



Walking Out For Florida

by Grace Minchala and Katie Metaj



Students were seen outside the school. Some carried signs with slogans like this one: "This is not a walk out."

February 14 was a devastating day for Marjory Stoneman Douglas High School, in Parkland, Florida. Gunman Nikolas Cruz, age 19, opened fire killing seventeen people; three of whom were teachers who jumped in front of the shooter to protect the students. Fourteen were teenagers.

On March 14, just one month after the tragic shooting, many schools worldwide united and let their voices be heard by marching and protesting to stop gun violence in schools.

Students used social media to spread the word that the walk outs would start at 10am. Students walked out of their classes and protested until 10:17am. The march lasted 17 minutes to tribute to the 17 people who died.

"I actually did participate because the government should really do something about the gun control. This isn't fair for any of us," said one student who participated. "To be honest, our school did not send any message, whatsoever. This walk out was not planned. I've seen across Queens that they held 'the moment of silence' and even got flowers," they added.

Talisha Morejon, a senior at Queens Voc, who participated in the walkout said, "I participated to support that the government needs to change the gun laws after the gun shootings that happened in Florida and in other states." Morejon adds, "The people who knew what the march was for got

the message out correctly because we knew what we were walking out for. While there were some people who didn't even know why they were walking out; the rest of us did and that's what matters."

There were students who walked out but did not know the reason behind walking out.

One freshman said, "I did want to participate in the walkout. I did not know the reason I was walking out," he added, "People were saying it was for a fire drill, others said its for respecting the seventeen people who died in the Florida shooting. People were posting on social media about it being because of the seventeen people who died, but teachers were saying that its for a fire drill so I was confused."

Ms. Gallagher, a staff member who helped with the walkout said, "I volunteered to help with the walk out during my prep to ensure the safety of the students who chose to participate."

"There was chanting and signs being held up," she added.

Ms. Gallagher also said, "I have no comment about my personal feelings regarding the walkout. It is not my place to tell students what they should feel on the matter or bring my personal opinion into it."

Ms. Burg, our school's principal, stated, "I feel proud that young people are standing up for what they believe in."

continued on page 2

Taking the Vocational out of the Voice

by Juan Pablo Prieto

There have been rumors...

...Rumors that Queens Voc will not be Queens Vocational anymore.

A name change has been proposed for the school by the administration and if approved, it would take effect in September.

This year is the last graduating class under the current name.

This idea gestated some time back, proposed by former chancellor, Carmen Fariña on her visit to the school some months ago.

Our school's principal, Ms. Burg, shared the notion, and has been working on the process.

With the retirement of chancellor Fariña, Principal Burg thought it to be a good time to effectuate the school's name change.

The paperwork was passed to the Superintendent for approval.

The proposal was subsequently passed to the Leadership team, who, although not bearing a direct vote on the decision, seemed to agree with the change, according to Principal Burg.

Next, The issue was passed to the president of the parent association, a group whose will have the final vote on whether the name is to be changed or not, before the paperwork is submitted to the Department of Education.

A vote was passed previously

to the teachers, consisting of four options of a new name. The consensus was overwhelmingly "Queens Technical High School."

Principal Burg explains: "All practical fields are technical, not just those related to technology."

Many veteran teachers and faculty, such as Mr. Burke and Ms. Judge, seem to understand the reason behind the name change; the common perception of a negative connotation of the word 'vocational' and a move to improve the outside perception of the school.

However, administration is aware that this name change is deeply emotional due to the strong connection that many people have with the current name.

Mr. Bermudez, an EI teacher at QV feels a little less enthusiastic.

"I understand it," he states, "but usually a name change means something negative."

"As a graduate of QV, it hurts to lose your identify," he adds.

Some students complain there is no reason for the name change, while others agree it could help with the perception of the school.

What is the actual effect of being labeled 'vocational'? Talking with Anna Karabelas, the college counselor at Queens Voc, she explains that college sometimes ask for further explanation of

continued on page

Fighting for Unarmed Nuclear Powers

by Anthony Coneo

The Nobel Peace Prize is an award given to an individual or group of individuals dedicated to their ongoing contributions for peace.

The Nobel Peace Prize is only one of the five Nobel Prizes created by Alfred Nobel, a Swedish industrialist, manufacturer, and inventor, among the prizes in Physiology, Medicine, Chemistry, Physics, and Literature.

This award is distributed annually by the Norwegian Nobel Committee, which is a five-member committee arranged by the Parliament of Norway.

The 2017 Nobel Peace Prize was awarded to the International Campaign to Abolish Nuclear Weapons, a group of non-governmental organizations working and directing attention to the use of nuclear weapons and their catastrophic consequences.

The Norwegian Nobel Committee released the announcement on October 6, 2017.

Ms. Dimech, a Queens Voc

math teacher, and the Chess Club coordinator, had a relative who took part in the ICAN campaign, Susi Dimech.

The ICAN brought awareness to the fact that "the world's nine nuclear-armed powers and their allies" declined to support the treaty-based prohibition or nuclear ban treaty.

Yet, according to ICAN's website, "An overwhelming majority of the world's nations voted to adopt the Treaty on the Prohibition of Nuclear Weapons - a landmark international agreement that outlaws the ultimate weapons of mass destruction and establishes a pathway to their elimination."

continued on page 2



Senior Leslie Guerrero was seen donating blood on February 27th.

Donating for a Cause

by Shusei Naito

Every year, Queens Vocational hosts a blood drive with the New York Blood Center in order to help adults and children in need of blood.

Mr. Vega, the student activities coordinator, has organized the blood drive for several years.

On February 27, Queens Voc hosted the latest blood drive, in which students and teachers willingly donated their blood during their free time to the New York Blood Center and Red Cross.

"We organize the blood drive by giving out pamphlets, putting up posters in the halls, and putting a notification on the master schedule," said Mr. Vega

Students have to fill out a medical form before donating blood in order to find out if they are eligible to donate.

Once the form is filled out students hand it in to Mr. Vega, so he can review it and send it to the New York Blood Center.

There are certain requirements in order for you to donate such as weighing a certain amount depending on age, having no recent piercings, and having not been sick for at least a week.

The day of the blood drive, students were given a time when they were able to donate in the schools auditorium.

The donors donate approximately a pint of blood.

continued on page 6

What's Inside this edition of Vocational Voice

Elves, Regents, Sr. Trip.....2
Principal's Letter.....3
Internet, World News.....4
Seniors, Squad.....5
Advice, Planning, Pep.....6

'Aud, Health, Leave.....7
Advice, Catch, Srs.....8
Appreciation and Art.....9
Sports.....10



Ms. Dimech's sister, Susi Dimech (right), holding the Nobel Peace Prize after the ceremony.



Included in the trip was an event at a roller rink where Seniors could skate with their friends.

Seniors Take the Trip of a Lifetime

by Frank Jr. Macapagal

The Senior Trip is a special trip for graduating seniors before they leave high school. This event takes place every January, at the Honors Haven Resort located in upstate New York.

The weekend provided many activities such as snow tubing, soccer, basketball, swimming in an indoor pool and hot tub, dancing in a nightclub, and much more.

However with all these activities, comes a cost; there is a \$340 amount that must be paid in order to cover most activities along with food and transportation, among other expenses.

Some activities required also an additional payment. These activities include paintball, horseback riding, skiing, and snowboarding.

The first night at the resort was all about relaxation and enjoyment. Seniors were given an itinerary for events and activities.

The night club began, at 10pm, and lasted until 1am, while both laser tag and karaoke ran from 8:00pm-9:00pm.

Additionally, respect and compliance with chaperones was

expected above anything else.

Mr. Vega, the trip's coordinator, was responsible for all the senior activities, and scheduled specific times for breakfast, lunch, and dinner.

"There was a total of 108 students that attended the senior trip," stated Vega.

The senior trip was very entertaining for many Queens Voc seniors. Cesar Ceballos said that the trip exceeded his expectations and enjoyed himself more than he anticipated. "The trip was 'hella' valid, wish I could've stayed there one more night."

Seniors who went to the senior trip also attended activities outside the resort, such as rollerblading and paintballing.

Paintballing required a separate payment from the original \$340. For \$35 you received paint and equipment for the three rounds of play. Rollerblading was also offered however, it was free for everyone.

Alternatively, there was an arcade within the skating rink for students anticipating the bruises and falls from skating.

Changing the Name

continued from page 1

the programs due to the school's name; however, as she claims, the programs offered are not, as some might think, in replacement of academics, but rather a helpful complement. Ms. Burg also expressed that this perception might be attracting some students interested in a purely vocational school (without much focus on academics), as well as frustrating some parents in regards to how the school, and in turn its students, are perceived.

While some people may be worried this name change would mean a shift from the current career focus of the school, Ms. Burg assures everyone that "CTE programs will remain the same" and that the proposed name change reflects no change in the administration of shop programs.

Ms. Burg mentions her interest of possibly adding a veterinary tech program in the future.

Changes to the Global Regents

by Philip Papaccio

The Global History Regents will be undergoing dramatic changes that will affect all students that are taking the test.

Starting in June, the first change will occur. The regents will become the known as Transition Exam.

The Transition Exam will have the same format as the current Regents, except there will be 30 multiple choice questions instead of 50.

In addition, the test will focus on content from the second year of the Global History course, which is events from 1750 to present time.

The Transition Exam will be a temporary test until August 2019, when the new Global History II Regents Exam is implemented.

This new exam will only test students on content from the second year of the course but will still be three parts.

The new changes to the regents will be affecting the curriculum for all Global History teachers.

Mr. Gallagher, the Social Studies AP, stated that, "For the new exam, the teachers will focus on teaching students the Historical Thinking Skills necessary for success. These include analytical skills such as sourcing, identifying bias and point of view, geographic reasoning, cause and effect, compare and contrast, and understanding turning points in history."

"Students will also need to develop reading strategies such as annotating text, citing textual evidence, and developing and supporting arguments in writing," added Gallagher.

The new test would also affect the students that will be taking the test in the future.

Mr. Gallagher said, "There are certain challenges students will face in taking a new version of the exam. However, I think students will benefit from the design of the new exam in terms of time."

Gallagher goes on to say, "Students will be able to focus on one year of content instead of two when preparing. The teachers have been working very hard to get ready for the new version of the exam and help our students be prepared."

The Regents are changing because the New York State Department of Education adopted new standards for all content areas in recent years.

First, the English and Math Regents received new Regents Exams, and now the Social Studies Regents Exams are changing.

In a few years, the Science Regents Exams will be revised as well.



The QV "Elves" outside the United States Postal Office participating in "Operation Santa" filled over twenty-one letters requesting gifts.

QV Elves Partner Up With Operation Santa

by Daniel Laszczyc

During the winter season, Mr. Vega and the school's leadership team delivered presents to children in need through Operation Santa.

Operation Santa is an initiative run by the United States Postal Service that focuses on assisting the public by delivering presents to children in need.

Similar to last year, on December 6th, Mr. Vega and twenty-five students from Leadership team traveled to the United States Postal Office located on 8th Ave. and 33rd St. in Manhattan.

After arriving at the post office, the team spent an hour and half reading through letters that requested various gifts and essentials. In the end, they picked out twenty-one letters they would fulfill.

When the letters had been selected, students were broken up into groups of two students and each given a letter. The students from leadership then used their

own money to buy presents that would fulfill the requests in the letter.

Leadership made sure any gifts being delivered to the children were in good condition.

When all the presents were gathered, Leadership wrapped the gifts and packed them into boxes for delivery.

Staff from QV also participated in Operation Santa. These staff members included: Ms. Burg, Ms. Dimech, Mr. Gallagher and his family, and Ms. Wilson.

Additionally, the students in the Arista Honor Society participated this year by providing gifts to four children.

On December 22nd, the Leadership team delivered about twenty-five boxes filled with gifts and presents to families in need.

"When we were doing Operation Santa, the idea of helping someone out there was amazing because you are able to help people that aren't as fortunate as you," stated Noor Aayla.

Fighting for a Better Future

continued from page 1

Many people played a role in stopping the further use of these weapons of mass destruction, especially as a tribute to the atomic bombings of Hiroshima and Nagasaki and others who were victims of nuclear test explosions around the world.

After these catastrophes, it was important to create a treaty that outlaws weapons of mass destruction from further use and instead pursue more peaceful ways to tackle national differences or threats.

"Through advocacy and participation in diplomatic conferences, and we will work assiduously in coming years to ensure its full implementation."

Taken from their website, ICAN was committed to bringing their cause to congressional awareness.

This treaty is more than just a piece of paper, it's the widespread and long-lasting call for peace on our planet.

Walking Out for Florida

continued from page 1

Burg states, "Overall, all the students behaved and my announcement stated that I was proud of the way the students conducted themselves and I thought they acted very maturely. I also thanked the staff that volunteered."

"I was very happy that it was done in a safe and orderly manner and that there was no issues because of it," said Mr. Alikakos, Assistant Principal of Organization and Security at Queens Vocational.

Mr. Alikakos sent out a paper to the staff that instructed how the walkout was to be handled the next day.

Two different plans were created that would occur depending on the building and weather conditions.

The first scenario or plan states "If building and weather conditions permit, we will be holding a fire drill at 9:55am. All staff will escort their students and follow regular fire drill proce-

dures. Upon exiting the building, you will be redirected to the front of the building where we will be secured from traffic. We will remain there for an additional 17 minutes."

The second scenario states, "If building conditions or weather is not cooperating and students decide that they are going to walk out at 10a.m., then we are asking for volunteers from staff that are not teaching at the time to help ensure the safety of the students on 38th street. All teachers MUST remain in their assigned location if this is to happen. You cannot leave your classroom unless all students have willingly walked out."

The paper to staff ends by making it clear to all DOE staff that it is against DOE policy and a conflict of interest for DOE employees to participate, solicit participation, or lead students in the walk out in their official capacity. This paper was directed towards administration, organization and security.

Letter from the Advisor

Well that year wrapped up incredibly fast... My goal for the year was to have three issues of the Voc Voice published under my leadership. Unfortunately, we was only able to put two out. That being said, I think that the two issues that the class did publish are solid. I think they are symbolic of the torch which was passed to us and do indeed keep it burning.

The 2017-2018 school year has been a year for great change. We’ve watched some of the core faculty leave, leaving huge holes in our classrooms and our hearts. We’ve also encountered new faces wandering through the hallways and classrooms.

Personally for me, this year marks the conclusion of my fourth year here at Queens Vocational.

My first class of freshman are now seniors. Many of them sat with me at the computers for this very issue, gracing me with their presence yet again. I will be watching my first group of kids complete their four year cycle. How cool is that?

In the world we see shifts. Shifts in politics have got all us talking, taking to Twitter, and Instagram and posting our opinions. North Korea and South Korea have made peace. That’s definitely pretty neat.

And then there’s the another big change right here at home. This is the last issue of the Vocational Voice. That’s right. Next year, with a new class, one of the first undertakings will be to rebrand the newspaper to fit whatever new name our school winds up with.

Change, however, is not a bad thing. I need to remind myself that almost every day. Change brings about new opportunities, and adventures, and I can’t wait to see where next year will bring us.

Mr. Bahrenburg

Decisions, Decisions

by Ravindra Singh

As the school year reaches an end, seniors are getting accepted into colleges.

Many at Queens Voc have already been accepted into their colleges which they will be attending, come 2018.

Senior Tatyanna Redillo has been accepted to two colleges: SUNY Delhi and Buffalo State.

She is leaning towards going to Delhi. She feels “grateful and excited” to be accepted into Delhi.

Tatyanna’s parents are fully supportive of her choice. She plans on going for her bachelors degree and potentially a masters in either law or psychology.

Additionally, Tatyanna said, “If I’m able to manage my time accordingly, I’d be interested in finding work while attending school.”

Another student, Carilyn Torres, was accepted to LIU and plans on living at home.

Her parents were “extremely supportive throughout the whole college process,” she said.

They were proud of her acceptance to LIU. Carilyn says that her parents have left the choice of college completely up to her. She intends on going for a bachelors.

Carilyn also intends on working during her college years if she can figure out how to manage her time efficiently. She will be studying psychology.

Daisy Bourdier was accepted

to Mercy College. She wants to live at home while attending college. Dorming does not attract her due to the fact that she would be “far away from her home.”

She wishes to obtain a bachelors in psychology and become a therapist. Daisy would also like to be employed while attending college.

Aggelos Varvatsoulis has been accepted into SUNY Polytechnical Institute.

Aggelos selected this school because of their cyber security program. He intends on majoring in the subject and obtaining a bachelors in network security.

After this, he will pursue his masters in this same field. He also wishes to obtain a job on campus so that he can “make a little money while going to school.”

Additionally, student Nicole Candelario has been accepted into St. John’s University, Adelphi, St. Joseph’s University, and St. Joseph’s College. She plans on staying home for her college years.

Nicole said “I dont want to leave my family behind.” Her mother is very proud of her and is willing to assist her throughout her college years. Nicole will be studying special education.

Many more students have been accepted to both CUNY and SUNY schools. They will be embarking on a new journey in their lives while pursuing their dreams.

Vocational Voice

Queens Vocational & Technical High School

37-02 47th Avenue
L.I.C., NY 11101

Tel 718.937.3010
Fax 718.392.8397

School website:
QueensVoc.org

Online at VocVoice.org

Ms. Melissa Burg
Principal

Mr. Alikakos
AP, Administration

John Vincent Bahrenburg
Advisor

Layout Editors
Anthony Coneo
Frank Jr. Macapagal
Philip Papaccio

Contributors
Lelsey Astudillo Gomez
Jessenia Bermejo
Anthony Coneo
Isis Flores
Alexandra Gonon Perez
Jamayel Hussain
Zuhayer Hussain
Manmeet Kaur
Peter Ke
Daniel Laszczych
Jessica Leon Lopez
Steven Li
Frank Jr. Macapagal
Katie Meta
Jose Mexca
Grace Minchala
Shusei Naito
Philip Papaccio
Linda Pardo
Juan Prieto
Raymond Quiroz
Jaskaran Singh
Ravindra Singh
Guadalupe Solano
Dycana Soriano
Jennifer Tamay
Karen Ulloa
Aggelos Varvatsoulis
Erick Villalva
Kelly Villanueva
JiaChen Yang
Justin Yulo

Guest Contributors
Natalia Mejia
Kevin Shaholli

As you may have heard. Queens Vocational is getting a new name.

Knowing that, The Vocational Voice will also have to be re-branded. If you’d like to be part of the newspaper’s rebranding process, please go to room 417 and submit your name. This is your opportunity to become part of something new!

Letter from the Principal



Melissa Burg
Principal

As we get ready for summer, I thought of a saying that helps me push forward. “Appreciate where you are in your journey. Even if it’s not where you want to be. Every season serves a purpose.”

So as we end another school year, appreciate what you’ve accomplished this year and plan your next steps to get where you want to be for your next year.

Reflect on the year and decide on the two or three actions that will make the most impact for you in the upcoming months.

Plan how you will take action and then be sure to follow through.

Evaluate often and adjust as necessary. Remember, every season serves a purpose, so take each step as another learning experience.

You are exactly where you are supposed to be!

Have a great summer!

- Principal Burg

Do you have family or friends that run local businesses? Want to see them advertised here? Send ads fit for printing to JohnVBahrenburg@gmail.com You could see your advertisement in the next issue

Do you have an opinion about any of the articles in this issue of Vocational Voice? Write and tell us! Be sure to include your name and put it in Mr. Bahrenburg’s mailbox in the main office.



Forever

Mr. Bahrenburg
Main Office

Readers can also write us at Editor@VocVoice.org

Did you know? You don’t have to be in journalism to write for the school newspaper. See Mr. Bahrenburg in room 417 if you’re interested.

Paying a High Price for the Internet

by Manmeet Kaur

When Internet Service Providers (ISP) provide internet access to individuals without favoring or blocking particular products or websites, it is known as “net neutrality.”

However, Ajit Varadaraj Pai, the Chairman of the U.S. Federal Communication Commission (FCC), is trying to end net neutrality.

A vote took place on December 14, 2017. The FCC voted 3-2 to end net neutrality, but the full order hasn’t yet been issued.

Once net neutrality is gone, using the Internet won’t be easy. You may get blocked when you try to access certain websites. You might even end up paying more than you need just to watch a certain video or reasearch a specific topic.

You might experience the loading symbol when you try to stream music and on some occasions you can be censored by your provider.

Having illegal activitiy monitored does increase safety but, much privacy is sacrificed for it.

There are many reasons for net neutrality to be kept. According to Corryne McSherry, legal director of eff.org, the use of social media allows ideas to be spread to the world.

For example, both Facebook and Twitter contributed much in the organization of the Women’s

March by planning events and gathering people to participate.

ThisisNetNeutrality.org states, “The Internet will be maintained as an open platform, on which network providers treat all content, applications and services equally, without discrimination.” This creates an equal playing field.

“Net neutrality supporters say the real innovation at stake is that which comes from content producers such as Netflix, Google, and Facebook,” according to spectrum.iese.org.

Not only will content producers have to pay for their content to be delivered faster, but small content producers might not be able afford fast delivery.

As December 14, 2017 approached, the general public took actions to save net neutrality.

One action was going to gofcyouself.com website that John Oliver, host of Last Week Tonight, created for people to leave comments in favor of net neutrality.

Another action was signing a online petition on change.org with your full name and email.

The third action was writing or calling Congress, but also texting the representatives at 504-09 saying “Resist.”

People even took their protests outside the Trump Tower.

The more the idea spread through social media, the more

people joined in.

However, all of this wasn’t enough. With a 3-2 vote, net neutrality ended.

Then, on January 4, 2018 the FCC released a final draft of the net neutrality repeal.

According to FCC, the final text is called “Restoring Internet Freedom,” a declaratory ruling, that is 538 pages long. The final text provides an introduction, background information, and sections broken into pieces leading up to the final rules of change.

The final order must be approved by the Office of Management and Budget, a business division of Executive Office of the President of the United States.

In December, an FCC official told CNNMoney that it would take up to several months to be approved by the Office of Management and Budget.

States are individually fighting the new rule. On January 22, Governor of Montana, Steve Bullock, signed the executive order to keep net neutrality in the state.

Montana is the first state in the nation to take action that will go into effect after July 1st.

On January 24, 2018 Andrew Cuomo, Governor of New York, signed a executive order to protect net neutrality in New York. This makes New York, the second state to re-issue net neutrality.

North Korea: The Good and Bad

by Alexandra Gonon Perez

On November 28, 2017, milestones were reached and records were broken for North Korea.

At 1:30pm, North Korea launched a ballistic missile that reached higher (2,800 miles), traveled longer (50 minutes), and went further (600 miles) than any missile they had launched in the past.

Named Hwasong 15, the missile landed in the sea of Japan within the Exclusive Economic Zone.

During this missile test, the Japanese government did not issue cell phone alerts warning its citizens of missiles flying over Hokkaido, one of Japan’s Northern Islands.

President Donald Trump took to Twitter and stated, “After North Korea missile launch, it’s more important than ever to fund our gov’t & military! Dems shouldn’t hold troop funding hostage for amnesty & illegal immigration. I ran on stopping illegal immigration and won big. They can’t now threaten a shutdown to get their demands.”

Coincidentally, on January 13, there was a state of panic between the tourists and residents of Hawaii alike.

On their smartphones appeared, “EMERGENCY ALERT: BALLISTIC MISSILE THREAT INBOUND TO HAWAII. SEEK IMMEDIATE SHELTER. THIS IS NOT A DRILL.”

This, in fact, was not an actual threat but rather a mistake made by an employee who issued the wrong command.

What’s more alarming than the fact that the commands for issuing a drill alert and an actual warning are very similar is the amount of time it took to deliver the message to people.

The message, which took 38 minutes to deliver, was a testa-

ment to how much improvement needs to be made in regards to defending the country, something the President tweeted about at the time news of North Korea’s ballistic missile was released.

Many citizens expressed outrage at the government for taking too long to deliver a serious warning like this.

While it is reasonable to believe a missile was headed our way due to recent tension between President Trump and Kim Jong Un, conflicts have recently been diminished.

North Korea’s leader had agreed to have representatives from its side sit down last winter and matters with South Korea, something that hasn’t been done in 25 months.

Much of the discussion revolved around North Korea’s participation in the Olympics. The north has also made it clear that it has no intention of discussing its nuclear weapon plans with the south.

North and South Korea did the unexpected and participated in The Olympics under a united flag and even creating a united women’s hockey team.

On February 8th, a day before the Winter Olympics, North Korea displayed long range missiles in celebration of the event.

While it is customary to set aside political differences among athletes, the peace shared between these two nations was seen as temporary in commemoration of the games.

However, in April, both North and South Korea met at the line that divides them. There, Kim Jong Un and South Korea’s leader, Moon Jae-in shook hands.

Later that day, both men signed the Panmunjom Declaration of Peace, bringing a formal end to the Korean War.

Surfing the Deep Web

by Juan Pablo Prieto

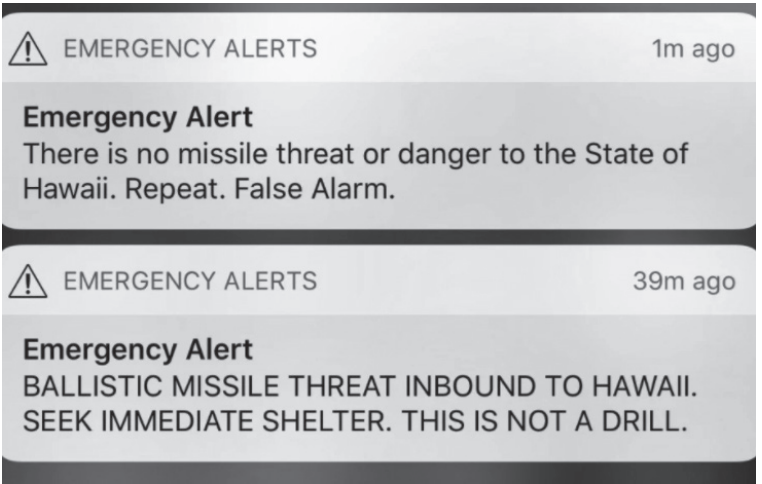
A strange place, the Deep Web, is often mentioned in hacking stories as the magical place where the Illuminati post their plans, where unicorn horns are sold, and where you might get killed or hacked just for accessing a website.

The articles, websites, cat videos, and memes you see every day on the internet is said to be only the tip of the iceberg. But, what really is the Deep Web? How is it accessed? What is the difference between Deep and Dark Web?

The terms “deep” and “dark” are often used interchangeably, amounting to confusion in statistics and articles. But they are two different classifications: All information not accessible to just anyone (unsearchable) is the Deep Web (your bank account, private messages, etc.). The Dark Web is part of the Deep Web but is only accessible through special software and is meant to be accessed anonymously.

So, the private portion (Deep) makes most of the internet, the anonymous Dark Web is relatively small in comparison.

To access the Dark Web, you need to download the Tor browser which allows you to access Dark Web websites. The core principle of Tor, “onion routing”, was developed in the mid-1990s by United States Naval Research Laboratory employees with the purpose of protecting U.S. intelligence communications online.



The text message, sent to smartphone users in Hawaii that caused chaos and panic. Image taken from The Sun.

Its anonymity is especially useful for journalists and whistleblowers, people with censored internet, and the military; it is also useful to drug dealers and buyers, and other people seeking illegal services and information; in the darkest circle, people use it for human torture and children pornography as well as for terrorist and human trafficking communication.

Due to stories on the Clearnet (the normal internet), the Dark Web has been romanticized.

The Dark Web loads slowly, which often leads to simple websites and is mostly text only. Thus, Red Rooms (livestreaming of murder, directed by the viewers) are not really hosted widely on the Dark Net, because streaming is unsafe for anonymous viewers.

Furthermore, other exaggerations such as supernatural organizations and websites, are false, including the creepypastas (horror stories) of how people find some-

one at their doorstep after browsing through a webpage.

The Dark Web is not supernatural, it is simply a hidden part of the internet.

The Dark Web is hard to access. With only the download of Tor you can browse the Dark Web easily. As the company states: “Tor Browser contains everything you need to safely browse the Internet.” However, the hard part is not access but finding the right websites, or getting through the login (which often requires you to know an insider).

If you want to browse anonymously, you might not be as safe as you think. Nir Elkabatz, the Head of Investigations of the Israel Police Cyber Crime Unit states: “anonymity leads people to believe that if they commit a crime they won’t be caught. And that’s a mistake, it’s not true”. However, as Noor stated: Tor is the closest you can get to anonymity, “If I had to do something illegal, I’d do it via Tor”

Is It Hot In Here?

by Peter Ke

Due to the Industrial Revolution, the amount of carbon dioxide that is released into the atmosphere has been increasing dramatically.

The average temperature of the Earth has increased by two degrees Fahrenheit since the 18th century.

Rising temperatures can dramatically alter your daily lives and your environment.

This summer, the Earth has experienced numerous hurricanes such as Hurricanes Harvey and Maria. According to CNN, hurricane Harvey dumped 51 inches of rain on parts of Texas and about 30,000 people needed shelter.

Additionally, the numerous hurricanes that occurred this summer are directly correlated to the formation of other hurricanes.

For hurricanes to form, it must develop over hot water that must

be at least 80 degrees fahrenheit. The warm water provides energy for faster evaporation to occur so that it can eventually form large rotating clouds. Thus, humans are partially the reason why this unfortunate tragedy occurred.

The sea level is constantly rising every year due to melting ice caps. Polar bears are migrating every year because of the danger.

According to CNN, sea level increases 0.1 inches per year. However, this rate is not constant because the global warming is accelerating.

Rising sea level will soon cause more land to be covered by water and there will be less space for the human population.

Humans should be aware of what’s happening to their planet, Earth. Perhaps they even want to make a change.

Tech Squad Vs Computer Errors

by Justin Yulo

Queens Vocational and Technical High School has an assortment of technology that the staff and students have at their disposal, whether it's used to teach, work, or research.

In every room, there is at least one computer present at all times. One might also find printers, SMART Boards, laptops, and projectors.

With all of these devices being used day in and day out, everyone relies on them and expects them to be up and running. When a computer stops working in the office, or a printer in the school library can't print, the workflow can be disrupted. That's when Tech Squad steps in.

Located in room 217, the Queens Voc Tech Squad operates after school between 2:30 pm and 6:30pm on Tuesdays, Wednesdays, and occasionally, Saturdays.

Ms. Zagada, the Tech Squad coordinator, has been running the club since 2016.

The team is entirely made up of students from different shop classes such as C-Tech, Pre Engineering, and Cisco.

The club focuses on repairing computers and other technology related issues sent in by the school staff through the school website.

Members of the team obtain hours that go towards their sixty hour requirement for Work Based Learning.

When asked about his experiences on the team, Devon Perez, a senior in Tech Squad, states, "It's great to help out others with computer problems and do so with some of my friends."

The Tech Squad has had multiple 'calls' from school staff regarding computer issues.

The staff appreciates the technical support provided by the team.

Brian Marcelino, a member on the team states, "In Tech Squad, I don't have to worry about schoolwork, and I get to have fun with technology."



Tech Squad participant Andres Lopera, solving a paper jam in a faculty member's printer.

Take Advantage of All Opportunities Before It's Too Late

by Dyeana Soriano

During their junior year, students take the SATs. Many don't know what to expect when they take the SAT. They don't feel prepared. This makes the SAT tests difficult.

Juniors don't see how taking the SAT and getting a high grade can be very effective to get into a college.

The Scholastic Amplitude Test (SAT) lasts for three hours and fifty minutes and each test costs \$54.50 (\$43 without the essay).

If you're not happy with your score you can retake the test because it's given seven times a year with each section being scored from a 200 through 800 point scale.

There are three different portions of the test which are math, writing and reading comprehension.

There is also an essay portion but that is optional and it won't be added to your total score. It will be graded separately instead.

Students can not only take the SAT, but they can also opt to take the ACT.

The ACT is very similar to the SAT except that it has a science portion and test takers are graded on a scale from 1 to 36 for all of the four sections.

According to the Princeton Review both the ACT and SAT are "an entrance exam used by most colleges and universities to make admission decisions."

For example, Hunter College requires an average score of 1280 on the SAT exam.



Principal Burg showing her support of the QV Students who signed up to take the SAT last month.

Alternatively, there is a possibility to get accepted with support programs.

One support program is Search for Education, Elevation, and Knowledge (SEEK) and it's only for four year CUNY colleges.

The website of CUNY SEEK Overview states that "in addition to the services the college provides to regularly admitted students, SEEK offers an array of instructional, financial, and counseling support services to its students."

The SEEK program helps students who come from low income families understand that an academic record doesn't reflect their full potential.

Supported programs like SEEK will help all students from low income families, regardless of their sex, age, orientation and etc.

Furthermore, SEEK isn't the only program that helps high

school students. The Sunnyside Community Center (SCS) has partnered up with Queens Voc to offer extra help, college counseling, and tutoring to all students.

The SCS offers a variety of free services, including: tutoring, college application assistance, and career readiness programs.

"Sunnyside Community Services is a multi-service, community-based, non-profit agency that provides programs for individuals of all ages," according to the Sunnyside Community Services website.

SCS teachers help eleventh and twelfth graders prepare for the SAT with the math and English portion on Wednesdays and Thursdays from 4:30-6:30pm.

On Fridays, the SCS helps students prepare for the reading and writing portion of the exam from 4:30-6:30pm.

Seniors Helping 'Seniors'

by Jennifer Tamay

The cosmetology shop isn't just about working on mannequins but also about working with clients.

Mrs. Quartuccio, the senior cosmetology teacher, has taken time to organize an event for seniors to work with the elderly.

The day is organized so that cosmetology seniors get to know how it feels to work on people and have the chance to earn hours that count toward their community service.

Cosmetology seniors have a requirement of 60 hours of community service outside of school. The event offers the chance to earn between 4 to 6 hours that will count toward requirement.

In the past, cosmetology seniors who have travelled to Sunnyside Community Center with

Mrs. Quartuccio have offered all type of services to the senior citizens that were there.

Services include manicures, haircuts for both women and men, facials, and blow-dries.

This year instead of going to Sunnyside Community Center, Mrs. Quartuccio and Mrs. Cagen's, senior cosmetology class switched it up and went to Ravenswood Senior Center in Astoria, on March 27.

There were 21 cosmetology girls that went. The cosmetology students worked on 63 elders providing a variety of services.

There were six girls giving facials and completed eighteen. Four girls provided nineteen manicures, and eleven seniors provided twenty-six haircuts.

Mrs. Quartuccio says she or-

ganizes this event because "it allows students to gain experience, use the skills they have learned, and provides company for the senior citizens as well as help their self-esteem go up."

It was a busy day for the cosmetology students since they were in a hurry to finish each client as quickly as possible while also doing a good job.

There were many more elders who were waiting to get a service.

Since the students get the chance to perform men's haircuts at the event, it becomes beneficial for them because they don't have the opportunity to practice men haircuts in school.

The cosmetology students not only were able to practice their skills on real clients, but also got the opportunity to interact with the senior citizens and create memorable experiences.

Mrs. Quartuccio recalls one such experience for her was when former cosmetology seniors were talking with the senior citizens about their prom, sharing memories from their high school days,

and how they did their hair back then.

She said, "You really notice the age gap and how different things were back in the day compared to now."

Rosa Garcia, a current cosmetology senior who went to this year's event said, "When I first got to the senior center it feels amazing how the elderly welcomed us

with smiles and cheers, the elderly were happy no matter what type of services they got that day and many are talkative and made it a fun experience for me."

This year's event was a success like the other past years and the cosmetology students were able to put a smile on the senior citizens faces.



Seniors (left to right) Hajrah Butt, Grace Minchala, and Arely Velasquez are seen here doing hairstyles for senior citizens at Ravenswood Senior Center in Astoria.

Upcoming and Important Dates

5/20-TalentShow	5/21-BloodDrive	5/22-GunControlDebate	5/23-Dodgeball	5/28-MemorialDayNoSchool
6/5-GlobalRegents	6/8-SeniorProm	6/11-MP3Ends	6/12-ELA/Alg1Regents	6/13-USHist/LivingEnvRegents
6/14-EarthSci,Alg2Regents		6/15,6/18-NoSchool	6/19-PhyRegents	6/20-ChemRegents
6/25-Graduation	6/26-LastDayofSchool!		7/4-SummerSchoolStarts	9/5-FirstDayofSchool!

Giving at the Blood Drive

continued from page 1

The process takes five to ten minutes.

Once students have finished donating, they receive a card to show that they have donated, and get some snacks to rejuvenate.

Many students had chosen to do the blood drive because they wanted to help the community by donating blood to people in need.

Jaemy Avalos, a blood donor, said, “It is a charitable way to help others and it can help save lives.” Avalos adds, “Also if something happens to me, I would like for someone to aid me.”

The majority of students feel that they have benefited from donating blood and they wish to donate more in upcoming years. Big or small, students and faculties

feel that they have aided the community in some way.

Overall, the blood drive was a huge success. In total forty-two of the fifty signed up attended and donated, while six participants participated in the new ALYX donation, which lets you donate blood for two people.

This process takes less blood from donors because ALYX returns a donor’s platelets.

In total, our school raised forty-six pints of blood.

Instead of donating blood, you can also donate plasma. The process is the same, however you donate whole blood and it takes about an hour to do. Whole blood is blood directly from the body, from which none of the components have been removed, which will be used in transfusions.

Lelsey’s Advice Column

Let’s face it, we all have issues; school issues, love issues, issues with our family and friends. I am just here to offer a little advice on whatever you have to ask. I am no professional, but I can try to help.

What do you think about long distance relationships, Is it possible to be in one and make it last?

Long distance relationships are hard to handle. The key is communication! You need to let each other know the risks and understand how to overcome them. Respect the miles between you. The distance doesn’t ruin the relationship, doubts do. If you guys are sure about taking the risks, always trust more and doubt less because he/she may well be worth it.

Do men deserve second chances? What can I do to not lose the woman I love with all my heart?

It honestly depends on the situation. If you disappoint your significant other where you lose their trust, things won’t ever be the same again. Some people give second chances not because you deserve it, but because they believe in you blindly. If you really love someone, you wouldn’t do anything to hurt them. I suggest you clear things up and make positive changes so you don’t make the same mistake because she may give you a second chance but not a third.

What should I do if I have two potential “somebodies,” however I’m dating one of them?

If there is a second person in your life, I don’t know why you are in a relationship. I suggest you choose one person instead of playing around with two people. Don’t go around giving half love, feelings, or time to people. Either you are completely with them or completely away from them. Try to make a good decision because karma always comes back; you get what you give.

What do I do if my parents want me to break up with my boyfriend and I don’t want to?

I suggest that you talk to your parents about this topic. Listen to the reasons why they don’t want you to be with him. It helps a lot if you have great communication with your parents because at the end of the day they know better and they might be telling you to leave him for a reason. Our parents are grown ups and have experienced so much; they know when someone is or isn’t for you.

I like this girl. She treats me like a friend sometimes but flirts with me the next second. She gives a lot of mixed signals, so I don’t know if I should shoot my shot.

You need to talk to the girl you like and ask her straight up if she feels the same towards you. It is 2018 and I don’t think anyone has time for mixed signals. Her answer should be very simple; it’s either a yes or a no. Don’t let the mixed signals fool you because indecision is a clear decision. When someone doesn’t know what they want, you gotta let them go.

Why aren’t girls loyal? Why have a plan b, and just stick to one guy!

Not all girls are the same. Before getting into a relationship, get to know them and their intentions. Don’t ever just jump into relationships just because the first month or two of “talking” is going well. Learn how to pick the right people in your life. Just remember that cheating was a choice, not a mistake. There will be girls or guys out there that won’t know what they want from other people. Be clever and put effort into a person when they show the same back.

More than Just a Diploma

by Raymond Quiroz

All Queens Voc students have the opportunity to graduate with a CTE endorsed diploma as long as they meet the requirements.

For the 2016-2017 year, according to the Department of Education, a reported 204 of the 358 graduates earned a CTE endorsed diploma.

According to Ms. Zagada, the work based learning coordinator, the requirements are:

- The completion of at least one college course
- Passing your CTE course
- The completion of 60 hours of work-based learning
- Receive specific certificates associated with your shop class.

For further information, Ms. Zagada is located in room 449.

Additionally, there are several programs such as ScriptEd, CTE Industry Scholars, NY Explorers, ACE Mentor, among countless others. These programs will help earn hours while also learning new topics.

John Garcia, a senior, is on course to graduate with a CTE endorsed diploma. Over the summer he participated at an internship at Con Edison, where he accumulated over 100 hours.

Students can sign up for college courses at two points throughout the school year.

First term courses begin during the fall, while the second series of courses will take place in the spring.

“I took college courses ranging from College Algebra and Trigonometry, Public Speaking, to Psychology,” says senior Md Kabir.

Along with the courses mentioned earlier, there are multiple others as well. To register for these college courses, visit Ms. Ocampo in room 151.

It is never too early to begin working on that endorsement, why wait until the last minute when you can have it done early and on time?

Want to write for the Newspaper next year?

Work for the award-winning school newspaper! This is an honors writing course that focuses on journalistic writing techniques.

You’ll no longer be writing for one teacher to read and grade you, you’ll be writing for the entire population of QV.

See Mr. Bahrenburg for more details.

As an added bonus, with the school name change, you’ll take part in choosing the new name of the paper, and be part of the first class to write under a different title for the first time in over 20 years.

Seniors Struggling to Pass Regents

by Jessenia Bermejo

Every year high school students must take Regents. It’s preferable to pass them on the first try because there are multiple Regent exams that students have to take.

Over their four years of high school, it would be stressful to take multiple Regents, especially if a student is repeating them. In the end, it’s actually worse for seniors when those last minute Regents determine if they will graduate in June.

Starting freshman year, students should put in a lot of effort in their classes to learn everything being taught. It can be beneficial for the Regent exams.

As students progress each year, their classes become more advanced. For example Algebra transitions to Geometry. Regents get harder each year therefore it’s best to be prepared and not take them last minute because you think that it’s unnecessary.

The Regents that must be passed in order to receive the Regents diploma to graduate are English, one Math, one Science, one Social Studies and one additional Regent exam. For the Advanced Regents diploma its necessary to have passed three Math exams, one Social Studies, Living Environment, one other Science and any additional Regents exam.

Currently, there are senior students that are struggling to pass the Regent exams they need in order to graduate. Chelsea Encalada, a senior at Queens Voc, had to retake the U.S History Regents in order to graduate. She is using this exam as an additional Regent exam that is needed to graduate. She stated “I’ve retaken that test three times now, I have to pass it. Honestly I’m scared. I took that class my freshman year and now that it’s my last year, its hard trying to remember information that I was taught three years ago.”

To add on, senior Noelia Jiménez stated “I scored a 56 the first time I took the English Regents in my junior year, now this second time I hope to receive a higher grade.” After Noelia retook the Regent exam in January she received a score of 86.

According to Ms. Yanovsky, sixty six students took the U.S History Regents in January. Twenty-one passed, forty-five students failed.

Indeed, there are definitely many sources that can help you study. Khan Academy, Barron’s books and Queens Voc has a tutoring schedule that you can find on the Queens Voc’s website.

There are multiple teachers of each subject along with Sunnyside Community Services that pitch in to help the students.

Pep Rally Brings the Noise

by Steven Li



Coach Maloney seen with the varsity boys basketball team and the Q.V. mascot at the pep rally.

A pep rally is an event held by sports teams to inspire each other or people before a sporting event.

The event this year took place in the QV auditorium after 8th period on January 9th.

The leadership team, every sports team and the coaches in Q.V went to the pep rally.

The pep rally was made on this specific day where all coaches and teams were available and only had home games afterwards such as how the basketball team had a home game right after.

Our schools sports teams have a strong bond with each other and they were there to show off their excitement about their seasons. The pep rally, however, isn’t just about the sports teams, it’s also about having fun!

There were dance offs, and the QV Tiger mascot took the stage and entertained the crowd.

Mr.Vega and the leadership team set up the event. Kate Canlo-

bo, the president of Queens Vocational said it was difficult figuring out how to coordinate the event.

“We basically had to first figure out a date to see where there were no conflicts between the schedule of the coaches for each team,” stated Canlobo.

Then there was the music, the script, the order of teams and ideas that would amp up the crowd.

During the pep rally, there was a large distribution of prizes. The prizes included blankets, water bottles, T-shirts, and glow sticks.

The money came from student organization and the money used on the prizes had to be distributed and could not be sold.

“Student Organization is basically a club which students from all grade levels are able to join,” explains Kate. “It’s to help make the school better through several activities that the whole school can participate in,” she went on to say.

Does New Maternity Law Leave Teachers Stranded?

by Isis Flores

In recent times, Queens Voc teachers have gone on maternity leave to enjoy their time with their newborn babies.

While that may be a good thing for them, they leave many of their classes with a substitute teacher to try and help the students pass their tests.

The recent New York State Paid Family Leave Act, approved by Andrew Cuomo, the governor of New York in 2016, came into effect on January 1.

It is stated on New York's official website, ny.gov, that the new law "Provides New Yorkers with job-protected, paid leave to bond with a new child, care for a loved one with a serious health condition or to help relieve family pressures when someone is called to active military service abroad."

According to the Paid Family Leave Act, "Employees with a regular schedule of 20 or more hours per week are eligible after 26 weeks of employment or with a regular schedule of less than 20 hours per week after 175 days worked."

This is the case for a couple of teachers that have been working in Queens Voc for many years.

However, this law will not be

affecting their maternity leave, since the law does not apply to union workers.

Ms. Sameyah, a math teacher who recently left on maternity leave said, "It is very frustrating to know that a law that offers so much to parents and their newborns does not apply to us."

Under this law, parents can get up to 12 weeks off with 67% of their average weekly wage (by 2021).

Within the DOE, new mothers must save their sick days and receive six weeks (eight weeks for a c-section), borrow days or go back early if they don't have enough days or do not want to have a negative balance for an entire year.

Sameyah adds, "It is extremely hard and heartbreaking to leave a month and a half or 2 month old baby to go back to work."

Teachers who are going on their maternity leave soon have to leave lessons all planned out and ready for the substitute to come in and teach to the students.

"I will have finished the curriculum so I plan on having my students work on regents preparations by completing regents exams and using Khan academy," said Ms. Sameyah.



Students from every grade can be found during most periods in the auditorium. Most of the time it's unclear if they're supposed to be there or not.

Pull Up to the 'Aud'

Students in Queens Vocational are skipping class to hang out in the auditorium. There are even students that spend the whole day in the auditorium from the moment they enter school until the moment they leave.

There are certain consequences faced for missing and/or cutting class. At times, an assistant principal will tell anyone who does not belong there to leave.

"If students are found somewhere they are not supposed to be, they are disciplined per chancellor's regulations (Code of Discipline)," said Mr. Alikakos, Queens Voc's assistant principal of security, when explaining the consequences for students when they are somewhere they are not supposed to be.

On the other hand, substitute teachers who are assigned auditorium duty, do not do much about truant students being there.

They take the attendance of students who do belong there and disregard the rest.

There are students who ask teachers to go to the bathroom and instead go the auditorium and spend time with their friends in instead.

One junior said "I can't stay home because my mom doesn't let me."

He added, "There are certain classes that are more important than others, I cut certain periods because I'll feel too lazy to go to class."

"It isn't hard to get in depending on who is covering classes at the time," he goes on.

A senior found cutting in the auditorium said, "I only need some of my credits to graduate

and I can just make up the rest another time."

The senior, once suspended for being found in the auditorium without supervision, went on to state, "I come in late for first period then I take my breaks during the day and go wherever is available, sometimes the auditorium. I mainly just miss about one class everyday."

"I have ADHD which causes me to not be able to sit still and focus in all my classes," stated a senior who explained his logic.

The security agents at our school try their best to make sure everything is safe.

Agent Ratliff and Agent Rivera are in agreement on the situation.

"It happens in between periods and there are always around ten students."

"We are all aware," they state.

"At first, we try to give the students chances by giving them a warning. If we see them again, we obtain ID's and take them to the dean's office," says one of the agents.

Recently, the auditorium conditions have improved.

Now, the substitute teacher monitoring the auditorium takes attendance of every student entering the room outside the doors ensuring that only students that belong there are entering.

The situation can become a little hectic due to the fact that there is only one substitute monitoring various classes filled with students that all want to enter.

It has become increasingly more difficult to enter the auditorium if you do not belong there. Students have to swipe in, and explain their presence. It remains to be seen if this is effective.

Eating healthy is admirable, and all of us should do more of it.

However, too much of a good thing isn't necessarily wonderful.

Yes, fruits are extremely nutritious. Yes, protein is good for repair time and muscle recovery,

Yet, this does not mean we should eat them constantly.

A healthy diet is essential for teenagers because of their heightened nutritional needs, but also because the foods they consume can impact their health when they reach adulthood.

As teenagers mature, they may continue some of the eating habits they developed earlier in life.

A diet high in sugar and fat can cause weight gain, particularly once a teenagers metabolism slows down.

A diet high in sugar can increase the risk of developing heart disease. It causes teens to have poor cholesterol levels which will continue into adulthood.

Unhealthy diet contributes to approximately 678,000 deaths each year in the U.S due to nutrition and obesity related disease, such as heart disease, cancer and type 2 diabetes.

Healthy eating includes consuming high quality proteins, carbohydrates, vitamins, minerals,

QV Gets the Job

by Jamayel Hussain

Career Day was held on Friday, May 11th in classrooms all throughout the school.

Students were given the chance to meet professionals from all walks of life and Queens Vocational alumnus.

These visitors provided information about their careers and informed the students on what to expect when they are working on various job sites.

Students had a chance to connect or network with the guests. These visitors came to encourage the students and share their experiences on their job site.

Queens Voc students will also had a chance to think about their options and whether specific careers were right for them or not.

The Army and the Navy also showed up on Career Day. They made an effort to recruit students to enlist in their service. Students gained background knowledge on these armed forces. Those who want to join these forces had the option to sign up for mailing lists to perhaps join them later in life.

Career Day isn't just a day where professionals come and inspire high school students, they also assist students in networking and obtaining a career.

Students had a chance to listen to different speakers with different careers and learn from their personal experiences.

Career Day is organized and managed by many staff members.

A retired teacher, Rob. Schimenz has volunteered to come back to run career day.

With the help of Mr. Vega, the coordinator of student activities, they made sure to get the leadership team ready and coordinated the visitors with their scheduled classes.

According to Mr. Vega, he sees that the students will benefit from Career Day by seeing different aspects of different careers.

He also believes that the students will have a different perspective on an adult's life when they hear a professional talk about their experience.

If Career Day didn't exist, then there would be no networking with the visitors who have varied and great careers. Students would not be exposed to these careers or experiences.

and water in the foods.

Eating in this manner helps you maintain your body's everyday function, promotes optimal body weight, and can assist in disease prevention.

Nutrients in the foods you eat support the activities of day to day living and protect your cells from damage.

Eating right and exercising regularly can help you avoid excess weight gain and maintain a healthy lifestyle.

Constructing Skills for SSBT Students

by Zuhayer Hussain

Students who are in the School of Skilled Building Trades (SSBT) have the opportunity to get accepted to Construction Skills.

Construction Skills is a great way to start working for the unionized building and construction trades, typically known as the union.

Working for the union comes with benefits. People over the age of eighteen who work for the city can receive retirement benefits.

The union is a different pathway for those who are not looking into college.

Construction Skills is a program where they train students to be working professionals, so that when people get into the union, they are career-ready.

This training course helps the students build soft skills, such as problem solving skills.

Most importantly, the course helps with important skills such as proper work attire, filling out timesheets, layoff practices, and apprenticeship program expectations.

To get accepted in this pre-apprenticeship program, you must maintain a high GPA and also be drug-free.

Qualified Construction Skills graduates get access to union building and construction trade apprenticeship opportunities without going through the public recruitment process.

The course will be taught from the spring to summer. There will be ten weeks of class training during the spring. The courses consists of trades math, overview of the construction industry, presentations from apprentice instructors, tour of the training facility, overview of job site safety, and exam preparations.

During the summer, students will be interacting with hands-on training for four weeks.

For future seniors, this program requires students to maintain a high GPA, contain respectable soft skills, and most importantly stay off of drugs. This program is for people who are willing to do hands-on work as a career, with good wages and benefits.

Eating Healthy Isn't So Hard

by Linda Pardo

Being healthy is an important issue. Every person should be eating properly in order to lead a healthier and longer life.

Combined with physical activity, a diet can help you maintain a healthy weight, along reducing the risk of diseases.

Bon Voyage, Seniors!

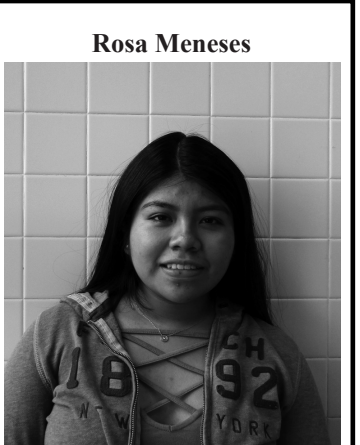
We checked in with some of our graduating seniors, and had a few questions for them.

compiled by Jessica Leon



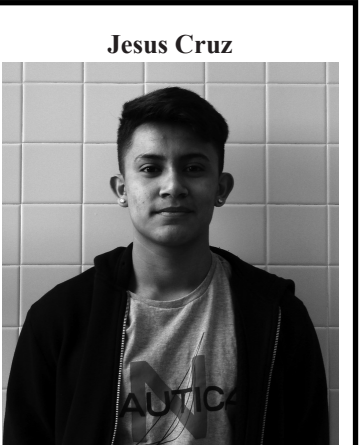
Merielyn Estevez

1. Junior year because I met many people and at the end of the year made new friends going into senior year. Also, I liked my cosmetology teacher, Ms. Donofrio.
2. Living alone, owning a house, and starting my career as a therapist for kids with autism.
3. I would go back to freshman year and start off the year right, paid more attention in class, and do all my classwork and homework as well to get better grades.



Rosa Meneses

1. Sophomore year because I met new people and got to open up to many opportunities.
2. I'll be happy with the career I chose and by that time hopefully gain more responsibility and be more cautious on what I do.
3. The thing I would've done differently would be to try harder in general so I could have a high average.



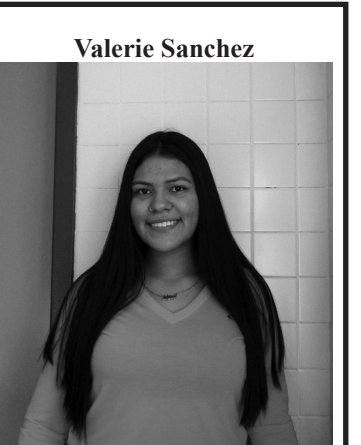
Jesus Cruz

1. Senior year because it's a good feeling getting college acceptance letters and doing all the senior activities is a great memory making this year fun.
2. Playing professional soccer in Europe.
3. No, because I'm happy where I'm at right now and I'm proud of what I succeed in high school.



Daisy Pinos

1. Sophomore year because it was laid back and fun.
2. Married, living in a house in the suburbs, graduated with a bachelors degree, and hopefully having a stable job and maybe kids.
3. I wouldn't do anything different because I have a lot of good memories that wouldn't have happened if I altered something in the past.



Valerie Sanchez

1. 11th grade. I feel like I found myself. I met great people, found the importance of school, and realized what I wanted to do
2. Working hard as a physical therapist, owning my own house, and car.
3. Picking another CTE major. I would pick plumbing or EI instead of business. I would go further in life with that than in business but it is what it is.

Look Out Juniors!

by JiaChen Yang

As the end of the school year nears, juniors should be preparing for what's ahead of them. Planning ahead now can save a lot of time and stress during senior year. Here are some of the things juniors should look for:

SAT Prep. SAT Prep is something every Junior should take into consideration. Your SAT score is essential to your college application and you should look to get the best score you possibly can.

Register for a summer SAT/ACT now! You are more likely to get a testing site of your choice if you register early. Don't forget to ask Ms. Karabelas for a fee waiver. All Juniors will have the opportunity to take their first SAT on April 24th in QV for free.

College / Career Search. Begin researching now! Compile a list of colleges you may want to apply for and find out their admission requirements. Alternatively, you also want to be looking into careers you may want to pursue in order to create a list of colleges based on your desired career.

Get involved in extracurricular activities. Other than your transcript and SAT/ACT scores, colleges will also look at what you do outside of school. Join a club or participate in events to make your resume look more appealing.

Letters of Recommendation. Fill out Letter of Recommendation sheets (they can be found in room 151) and let your teachers know in advance that you want a recommendation from them. This

should be done toward the end of Junior year, so the teachers may work on them over the summer.

Scholarships. Research and apply for scholarships. Check the QV College Office website frequently for scholarship opportunities.

College Essay and Resume. Begin working on your College Essay (some colleges have specific essay prompts they want you to write about) and put together a resume. This is something you should start working on and develop over time.

There are also many things you need to start thinking about next year. What you should expect in senior year:

Online Applications. You should begin your college applications (CUNY, SUNY, and CommonApp) as soon as possible and work on them gradually. Don't submit any applications before showing it to Ms. Karabelas!

FAFSA / TAP. College is expensive, so applying for financial aid is very important. You should complete your FAFSA and TAP as soon as possible because they operate on a first come, first-served basis.

Meeting with Ms. Karabelas (Room 143). Ms. Karabelas is your best resource in this whole college process. You should set up an appointment and begin planning for college.

The CATCH Program

by Grace Minchala

The Health department of Queens Voc has recently introduced the CATCH program into the school's health curriculum.

CATCH stands for Connecting Adolescents to Comprehensive Healthcare.

The CATCH program gives students the opportunity to receive services such as Plan B and condoms in school.

The CATCH program is now being offered in all health classes in Queens Vocational.

The school nurse can also assist you with any questions you may have and give you information about these services.

According to the article by CAI Global, the parent company and creator of CATCH, "CAI has partnered with the New York City Office of School Health to deliver training and capacity-building support to nurses and other staff working with its School-Based Health Center Reproductive Health Project."

CATCH informs students about health issues regarding different sexual protection methods such as on-site pregnancy tests, emergency contraceptives, hormonal contraception, and referrals for reproductive health care in school medical terms.

"There are currently 42 school-based health centers serving 108 public high schools in New York City, representing approximately 25% of the New York City public high school population," according to CAI Global.

The CATCH program is new to Queens Vocational. Some students do not know about the CATCH program and what it provides.

Graduating seniors will never have the opportunity to take the course.

Mrs. Hoffman, a health teacher at Queens Voc, described how CATCH works in the classroom

and what they do.

She stated, "They talk about reproduction and anatomy/contraception. They talk about birth controls, STI's and HIV about human sexuality and they talk about condom negotiation and communicating with your partner. They also talk about consent and healthy relationships."

According to the NYC Department of Education, "...there was a strong correlation between teen pregnancy and poverty..."

Due to this, the CEO recommended that city expand school based reproductive health services in a learning environment.

However, to receive these services in school, a student's parents must opt their child in or out.

If parents decide to opt students out of these services, then you may not receive the protective contraceptives.

CATCH also comes prepared with their own curriculum. Their lesson plans are pre-created by trained professionals.

"This takes the place of my curriculum. So I ask them to come in and they come in to teach these courses for me," stated Hoffman.

CATCH has also taught students all the benefits of the program and their health services

"It covers everything and it goes above and beyond. It talks about partnerships with health organizations such as Planned Parenthood. It gives the student an understanding of what their sexual rights are." Ms Hoffman also explained.

Hoffman said that CATCH is offering free workbooks to every student who is currently enrolled in health throughout the sexual reproduction unit and they will

also be able to visit local clinics if they should so choose

As Ms Hoffman described, there are several topics that CATCH covers and one of them is the reproduction and anatomy unit which discusses male and female anatomy and the role each body part plays in reproduction.

The "Birth Control Basics" reviews each option of birth control; how each would work, the benefits and drawbacks of each.

The "STD's and HIV" discusses access to care and testing and also examines the most common forms of STD's.

"Sexuality 101" defines sexuality and it discusses personal beliefs about sexuality and sexual behaviors.

CATCH also promotes the discussion of condom negotiation and partner communication. They promote student discussion about the benefits of using condoms.

They also explore why people do and do not use condoms and also learn strategies that help people ask for what they want from a partner.

They teach consent and communication, while students learn about the importance of trust and agreement before sexual activities.

Students explore beliefs that are related to consent such as communication, sexual boundaries, drugs and alcohol, and perceived gender roles.

Healthy relationships is also a curriculum of CATCH because students explore the differences between healthy and unhealthy relationships.

Classes to come are certain to benefit from the curriculum that the program has brought in.

CATCH is a positive force that has entered into the QV community.

Like what we've done with the newspaper? Think we can do better? Write and tell us. Put a letter in Mr. Bahrenburg's mailbox in the main office or e-mail at JBahrenburg@schools.nyc.gov.

End of the Year Appreciation

As the school year draws to an end, we wanted to take a moment to highlight some achievements acknowledge some award recipients that we see in the halls of QV everyday. Congratulations QV, you worked hard and you earned it!

2018 NYC SkillsUSA Results

SkillUSA is a United States career and technical student organization. It’s presence is seen at almost 400,000 high schools across the United States.

The program offers many opportunities for competitions. Here are this years winners from the Competition in Louisville, Kentucky:

- 1st Place - Advertisement Design - Sheikh Arian
- 1st Place - Cosmetology 11th Grade - Karen Dutan
- 2nd Place - Cosmetology 11th Grade - Guillermina Cielo
- 1st Place - Cosmetology 12th Grade - Keyla Timbi
- 3rd Place - Cosmetology 12th Grade - Norma Bejarno
- 3rd Place - Electrical Construction Wiring - Jason Dejesus Morales
- 2nd Place - Industrial Motor Control - Haw Wunna Zaw
- 1st Place - Industrial Motor Control - Freddy Vergara
- 1st Place - Internetworking - Michael Carneo
- 2nd Place - Packaging Design - Alexis Talavera
- 3rd Place - Packaging Design - Ricky Chang
- 1st Place - Plumbing - Manuel Garcia
- 3rd Place - Plumbing - Lucio Rodriguez
- 3rd Place - T-Shirt Design - Sheikh Arian

Farewell Mr. Boyle

by Kelly Villanueva

As students and faculty returned from spring break, it came to a surprise when they learned that Mr.Boyle, a former QV gym teacher had retired.

He started teaching at QV in 1997, but had been teaching for over 25 years in total.

Not only was he a gym teacher at QV, he was also a PSAL coach, a lifeguard outside of school, and was the union representation for teachers with the United Federation of Teachers.

Boyle worked closely with many of the faculty still here at QV.

His unexpected retirement had left his students without a gym class for about a month.

“He’s really a kind person and respects you when you respect him back, I wish the best for him,” said Linda Sahin, a former student.

The faculty and students of QV would like to wish him a new journey of success and happiness.

Art Appreciation

Here at QV students have many talents. Throughtout the hallways we can see Artwork drawn by the students in the art classes.



Congratulations to senior Keyla Timbi!

Her work, “Simplicity in Complexity,” was selected for the ArtsConnection ‘Call for Art’ contest.

The art will be on view at Soroban Capital Partners in Midtown Manhattan for a year.

Keyla was also awarded a \$100 gift card to Blick Art Materials.



Congratulations to senior Justin Yulo!’

His work, entitled “The Bright and Grimey” was selected by the Queens Borough Arts Festival.

Justin’s work was displayed in the Queens Museum.

Writer’s Corner

While journalists have to follow strict guidelines when writing our articles, we want to recognize some of the creative minds at QV by introducing the Writer’s Corner. A space in the newspaper to show off some of our creative writers.

Untitled

by Natalia Mejia

The world if full of stars; the world is full of people. Why cant the world be full of love?

We humans are the type of thing that got too smart.

I think back to what my life was, and think about what my life will be in the future.

Sometimes you let the pencil that is life write your story, Instead of taking control of the pencil and writing your own story.

If you want the world to be filled with love, start writing that adventure.

There is always going to be that little thing near the back door telling you the opposite.

Stars, at some point, cause a supernova, they die, but filling their purpose.

Even after death, the biggest star tat dies turns into a black hole; another life in a different form.

You’re the biggest star; cause a supernova and take another form.

Untitled

by Anonymous

A little reminder

Sometimes you feel like giving up

But you shouldn’t.

Life seems rough and knocks you down,

But it doesn’t have to.

Life struggles are only our minds telling us it is hard.

It doesn’t have to be like that.

You shouldn’t give up,

You have to stay strong,

Stay positive. Keep going.

Role Model

by Kevin Shaholli

I don’t have a role model.

Dealt with all the emotions and insecurity,

Or rather *dealing*.

I know about the people of purity,

Or rather *healing*.

Don’t be jealous of who they are,

Make them jealous of you instead.

Let your goals grow far.

Leave the bad and go ahead.

Never stop

Until you make it to the top.

Shove those doubts in a bottle

And be your own role model.

Want to contribute to Writer’s Corner?

Put creative writing pieces with your name on them in Mr. Bahrenburg’s mailbox in the main office.

Shout Outs

Lesley Astudillo
Police Commander Award
108th Precint

QV Robotigers
Regionals Champions

Teacher Graduations

Tricia Berry
Masters of Science
in Special Education
Long Island University

Don Mclean
Masters in Social Studies
Kappa Delti Pi Honors Society
Departmental Graduation Award
Queens College

Grace Richards
Master of Science
in Special Eduation
Long Island University

Thank you to all the teachers who took on extra work and classes this year!

Thank you to Anna Karabelas, College Counselor!

250 CUNY Applications

73 SUNY Applications

Both numbers are significantly higher than last year.

Senior Send Off with a 50’s Style

by Anthony Coneo and Lesley Astudillo



During the party, seniors took to the floor dancing in groups or showing off in the dance circles.

On April 13th, the senior luncheon was held at Bruno’s on the Boulevard in East Elmhurst.

This senior event has been a school tradition for numerous years now.

The senior class had many themes to choose from this year, but ultimately settled for the 50s/ Grease theme.

Nearly every student that attended was dressed up, matching the theme, which was considered an accomplishment because in past years only some students participated in the theme.

During the four hours of the luncheon, students ate, danced, sang, and competed against each other in theme-based contests.

One of QV’s traditions is the dance competitions. The judges were Mr. Rodriguez and Ms. Nuñez.

To begin, students competed with their best bachata moves. The first place winners were Phoebe Alvarado and Freddy Vergara.

Then the dance floor was on fire, students gave it their all dancing to merengue. Carilyn Torres and Daneillia Wright took first place in this category.

Lastly, the salsa competition got intense, ending in a tie. The winners were Phoebe Alvarado, Keyla Timbi, Daisy Pinos, and Bryan Anthony García.

QV seniors also competed in a best themed outfit competition. The nominees were chosen by the chaperones who were on the lookout as students walked into the lounge. Abigail Idrovo and Francesco Barretta were awarded first place.

It was a memorable afternoon for the senior class of 2018.



QV Soccer Roars Victorious in their Season

by Guadalupe Solano

In the 2017-2018 season, the QV Tigers boys soccer team won their division with a record of 7 wins, 1 loss, and 2 draws.

The team consisted of a roster of 29 total student: five freshman, six sophomores, nine juniors, and nine seniors.

With the help from coaches, Anthony Ali, Mohammed Rashaun, and assistant coach Steward Naula, the Tigers raged victorious this season.

The QV Tigers lost their playoff game in a penalty shoot-out against opponent Tilden Educational Campus.

It was a long and exhausting game for both teams having to play in the heavy rain on a wet and slippery grass field.

Senior captains, Jesus Cruz and Arda Yazici were the top scorers this season. Arda Yazici cultivated 8 goals and Jesus Cruz scored 6 goals.

“We had a solid season,” Arda Yazici said. “The players were highly motivated and dedicated. We trained before school started, which was very beneficial. With the help of coach Steward, who voluntarily helped us, we managed to become division champs. I am happy to be leaving QV with this accomplishment.”

Jesus Cruz says, “We are the best team in our group and one

of the stronger teams in Queens with the best record QV has had in years. However, it is disappointing that we lost in playoffs against a team that is not at our level.”

Cruz continued, “I believe the future QV team will struggle due to the absence of Coach Steward who gave in a lot for us.”

Coach Steward will be taking a job as Assistant Coach for Fulton Montgomery Community College.

“As for the future of the team, strong players from last year will help the team however, a lot of seniors will be lost who played a crucial role in our success. Overall, I wish the team best of luck,” said Arda Yazici.

As for the future of the QV soccer team, no player is ever guaranteed a spot. This means a position on the team is always up for grabs.

Tryouts are held toward the end of the school year sometime between April and June. Tryouts and team practices are also held during summer vacation for incoming and returning players.

Mr. Ali said, “I am proud of the boys for the success they had during the season. They proved that hard work and dedication is rewarded and I believe that is something every athlete should be aware of.”



Coach Ali with his the varsity soccer boys at a recent game. After the season, Coach Ali said, “I am proud of the boys for the success they had during the season.”

CHECK OUT NEXT YEAR'S NEWSPAPER FOR A NEW BATCH OF SENIORS AND TIGER SPORTS UPDATES!

Rugby Makes a Try at QV

by Karen Ulloa

A group of Queens Voc’s students started with the idea to bring rugby into the school.

Goodwill helped this group of students to manifest this idea. Goodwill is a CBO (Community Based Organization).

Theresa McCoy, who was involved with Goodwill, agreed it was a good idea to introduce rugby to the school. McCoy and Principal Burg talked about how to allow the students to have rugby in the school and still be safe.

Rugby is a team game, that is played with an oval ball that may be kicked, carried or passed from hand to the other. Points, also known as “tries” or a “try” are scored when one team member, places the ball in the ground behind the opponents line.

There are two different ways to play rugby. One is with full contact, also known as tackling

and the other is with no contact, flag rugby. They are both very different yet similar, the goal for both is to get the ball placed on the ground after the opponent’s line, however in flag rugby which is what Queens Voc’s rugby team plays, there should be no contact or else it will be counted as a penalty, which will therefore result in the loss of possession of the ball.

In a rugby match, the amount of players that are on the field are either seven or fifteen. While a regular rugby match with fifteen players on each team lasts at least eighty minutes, a normal sevens match; where there are seven people, consists of two halves of seven minutes with a two minute half time.

While the only sport Goodwill hosted was rugby they also held activities like yoga and Zumba.

With rugby, the team started

off small but eventually expanded, and according to McCoy: “Students love it.”

With the total of eight people, Queens Voc’s rugby team won second place in the June 2017 AIG cup. The AIG cup is the largest flag rugby event in the East Coast, where several schools from middle school to high school compete.

At first, goodwill hired a rugby coach for the rugby team, but eventually professional rugby players started coaching. The team is coached by volunteers Rob Mesika and Toby Butterfield from Gotham, a professional Rugby team and Mr. Vozzolo, a teacher at Queens Voc. Having several people from a professional Rugby team can help the team get ready for future games.

Brenda Meneses, a Queens Voc, senior who has been on the rugby team for a year said, “In rugby everybody gets a chance to be in the field, it doesn’t matter how new you are in the team, which is why I enjoy it.”

SENIOR SPORTS PROFILES

by Aggalos Varvatsoulis

We caught up with some of your QV Seniors before they graduated and asked them how they felt about their performances this year.

Cuahuuttemo Cedamanos



Wrestling

“Overall I feel that my season has been pretty successful so far, I have gotten two bronze medals in the tournaments I participated in, and have only lost once so far in our regular season.”

Jesus Cruz



Boy’s Soccer

“Overall the team was amazing this year. We had a good run becoming division champs but had an unfortunate end in the playoffs. I feel that I was doing good having six goals and four assists this year.”

Jackeline Guillen



Girl’s Soccer

“The season was unsuccessful as a whole, we didn’t get many wins. It was a good learning experience for me as a person. Through this season I really developed my style more and learned what it’s like to be a leader.”

Karen Ulloa



Rugby

“I want others to play and perform to step out their comfort zone to be the best that they can be. We’ve got just enough players. We’re going to struggle with subs. It’s gonna take a little more work.”

Jose Batista



Basketball

“I think the team isn’t doing so well currently but that’s gonna change once Rejon comes back. As for myself, I’ve been putting numbers up so hopefully that continues.”

Rejon Johnson



Basketball

“I’ve only played in a few games so far but I think I’ve been doing good so hopefully that keeps up, as for the team we’re good but we need to communicate more.”