedy Catholic in January as Country Coordinator for Korea. Her primary role is to help build upon a strong alumni and Lancer family network and invite new Korean students to be a part of the Lancer family. Below are some of Esther's recent networking activities.



(Above) Dr. Minho Song, PhD and Esther discuss opportunities for study abroad in the US. He is a professor at Kyung Hee University, College of International Studies.

(Right) Marianna Kim, mother of Kennedy Catholic Alumnus Mun Sek Kim, Class of 2010, and Esther enjoy a meal during Lunar New Year. Mun Sek studied at Kennedy Catholic for four years then graduated to attend UC Berkeley. He completed his graduate studies at Cornell University in New York. Mun Suk is researching a patent for Korea Advanced Institute of Science and Technology (KAIST) batteries for cell phones.



(Left) Kennedy Catholic International Alumnus Jay Lee recalls fond memories as he reviews marketing materials from his cousin, Esther. He lives in Daegu and is an English Tutor.



(Left) Esther met with prospective families and future students at the COEX Educational Fair in Seoul. The largest study abroad fair in Korea attracted over 25,000 visitors during this two-day event.



FINE ARTS NEWS



Lionel Hampton Jazz Festival

► The Lionel Hampton Jazz Festival held at University of Idaho - Moscow, ID is one of the elite jazz festivals on the West Coast. Over 4,000 students from approximately 140 elementary, middle, and high schools from the Pacific Northwest including British Columbia compete in this festival and attend clinics and concerts led by internationally acclaimed jazz artists. Our very own Kennedy Catholic Jazz Band attended this festival and competed in the AA division. They received some great comments and critique from the judges and in the end earned the award of "Honorable Mention". To put this in perspective, this is right behind the winner, so they received 2nd place out of 20 other bands in their division! Our score was 90.65/100 and the first place score was 91.65 (1 point away). In addition to this overall score, the soloists in the jazz band received outstanding solo awards from the festival judges. These awards were awarded to Zach B. (Alto Sax), Corey Z. (Trombone) and Logan F. (drums) Congrats to all of our Jazz Band students for their hard work and dedication!



Winterguard Highlight

Our Winterguard has been working hard since the middle of November. These eleven students have an extremely exciting show and recently competed in two regional shows, placing first in both! Currently they are undefeated in their division. Congratulations Winterguard! Please come out and support these artists in their pagentry. Their upcoming competitions are:

3/3 - Kamiak High School

3/10 - Portland, OR WGI Regional Competition

3/24 - North Thurston High School

3/31 - Northwest Winter Guard Championships at Cascade High School



Music In Our Schools Month

The month of March is “Music in our Schools Month.” This year the theme is “Music Connects Us.” Throughout this month our music department will be featuring highlights from their program on how music is an extremely powerful artform, the benefits of being involved in music, and how music truly does connect our whole school together! We at Kennedy Catholic are extremely blessed to have such talented musicians in our band, orchestra, and choir (almost 200 students). This month is an exciting month of performances and competitions.

Elementary Band Program

March is Music in Our Schools Month - and indeed we have music going on. All nine Catholic elementary schools are busy preparing for upcoming spring programs. The 2018 Honor Band is well underway with twice monthly rehearsals! It is not Salzburg, but the school halls are alive with the sound of music.



Bowen M. Wins First Wrestling Championship in 30 Years

Senior Bowen M. wrapped up an outstanding wrestling career with a thrilling 13-10 victory in the championship match of the annual Mat Classic State Championships this past month. After finishing 2nd in State as both a sophomore and junior, he moved up to the 285lb division and put together an outstanding season, winning both the sub-regional and regional tournament leading up to State. Bowen became just the second Lancer to win a State wrestling title, and the first since Chris Zocco in 1987.

Athletics News

For more athletics news and information on spring sports, visit our [website](#).

Thank You Archbishop Sartain!

Thank you for celebrating Mass with us this month and naming our Patron, Blessed Pier Giorgio Frassati. Pictured below is Archbishop Sartain with ASB leadership students.

