

# Vocational Voice

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Queens Vocational and Technical High School, Long Island City, NY 11101

Summer, 2009



Principal Vittor speaks with some of the many guests.

## Career Day: Employment Lessons for Students

by Clarissa Tse

Queens Voc's 2009 Career Day took place Friday, May 1, as approximately 33 guest speakers from various occupations attended and spoke to students about their careers. The occupations of the speakers were very diverse, and included a designer, a professional wrestler, plumbers, electricians, a nurse, and a firefighter, among others.

"Career Day provides students with the opportunity to meet a diverse representation of professionals from fields in which we offer major programs of study as well as from fields to which students might now otherwise be exposed," said Ms. Radovich, director of the 9th grade School of Exploration and Discovery.

"The event was very well organized, with a distinctive selection of careers for students to gain knowledge of," said Ms. Vittor, the school's principal. According to Ms. Vittor, this year, Queens Voc "had new partners take part in Career Day, and they presented a broader range of careers than usual."

"Students were delighted and excited about their experience," said Ms. Talley, the college advisor. According to Ms. Ocampo, assistant principal of pupil personnel services, the visitors were "very motivated and eager to see the kids." The students made great impressions on the visitors, too, Ms. Ocampo said. The visitors, she said, told her the students were very attentive.

"This Career Day had a wide range of careers," said Stephanie Trochez, a senior, "which made it more interesting than the previous years." Junior Piotr Karwowski agrees. "This career day opened my mind to consider other careers," he said. "The lawyer in my class was interesting. She told us that she didn't just decide to be a lawyer overnight. She tried many professions before finally deciding to become a lawyer," said sophomore Janice Ramirez. "Career day was very informative and to my surprise, interesting," said Raymond Eric Diaz, "I learned if you enter a career you really like, it feels as

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## Queens Voc Report Card

by Gregory Paul

Every six weeks, students at Queens Voc receive report cards that show each student his or her level of performance in each class in the form of numbered grades. Once a year, the school receives a report card from the New York City Department of Education in the form of letter grades, to show parents how proficient the school is in developing the academic skills of the students.

The report card consists of three sections: school environment, student performance, and student progress.

In the student environment section, the school is scored on the student attendance rate and the results of the surveys that are given to students, parents and staff. This section is 15% of the total grade. The student performance section considers the timely graduation rate and the weighed diploma rate. This section is 25% of the grade. The student progress section makes up 60% of the grade, and is judged by how many credits students receive yearly, and the students' passing rates on Regents exams.

According to the official progress report of 2007-2008, the purpose of the progress report is to measure student year-to-year progress, compare schools to peer schools, and to reward success of moving students forward. Ms. Vittor said that the progress report is given for parent accessibility,

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One of a billion trees United Nations seeks to plant.

## FBLA Spearheads Tree Planting at Queens Voc

by Syeda Ali

FBLA students, with the help of Mr. Vega's Leadership class, sold raffle tickets for the Green Wave Campaign's Jewelry for Trees. They sold 600 \$1 raffle tickets, 100% of the profit went to tree planting in Canada, Germany, Japan, Kenya, United Kingdom, and the United States.

Each dollar went to fund one tree. Each tree planted was registered under the United Nations Environment Programme's Billion Tree Campaign. Students and staff members who bought raffle tickets could go online and use their registration number to personalize their tree by registering it under their name or someone else's name as a gift. Certificates were e-mailed for each tree planted.

On Friday, May 22, Green Wave Day, students, teachers, and the staff of Select Jewelry met at 10am for the inaugural tree planting ceremony held outside Queens Voc. Ms. Vittor began the event announcing,

"We are the school chosen in New York State." Ms. Vittor introduced David Seliktar, Vice-President of Select Jewelry, and Nritya Subra Maniam from the United Nations Environment Programme. Mr. Seliktar told the Queens Voc crowd that Select Jewelry "decided to match your efforts and we are also donating \$600 to tree planting." After the introductions, the tree was planted. Students, teachers, and the staff of Select Jewelry took turns shoveling dirt and watering the tree. A plaque was presented by the United Nations which Ms. Vittor said would be put on the front of the tree.

The raffle winners were drawn from a reusable shopping bag. Michelle Vega, a senior, won the first place prize, a \$500 18K gold Tree of Life pendant. Michelle said that the win was "unexpected because I only bought one tree." Rosa Toalongo, who is also a senior, won the second place prize, a \$360 14K gold Tree of Life pendant. "I was confused when

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## Regents Schedule: June 2009

June 16 9:15 am	June 17 9:15 am	June 18 9:15 am	June 19 9:15 am	June 22 9:15 am	June 23 9:15 am	June 24 9:15 am
Geometry	Comprehensive English: Session One	Comprehensive English: Session Two	Global History			Physical Setting/ Physics
1:15 pm	1:15 pm	1:15 pm	1:15 pm	1:15 pm	1:15 pm	RCT in U.S. History & Government
History & Government	Physical Setting/Earth Science	Living Environment	Integrated Algebra	RCT in Writing	Math B	<b>Good Luck!</b>
	Physical Setting/ Chemistry	RCT in Reading	RCT in Science	RCT in Global Studies		
	RCT in Math					

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## Career Day

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### Students listen to QV grad.

if you never work a day in your life.”

Career Day was put together by the committee which included Mrs. Basirico, Ms. Burg, Mrs. Dattner, Ms. Erkins, Mr. Hammond, Ms. Newman, Mr. Maloney, Ms. Ocampo, Ms. Radovich, Mr. Schimenz, Ms. Talley, Mr. Vega, and Ms. Vittor. The Leadership team, led by Mr. Vega, also helped make Career Day a success. “Leadership did an excellent job,” said Ms. Radovich, “they escorted the visitors and made sure everything went perfectly.

Career Day not only gives students a feel of the variety of careers but “gives them a sense of motivation,” said Ms. Radovich. She “encourages students and staff to invite people for Career Day 2010.”

### The following guests attended Career Day 2009:

Amanda (no last name listed) - Education  
 Dave Arnold - City Council  
 Eric Barriando - System Analyst  
 Doug Becker - Wrestling  
 Nicole Bertran - Construction Skills  
 Rick Brown - Film Editor  
 Michael Buatti – Engineer  
 Robert Cavazzini - Electrician  
 Marc Ceballa - Firefighter

Joseph Cicchelli – TimesLedger Newspaper  
 Luke Crane - Designer  
 Stephanie Feiner - Promotions  
 Norman Gaines - MTA  
 Daniel Gallagher - Detective  
 Hector Garcia III - U.S. Marines  
 Joylette Hairston - Attorney  
 Kathryn Hoxie - Education  
 Tara Jensen - Attorney  
 Nicholas Laguardia - Elevators Union  
 Joseph Lamot - Education  
 Jason Maynard - U.S. Navy  
 Robert Mcquillan - Construction Co.  
 Mary Ann Mcquillan - Acupuncturist  
 Nicole Meade - Nurse/Midwife  
 Jibril Moore - Education  
 Mona Prophete - Education  
 Keith Rodney - Publishing  
 Diana Salazar - Sony Music  
 Jordan Salsburg - Education  
 Sonia Satra - Performing Arts  
 Josh Schnets - Publication  
 Elaine Ward - Plumbing  
 Allan Wishnoff - Plumbing



Steve discusses MTA.

[Note: we apologize for any missing or misspelled names or other missing information. We were unable to locate a complete list of attendees.]

*Check out the school newspaper online in color at [vocvoice.org](http://vocvoice.org)!*

## Report Card

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so that parents can see the progress of their children’s schools or better choose schools for their children who will attend high school. There is no visible reward for a good grade, the principal said, “We don’t get anything tangible, we get a reputation.” Schools don’t get more funding, or more equipment for having a better grade on the progress report, she said.

For the 2007-2008 school year, Queens Voc received a B as its overall grade. It was an improvement from the Cs of the previous three years. Although it is a passing grade, Queens Voc was in the 31 percentile of all high schools citywide, that

is, only 31% of the high schools in New York City scored lower. Queens Voc received a C in school environment, influenced by an attendance rate of 83.7%. In Student performance, Queens Voc also received a C with a graduation rate of 50%. But in student progress, Queens Voc received a B; the additional credits that the shop classes give allow Queens Voc students to earn more credits than students who aren’t in CTE schools.

The grading is done by the Office of Accountability of the New York City Department of Education, in which officials create the formulas, score boundaries, collect and analyze the surveys to compute the scores.

Ms. Ocampo, the assistant principal of pupil personnel services, who distributes the

surveys, said that the progress report is not a fair assessment of the school’s progress, specifically in the school environment part, which, she said “doesn’t account for everyone.” Ms Ocampo, says that because parents aren’t available, only a few parents represent all parents of the students. She also said that some students may have dishonestly answered their surveys.

The progress report for the 2008-2009 school year will be available in September.

Principal Vittor is optimistic about next year’s progress report. She said that more seniors will graduate this year and we’ll have a better student performance grade. She hopes that the extra tutoring will help more students pass the Regents, and believes that we will improve our ranking.

## Flying Pink Unicorns Win Guitar Hero Competition

by Jean Carvajal

The second Guitar Hero contest of the year was held on Friday, May 29, in the cafeteria. The competition was organized by the Advance SLC. The entry fee for each team was \$15, or \$12 if the team was sponsored by a teacher. According to Mr. Hammond, around 60 people attended event, and they raised about \$100.

There were eight teams of four this contest, including a teacher team named Wicked Awesome made up of Mr. Diamont, Ms. Gallagher, Mr. Hammond, and Mr. MacDonald.

There were three rounds. After the first round, the four teams with the highest scores moved on. After the second round, two teams advanced to the final round. The winning

team was Flying Pink Unicorns, comprised of Andrew Adames, Zachary Hassanein, Alan Merchan, and Joseph Tecarr. Each member of the winning team received a \$20 gift card to Best Buy.

The money raised went to sponsor incentives such as a trip to the aquarium, or an end of the year barbecue for Advance classes.

“It was a very successful event. I’d like to thank all the staff and students for participating; it was a pleasure to watch everyone have a good time and get along,” said Ms. Burg, the director of the Advance program.

Mr. Hammond said he had a good time and hopes to do again next year. He thanked Ms. DeCarlo, Ms. Green, and Ms.

Kurnitz for helping out in the competition.

There will be another tournament next year. Students who have any suggestions for a video game tournament can see Mr. Hammond, but no shooters or fighters allowed.

Tournaments that are in the



Students rock QV.

works for next year are a FIFA or Madden NFL competition which will go on if time permits.

## Tree Planting

### continued from page 1

they called my name,” Rosa said, “because I never win anything.” Dwayne Lawdy, an employee at Best Buy won the third place prize, a \$230 gold and sterling silver Tree of Life pendant.

David Seliktar said that Select Jewelry plans to work with Queens Voc in the years to come. Ms. Mitchell said, “next year, I hope we can raise more money.”

On Wednesday, May, 20, four FBLA students went to the New York Stock Exchange for a tour. They met with one of Queens Voc’s iMentors, Mr. Hudgins. Students learned about the various jobs on the trading floors and how the Stock Exchange worked. Neil Kamath was one of the students who attended the trip. The Queens Voc junior said he learned that, “the matching of buyers and sellers is mostly computerized, but two years ago it was done manually.” Junior Byron Loja also attended. He said that “a lot of people at the exchange

lost their jobs since things were computerized.” Ms. Newman who chaperoned the trip said



A tree grows in Queens.

the trip was, “a phenomenal opportunity to experience capitalism.”

FBLA State Leadership Conference winners Neil Kamath, who took second place in computer problem solving, and Byron Loja, who took second place in the spreadsheet topic, will compete at the National Leadership Conference. According to Ms. Newman, Neil and Byron are Queens Voc’s first FBLA winners in 30 years. The national competition will be held in Anaheim, California, June 23-27, and is being funded

by the Office of Portfolio Development, part of the New York City DOE.

Ms. Mitchell said she plans for FBLA to perform a community project next year that is non-profit related. She encourages students to join FBLA next year because it looks good on students’ resumes as well as their college admissions applications. Also, FBLA offers qualified students a grant for college. Students who want to join FBLA are required to be in SES and have an average of 75 or higher. A \$20 admission fee is required.





*Soon-to-be graduates enjoy their time at the prom.*

## Senior Year Winds Down

by Monica Tito

Senior prom is one of the most special and memorable events seniors have. This year's prom was held on Friday, June 5, from 8pm-1am, at Terrace on the Park, in Flushing Meadows-Corona Park.

The first 120 tickets were sold for \$83 each and the rest for \$95 per ticket. Each senior, from classes 351 and above, was able to buy up to two tickets.

Yearbook distribution began on Wednesday, May 27. Senior t-shirt distribution, the personality awards ceremony, and a senior BBQ are still being discussed.

One hundred thirty-five seniors attended the senior luncheon at Bruno's on the Boulevard on Friday, March 20, from 12noon to 4pm. The room was decorated according to this year's theme, which was "Casino Royale." Fake money was placed on tables and large playing cards were placed on walls. Two casino table games, blackjack and craps, were set up on the side of the room for seniors to play. Seniors dressed in clothing inspired by the 1920s.

"I had a good time at the luncheon," said Rosa Toalongo. "Although the theme could have been different, it was worth going to. After seeing how this event turned out, I decided to go to the prom," she said. The cost to attend the luncheon was \$30.

There were three contests held at the luncheon: salsa and merengue dance contests, and a best costume contest. Jordania Dominguez and Jonathan Matias won first place in the salsa contest. Hamdeybi Francisco and Cindy Corrasco took second. Jessica Delarosa and Starlin Sanchez won first

place in the merengue contest. Kathy Matos and Ashley Abreu took second. Crystal Muniz, who wore a 1920s-inspired flapper dress, won first place for best costume. Jeslenny Grullon and Aaron Lorenzana took second place, and Alexandria Lumpkins took third.

A senior ring ceremony was held in the cafeteria on Thursday, May 14. Sixteen seniors received their rings at the ceremony. The seniors' parents attended, and breakfast was provided to all attendees. "The ceremony was okay," said Luis Campoverde. "I think it wasn't as well organized as usual because it was held in the cafeteria and not in the library like it usually is," he said. In October, the seniors ordered their high school rings from the Herff Jones ring company.

"The senior officers [Ivana Nuñez, president; Joana Garcia, vice president; Joel Peña, treasurer; and Jeslenny Grullon, secretary] and everyone who helped coordinate senior activities this year have done a great job. Things always went smoothly and, as far as I know, everyone had a great time at all of the events including me," said Peter Beninati. Another senior who is also pleased with this year's senior activities is Brian Green. "I've attended all senior events so far this year, and I had fun. That's why I decided to go to the prom, our last big event before graduation," he said.

Graduation is going to be held at LaGuardia Community College at 7pm on Thursday, June 25. Students will be given 2 tickets for guests.

**Good luck to all the graduating seniors!**

## C-Tech Students Take A+ Certification Test

by Michelle Cotrina

Students in C-Tech take a certification test called A+, "an industry exam that tests the competency of computer technicians," according to by Mr. Rodriguez. This exam measures their ability to install, configure, upgrade, and repair a computer.

To take this test, students must have put in 60 hours of work-based learning.

Students began taking the tests in May. "I feel confident that my students are going to pass this test," said Mr. Rodriguez. Usually, this test is administered after school, but this year, some students have

been taking the test during the school day.

Students usually receive vouchers to pay for the test. This year, the school received these vouchers as a complimentary gift for purchasing new computer systems. Next year, this test will be paid for by the Carl D. Perkins Vocational and Technical Education Act, called VATEA, which also pays for all of the shops offered in Queens Voc.

This certification is widely accepted in any information technology (IT) related job, according to Mr. Rodriguez. "It proves to potential employers that you know what you're doing," he said, "and gives you

college credit as well." Mr. Rodriguez added that the certification demonstrates expert knowledge of both hardware and software. An A+ certification is recognized by businesses such as Best Buy, J&R, and P.C. Richard & Son.

The test is divided into two parts, essentials and information technology (IT). According to Cecil Whiley, a senior who has already taken his certification exam, "The test essentials part was rather easy, but the IT part was rather hard." Cecil said he "studied everyday before the test and I really hope I passed."

"After graduating high school, if I pass the A+ certification test, I can apply for a job at Best Buy and work with Geek Squad," said Dop Dyel, a senior who took his test on Wednesday, May 27.



*Mr. Vega and some of QV's top students.*

## Honor Roll Trip

by Joel Peña

Students who achieved an average of 85 or above on last year's final report card were invited to go on the Honor Roll trip. Mr. Vega, who coordinated the trip, took the students to the Ripley's Believe it or Not Odditorium, on Friday, May 15.

Seventy-one students attended the Honor Roll trip: 16 seniors, 24 juniors, and 31 sophomores.

"Ripley's was incredible because we got to see many different things like an albino giraffe and a big portrait made of lint," said Darlene Fernandez, a junior in Queens Voc. The odditorium has many interesting exhibitions which included 24 shrunken heads, a two-headed calf and a six-legged cow. "Ripley's was great because we were able to have fun and learn at the same time," said sophomore Chaimae Benali. Chaimae said the black hole was her favorite exhibition because it was a lot of fun to walk through. Ripley's, located at 234 West 42nd Street, in

Manhattan, was just the first stop on the trip, however.

After Ripley's, the students crossed the street and ate at Applebee's. The lunch selection included hamburgers, cheeseburgers, and chicken tenders, all served with French fries or a Caesar salad. The students also had two rounds of soda, and dessert, which was vanilla ice cream topped with chocolate syrup. "Applebee's was my favorite part of the trip because the food was so delicious and it was free," said sophomore Shennel Cole.

Mr. Vega said that the trip was an overall success. "This year's trip was amazing and the students enjoyed every last minute of it, he said"

"What's better than getting rewarded for getting good grades?" said senior Jefferson Zamora. And who wouldn't like to go on a trip for free? Students can go on the Honor Roll trips if they work hard and maintain their grades. "Those who try the hardest, perform the best, deserve recognition," Ms. Vittor said.

## VE Recruits on Ice

by Shirley Rodriguez

Members of Diverse City Wear, Queens Voc's virtual enterprise firm recently went ice-skating at the Flushing Meadows Rink along with SES students. "The purpose of the trip was to celebrate the accomplishments of SES for the year," said Ms. Newman. The accomplishments celebrated by SES included participation in the citywide business competition and the 2009 trade show.

The trip took place on Wednesday, May 13, from 9am to 3pm. An ice-skating show with professional skaters was scheduled and students were offered a beginner's skating class before stepping onto the ice. "I enjoyed spending time with my friends in SES, and the memories we shared are priceless," said VE student Ashley Addonisio.

Queens Voc VE students created a booth for DCW for the 2009 trade show on Friday, March 27. The booth was set up to resemble a boutique or clothing store with lights and graffiti. The students' own clothes were hung up, to make the boutique more realistic. "The trade show was so crowded and hectic, but overall I enjoyed seeing all the other international VE firms around us," said junior VE student Ashley Addonisio. Junior business classes were invited to the trade show to recruit for the following year. "I hope that the experience can encourage students to join VE next year," said junior Darlene Fernandez.



## Student Poets *Speak their Hearts & Minds*



**Chris Gomez reads his poem on Open Mic Night.**

by Fahim Islam

“As bad as you love your first rose, the second is new,” said David Santiago, a senior majoring in electronics. “They say the brighter the rose, the fresher the dew.” This is an excerpt from “The Garden,” one of the many poems that were shared at Queens Voc’s very first “Open Mic Night,” organized by the Poetry Club held on Wednesday, April 29, in room 351.

The event was open to anyone who wanted to share

poems that they had prepared beforehand, according to Ms. Himmel, poetry club advisor. Music, food, and drinks were supplied inside the room while a microphone stood in front. Students approached the microphone and delivered their poems. Chorten Droma, another member, helped with refreshments..

“Open Mic Night grew through the new poetry club,” said Ms. Himmel. “It was the members who wanted to arrange the event.” According to Ms. Himmel, the goal of the members

of the poetry club was to generate interest and find other aspiring poets. She felt that Open Mic Night gave students, who are otherwise too shy to perform poetry in front of others, a chance to express themselves and share their talents. Christopher Gomez, a senior majoring in computer technology, said, “It was interesting to hear different people who wrote poetry.”

“Surprisingly,” David said, “there were more people than expected.” He estimated that about thirty participants took part in the event. Mr. Daniel, Mr. Bowen, Ms. Radovich, Assistant Principal Alakos, and even Ms. Vittor stooped in to support the event as well.

The club would like to eventually publish, on paper and the internet, the poetry shared by the members.

“Because we had Open Mic Night this year,” Ms. Himmel said, “many students wondered if we will ever have another Poetry Slam.” She assures the students that there will definitely be another poetry slam. While the poetry slam takes place once every year, Open Mic Night could happen once-per-semester, Ms. Himmel said.

## SO and Leadership Leave their Mark

by Luis Flores

The SO, Queens Voc’s student organization, is primarily run by students in Mr. Vega’s Leadership class. Leadership students also helped out with most of the senior events and some school-wide activities.

Mr. Vega, the coordinator of student activities (COSA), said the SO did not participate in the March of Dimes in April or HIV/AIDS walk in May. Instead SO members helped Mr. Vega organize other activities like the Honor Roll Trip and Spirit Week.

The Spring Spirit Week, a tradition at Queens Voc, went from Monday, April 27 to Friday, May 1. Monday was Mix Match Day, Tuesday was Crazy Hair and Hat Day, Wednesday was Twin/Triplet Day, Thursday was Favorite Generation Day, and Friday was Cartoon Character Day. Amanda Andrews, a senior business major, said “although not as successful as the Fall Spirit Week...many students participated.”

The SO hosted a Spring Fling dance on Friday, March 8, from 6 to 9:30pm. The dance was held in the school cafeteria, which had been decorated for the event. About 135 students attended.

Back in March, SO students were invited to attend a trip to Medieval Times. Mr. Vega said Aviation High School had some space on their bus and offered it to our students. Brian Green, one of the 22 Queens Voc students who attended, said, “The trip was fun since I had never been there before, I was only upset that our knight didn’t win the battle.” At the end of the show students were able to greet the performers and get their autographs.

***“Being in SO and Leadership gives us the opportunity to be more involved with school events”***

Leadership has also kept busy with several school-wide activities.

About 30 Leadership students helped out at Career Day, on Friday, May 1, by escorting the guests to various rooms to speak with students.

Leadership students attended the Green Wave tree planting which took place at Queens Voc on Friday, May 22. Leadership assisted the FBLA with selling raffle tickets for the Green Wave jewelry give away.

“Being in SO and Leadership gives us the opportunity to be more involved with school events,” said Darlene Fernandez, a junior majoring in business, said.

Students who are interested in signing up for next year can speak to Mr. Vega, in room 143.

Mr. Devaux, a physical education teacher, usually schedules a Mets game as a school trip for Queens Voc students. However, this year, Mr. Devaux has not been able to schedule a trip. “I have been busy completing my grad school degree, but I will try my best to schedule at least one trip before the end of the year,” said Mr. Devaux. These trips are open to all students and are usually at reduced costs.

## Unclaimed Hats to be Discarded

by: Larissa Puig

“I think it’s [dress code policy] stupid and old school, kids should be able to wear their hats no matter what!” said Joseph Corsale, a graphic arts sophomore student. “I mean students aren’t going to stop wearing hats anytime soon, regardless of any school policy, so why can’t the deans give it up? I can imagine how many hats are cooped up in that office, they probably have a fortune’s worth!” and a fortune’s worth it is indeed, three-and-a-half boxes worth of confiscated hats.

Ten to fifteen hats are

confiscated each week, according to the deans. Of the confiscated hats, half to one third are returned to their rightful owners; but what about the other hats that are left to collect dust? Why haven’t students brought up their parents to retrieve their belongings? “I never even asked my mom to come down to the school and get it back for me. I didn’t want her to come over here for nothing, it’s too much trouble,” said graphic arts student Roberto Castillo.

That response explains why there are dozens of hats that decorate room 201. Parents are either unable to travel up to the

school because return hours interferes with their schedule, it’s too much of a hassle, or because “...a lot of parents get upset when their kids get in trouble, and beat the crap out of them!” Joseph said with a smirk. “So it’s a bummer when you have a hat confiscated and you know you won’t be able to get it back because your parents can’t make it to return hours,” Roberto said.

The original policy when it came to unclaimed hats at the end of each year was to hold them over from year to year, which explains the large number of hats. But this year, there is a change. Until the end of the school year, students are allowed to retrieve any of their confiscated hats without having a parent come to the school.

There are posters throughout the halls listing the dates and times that hats will be returned. This is good news for those students who have their own personal collection in the deans’ office. Any unclaimed hats at the end of the year will be discarded because of sanitary concerns. Unlike clothing which can be washed and donated, hats are unable to

be washed and donated, so they’re going to be disposed of instead.

Why the sudden change in the hat return policy? “It’s a good idea, it lessens the pile we have, and we have a lot,” said Mr. Mendez, a dean. “We want to give them back, or throw them out, we have to get rid of them one way or another.”

“I think that by taking the hats away and allowing the students to get them back at the end of the year is a harsher punishment. They can’t get the hats back on Fridays anymore, they have to wait till the end of the year,” Mr. Mendez said.

That’s right! Depending on how well this new policy turns out, determines whether or not it will be used in the future. “As of this year, if the new policy works out well, I figure we’ll continue to use it throughout the years, but as of now that’s undecided,” Mr. Mendez said.

Students who have had their hats confiscated during the past few years and still want them back are running out of time. Pick them up by the deadline; all unclaimed hats will be

***Pick up your hats in room 201***



**Hats, confiscated by deans, await their disposition.**





Senior citizens benefit from cosmo clinic on the road.

Cosmo Seniors Help Seniors  
Students learn while performing community service

by Sasha Almazar

“Community service is a wonderful opportunity for both the students and the senior citizens. Students are able to work on clients who are very happy to see them, and seniors are energized by their youthful presence,” said Ms. Lingstuyt, who teaches cosmetology.

Each semester, the senior cosmetology students visit senior centers and provide the senior citizens with special services at no cost. The students are able to practice on real people and at the same time serve the community. They do manicures, facials, haircuts, and blow dry hair. Many of the senior centers don’t have access to water for the students to wash the clients’ hair so they don’t provide that service, but “When the students are done, they are able to see their clients happy and smiling,” said Ms. Lingstuyt.

The students have visited Ravenswood Senior Center, Queens Extended Care, and New York Center for Rehabilitation. “It helped me learn how to communicate with clients and it gave me an opportunity to improve my skills,” said Blessing Black, a cosmetology student. Blessing said that the clients were happy

to have the cosmetology students there since some of the senior citizens don’t get many visitors, and they were also satisfied with her work.

Ms. Quartuccio said that the students are able to practice their cosmetology skills to gain confidence in their work and also gain patience, responsibility, and compassion. She said that the students love to hear the

*“...students are able to practice their cosmetology skills to gain confidence in their work...”*

stories and experiences of their clients. One of the stories she remembered was that of a client who said she had studied cosmetology. The client shared her story and compared the knowledge she had about cosmetology with the student’s knowledge.

“Going to the senior center this year gave me a preview of what would be in store for me if I continue in the cosmetology field,” said Cindy Carrasco, a cosmetology student.



Ladies from around town appreciate Queens Voc.

Students Gain Experience with Construction Skills

by Karolina Gorna

Construction Skills is a pre-apprentice training program that prepares students in the skilled building trades for a union apprenticeship. The purpose of the program is to help students connect to a career that fits them best. This program will allow them, hopefully, to be “accepted into various unions, such Local 1 or 3,” said Mr. Maloney.

The students in this program major in either electrical installation, electronics, or

plumbing. They go to a training facility, the Consortium for Workers Education (CWE), located 36- 46 37th Ave, Long Island City, every Monday, from 2pm to 5pm.

To be selected for the summer program, the students who took part in the program during the school year were interviewed by a panel of personnel at Construction Skills. In the middle of June, students will be notified if they did well on their interviews and are accepted into

the six-week summer program, in which students visit various unions. At the end of the six weeks, the students will choose a union to join. They will then start an internship with the union in September.

The students in Construction Skills are: Alex Almanzar, Luis Arias, Beshion Bailey, Brandon Carcano, Michael Celiz, Andrew Cepin, Steven Crespín, Jonathan Dempsey, Rafael Flores, Hamdeybi Francisco, Nicholas Garratt, Erwin Gonzalez, Dharvin Govindeisami, Jerry Hernandez, John Horton, Julio Manjarrez, Josue Manzanares, Ivana Nunez, Christopher Prosser, Narcin Szatkowski, and Andy Vasquez.

Students Having Babies: It’s not Child’s Play

by Gregory Paul

“I was scared and anxious. Sitting there waiting for the result of the test, I kept thinking, what am I going to do if I flunk? What are my parents going to think? I was having a panic attack.” This sounds like some Queens Voc students on report card day, but it’s not, it’s a teenager waiting for the results of a pregnancy test. Some Queens Voc students have been in this situation, and some even tested positive.

“Either you use protection or you don’t have sex at all,” suggests Pamela Ramirez, a senior, and mother of a three-month-old boy. She says that being a teenage mother is hard; she has to find someone to take care of the child when she goes to school, and has to tend to the toddler’s every need. Pamela’s parents take no responsibility for the child, which makes it tougher on her. The father of the child, her boyfriend, with whom she lives, financially supports the child; he is a working 18-year-old high school dropout. Although it is difficult, Pamela does not regret having her child; the baby is her pride, she says.

Rosa Toalongo, a senior and a mother of a baby girl, says that with a baby comes many changes in lifestyle. “I don’t go out as much, and when I do I usually go with my baby,” she said. “When you have a baby you can’t come home late, you have someone waiting for you.” Rosa said that parental support is very important to her. Her parents were initially furious about her having a baby, but are now a major support system to her

and her baby. Rosa says she would not do things differently if she could go back in time, because “thanks to Kimberly, I am the person I am today,” she said. Getting pregnant, Rosa said, made her change her careless ways and become more responsible. The child’s father has been anything but responsible; he left a year and a half after Kimberly’s birth.

Larosa Smith, a sophomore, is six months pregnant. “I can’t wait for the baby to be born,” she said. She wishes that this wouldn’t have happened at this stage of her life, but said that now that it has happened, she’s embraced it. Larosa thinks that a baby will be a physical and mental challenge. She knows it is a tough task, having often taken care of her niece and nephew. Her parents are supportive and the father will be present in the child’s life. “He is consistent,” Larosa says about her boyfriend, “he already wants to pick out a crib and the baby isn’t even here yet.”

Like the mothers previously mentioned, Angela Vargas, a sophomore with a 4-month-old daughter, says that being a mother is tough. She says it takes a toll financially. “I buy stuff for her, and I barely have enough money for myself,” Angela says. The duty of being a teen mom also takes away from schoolwork. When it comes to homework, “if I have time to do it, I do it, if I don’t, I don’t,” she says.

Although all these mothers are proud of their motherhood, they do not advise high school-age girls to get pregnant.

iMentor Program Matches Students with Mentors

by Laura Gonzalez

iMentor is a program that serves as an academic and social resource for students.

About 50 sophomore business students participate in the iMentor program, which allows students to develop and improve their networking and communication skills.

Ms. Mitchell and Mr. Mugan coordinate the program at Queens Voc, and Mr. MacDonald assists them with taking the students to events. The coordinator of the iMentor program is Kassim.

Students who join the program create profiles that list their interests. After that, the students are matched with mentors, according to Ms. Mitchell, based on their college and career interests. The mentors are from various fields in business and corporate America.

“I like it because we get to make connections with friends and business people,” said Armando Avila.

“We have activities like game night, current events night, and film night. We also go to places like the Mets game and to our mentor’s job to experience hands on training,” said Shennel Cole.

Students in iMentor also participate in a community service project at New York University. Mentors and mentees decorated gift bags for less-fortunate kids during Christmas time.

The mentors are corporate people who help the students with their college and career planning.

“Being in iMentor helps us set our mind on what to do for the future,” said Alva Pavia.

# From Queens Vac

by Beatriz Gonon

Many graduating seniors plan to go to college, to continue their education. While some have decided to join one of the United States Armed Forces. The students listed below have been accepted to the listed colleges or are joining a U.S. Armed Force. The schools in bold represent the college the students have chosen to attend.

Abreu, Ashley	Kingsborough Community College <b>Long Island University</b>
Abreu, Steven	<b>LaGuardia Community College</b>
Alamin, Master	<b>York College</b>
Aldaz, Jheferson	Queensborough Community College <b>New York City College of Technology</b>
Ali, Mujammil	Queensborough Community College <b>New York City College of Technology</b>
Ali, Syeda	<b>Queens College</b>
Almanzar Sasha	Queensborough Community College <b>York College</b>
Almonte, Jesenia	Fashion Institute of Technology <b>New York City College of Technology</b>
Alvarez, Brian	New York City College of Technology <b>York College</b>
Ambrossi, Tracy	<b>LaGuardia Community College</b>
Andrews, Amanda	Borough of Manhattan Community College Kingsborough Community College LaGuardia Community College <b>Queensborough Community College</b>
Argudo, Lourdez	<b>LaGuardia Community College</b> Queens College
Argudo, Maria	Borough of Manhattan Community College <b>John Jay College of Criminal Justice</b> LaGuardia Community College
Ayisah, Maxwell	Mercy College New York City College of Technology Queensborough Community College <b>(Undecided)</b>
Azad, Azmain	<b>City College</b> New York City College of Technology Vaughn College of Aeronautics and Technology
Bailey, Beshion	<b>U.S. Marines</b>
Beltran, David	<b>City College</b> Hunter College Lehman College Medgar Evers College York College
Benegas, Liliana	<b>Borough of Manhattan Community College</b> LaGuardia Community College
Beninati, Peter	Baruch College Hunter College <b>Queens College</b>
Bennett, Aja Amara	Johnson and Wales University <b>LaGuardia Community College</b>
Bonilla, Lorena	<b>City College</b> John Jay College of Criminal Justice New York City College of Technology Nyack College York College
Bravo, Cindy	<b>LaGuardia Community College</b>
Broadnax, Kwanisha	<b>Delaware State University</b>
Cabral, Paul	LaGuardia Community College <b>John Jay College of Criminal Justice</b> New York City College of Technology
Campoverde, Luis	City College Queens College <b>Queensborough Community College</b> New York City College of Technology

Carrasco, Cindy	Lehman College <b>Long Island University</b> New York City College of Technology Queens College St. John's University York College
Castillo, Jason	<b>Queensborough Community College</b>
Castro, Samuel	<b>Queensborough Community College</b>
Celiz, Michael	City College LaGuardia Community College Queens College <b>(Undecided)</b>
Cepeda, Andy	City College Queensborough Community College <b>(Undecided)</b>
Choudhury, Razim	<b>John Jay College of Criminal Justice</b> New York City College of Technology
Coleman, D Andra	<b>U.S. Navy</b>
Collado, Jamie	<b>Borough of Manhattan Community College</b>
Collado, Jinet	Bronx Community College Hostos Community College <b>John Jay College of Criminal Justice</b>
Cotrina, Michelle	Lehman College <b>New York City College of Technology</b> Queensborough Community College
Crespin, Steven	LaGuardia Community College Queensborough Community College <b>New York City College of Technology</b> Wentworth Institute of Technology
Cruz, Laura	<b>New York City College of Technology</b>
Davis, Goldene	<b>Fashion Institute of Technology</b> LIM College Queens College York College
Dejesus, Nallely	LaGuardia Community College Lehman College New York City College of Technology Queens College Queensborough Community College <b>(Undecided)</b>
Delarosa, Jessica	<b>Berkeley College</b> New York Institute
De Oleo Rafael	<b>Baruch College</b>
Dorcely, Fabienne	<b>Long Island University</b> Queensborough Community College
Ferguson, Sky	<b>Alfred State College</b> New York City College of Technology Queensborough Community College
Fernandez, Wendi	Medgar Evers College <b>New York City College of Technology</b>
Galimi, Tiffany	<b>Kingsborough Community College</b>
Garcia, Joana	Borough of Manhattan Community College Kingsborough Community College Queens College <b>Wood Tobe-Coburn School</b>
Gawashty, Ahmed	Borough of Manhattan Community College New York City College of Technology Queens College
Gil, Rossy	Borough of Manhattan Community College Queensborough Community College <b>(Undecided)</b>
Gomez, Christopher	<b>LaGuardia Community College</b> Mercy College
Gonon, Beatriz	<b>Baruch College</b> Berkeley College LaGuardia Community College Lehman College Medgar Evers College New York City College of Technology York College





Seniors To College...

Gonzalez, Laura	John Jay College of Criminal Justice LaGuardia Community College <b>Queensborough Community College</b> New York City College of Technology
Gorna, Karolina	Borough of Manhattan Community College <b>Brooklyn College</b> Hunter College LaGuardia Community College York College
Govindeisami,Dharvin	<b>New York City College of Technology</b>
Grullon, Jeslenny	City College Queens College Queensborough Community College <b>York College</b>
Guilfuchi, David	<b>New York City College of Technology</b> Queensborough Community College
Guzman, James	<b>Queensborough Community College</b>
Guzman, Meghan	Borough of Manhattan Community College <b>College of Staten Island</b> LaGuardia Community College
Hampton, Jerrell	<b>ASA Institute</b>
Hans, Steve	Queensborough Community College LaGuardia Community College <b>New York City College of Technology</b>
Haque, Mahfuzul	Lincoln Technical Institute <b>Monroe College</b>
Hernandez, Elihu	<b>City College</b> Queensborough Community College
Herrera, Richard	<b>U.S. Navy</b>
Hill, Edwin	Johnson and Wales University <b>Mercy College</b> Morrisville State College New York City College of Technology Sullivan County Community College SUNY Delhi
Huero, Leticia	<b>Queensborough Community College</b>
Hughes, Anthony	<b>New York City College of Technology</b>
Islam, Fahim	Baruch College Brooklyn College Columbia University Hunter College Queens College St. John’s University SUNY Buffalo <b>SUNY Stony Brook University</b>
Jean-Philippe Daniella	LaGuardia Community College <b>(Undecided)</b>
Johnson, Yvonne	<b>Landmark College</b>
Karwowski, Dariusz	<b>Hunter College</b>
Kroon, Justin	Baruch College John Jay College of Criminal Justice Lehman College New York City College of Technology <b>St. John’s University</b> York College
Lam Wai Lun	<b>York College</b>
Lama Mingmar	<b>Queensborough Community College</b>
Lorenzi, Joseph	Queensborough Community College <b>John Jay College of Criminal Justice</b>
Lumpkins, Alexandria	<b>Johnson and Wales University (Miami Campus)</b>
Manjarrez, Julio	<b>John Jay College of Criminal Justice</b>
Manolas, George	<b>Queens College</b>
Marcano, Marisol	<b>Queensborough Community College</b>
Matias, Jonathan	<b>Queensborough Community College</b>
Mcnamara, Jennifer	LaGuardia Community College <b>Queensborough Community College</b>
Mejia, Jonathan	<b>LaGuardia Community College</b> St. John’s University
Mendoza, Katherine	Borough of Manhattan Community College <b>City College</b> LaGuardia Community College

Mims, Allen	<b>LaGuardia Community College</b>
Mingki, Eddy	Fashion Institute of Technology <b>Parsons College</b> University of Chicago
Mohamed, Basim	<b>Vaughn College of Aeronautics and Technology</b> <b>U.S. Army</b>
Morales, Shanessy	Borough of Manhattan Community College Bronx Community College LaGuardia Community College <b>Wood Tobe-Coburn School</b> Florida Gulf Coast University
Moreno, Maria	<b>York College</b>
Muniz, Crystal	<b>Landmark College</b>
Munoz Jeffrey	Borough of Manhattan Community College LaGuardia Community College Queensborough Community College <b>New York City College of Technology</b>
Murcia, Alexandra	Laboratory Institute of Merchandising SUNY Genesee Community College
Nana, Gregg	<b>St. John’s University</b>
Naser, Jamsed	<b>Medgar Evers College</b>
Navarrete, Jaqueline	<b>LaGuardia Community College</b>
Orellana, Santiago	<b>New York City College of Technology</b>
Padilla, Bianca	<b>Berkeley College</b>
Patrekar, Disha	<b>LaGuardia Community College</b>
Paul, Gregory	City College New York City College of Technology <b>SUNY Stony Brook University</b>
Pena, Bryan	Binghamton University LaGuardia Community College Lehman College New York College of Technology <b>York College</b>
Pena, Joel	<b>Queens College</b>
Perez, Julissa	<b>John Jay College of Criminal Justice</b> York College
Perrier, Jessica	<b>Queensborough Community College</b> LaGuardia Community College
Persaud, Vincent	Baruch College Queens College <b>(Undecided)</b>
Pichardo, Joel	Binghamton University <b>John Jay College of Criminal Justice</b>
Puc, Carla	<b>LaGuardia Community College</b>
Puig, Larissa	Baruch College Hunter College <b>John Jay College of Criminal Justice</b>
Rahman, Pervej	<b>City College</b>
Ramirez, Jose	<b>Queensborough Community College</b>
Ramirez, Nelkin	Berkeley College <b>John Jay College of Criminal Justice</b> Queensborough Community College
Ramkumar, Tameika	<b>Long Island University</b>
Ramos, Diego	Borough of Manhattan Community College City College <b>College of Staten Island</b> New York City College of Technology
Roche, Hector	<b>Molloy College</b>
Rodriguez, Magdaline	Berkeley College Queensborough Community College Sullivan County Community College <b>(Undecided)</b>
Rodriguez, Ricardo	City College <b>Hunter College</b> Lehman College York College
Rodriguez, Shirley	New York City College of Technology <b>Wood Tobe-Coburn School</b>
Rojas, Cynthia	<b>Berkeley College</b> York College
Ruiz, Michael	<b>Queensborough Community College</b>
Salazar, Camilo	<b>Queensborough Community College</b> New York City College of Technology



# ...Freshmen

Sanchez, Starlin	<b>New York City College of Technology</b> Staten Island College
Santiago, David	<b>LaGuardia Community College</b> Queensborough Community College
Santos, Argenis	<b>City College</b> Queensborough Community College LaGuardia Community College
Santos, Vinicios	<b>Queensborough Community College</b>
Scott, Taneya	<b>Bramson ORT College</b>
Serna, George	Berkeley College Bryant University Drexel University John Jay College of Criminal Justice Johnson and Wales University Mercy College <b>Saint Peter’s College</b>
Singh, Narine	<b>Lincoln Technical Institute</b>
Singh, Ranjot	LaGuardia Community College <b>New York City College of Technology</b> Queensborough Community College York College
Singh, Simranjeet	Baruch College City College <b>Hunter College</b> Lehman College New York City College of Technology
Slovak, Jayson	Hunter College <b>Queensborough Community College</b>
Sobota, Karol	<b>John Jay College of Criminal Justice</b> New York City College of Technology
Sosa, Yazmin	<b>University of Texas and Arlington</b>
Soto, Denisse	New York City College of Technology York College <b>(Undecided)</b>
Spikes, Kevin	Queens College <b>LaGuardia Community College</b>
Suazo, Monica	<b>Queensborough Community College</b>
Tito, Monica	Borough of Manhattan Community College Queens College Queensborough Community College LaGuardia Community College
Toalongo, Rosa	Borough of Manhattan Community College <b>John Jay College of Criminal Justice</b> Long Island University
Trochez, Stephanie	Berkeley College <b>Fashion Institute of Technology</b>
Tse, Clarissa	Queensborough Community College LaGuardia Community College <b>(Undecided)</b>
Tseten, Dopdyel	<b>New York City College of Technology</b>
Tyler, Keisha	<b>LaGuardia Community College</b> Johnson and Wales University
Vaca, Jossie	<b>Queensborough Community College</b>
Valentin, Johnathan	<b>Lincoln Technical Institute</b>
Vargas, Lisette	<b>New York City College of Technology</b>
Vega, Michelle	<b>New York City College of Technology</b>
Vu Cuong Tony	Queens College <b>Hunter College</b> John Jay College of Criminal Justice York College
Whiley, Cecil	LaGuardia Community College <b>John Jay College of Criminal Justice</b> New York City College of Technology York College
Xochmil, Kathya	<b>John Jay College of Criminal Justice</b> York College
Zamora, Jefferson	<b>City College</b>
Zhao, Amy	Borough of Manhattan Community College <b>John Jay College of Criminal Justice</b>

by Dharvin Govindeisami

Staying focused in life will help us overcome many obstacles, however many students wonder what strategies they can use to stay focused in school. According to Dave Cheong, an entrepreneur who became successful after following eight rules he created about staying focused, his tips can help us organize our lives.

The first step is having well defined goals. Dave Cheong said “I’ve found writing my goals down really helps.” He also said, “Whenever I get distracted, I read my goals and I’m reminded of what I am trying to do and why.”

The second step is breaking things into bite sized chunks. Dave Cheong said this tip helps, because “Breaking goals down gives me motivation to start and allows me to get things done faster.” He also said, “A plan can identify how you can get from where you are to where you want go.”

The third step is prioritizing constantly. Dave Cheong said, “To figure out which task I should be working on, I prioritize constantly.” He also said, “Some tasks are more urgent than others, I’ve found that working on urgent tasks followed by tasks which have the greatest impact to work well for me--urgent tasks allow me to get things done on time and important tasks allow me to maximize the benefits I receive.”

## Health Tips

by Rafael De Oleo

Little adjustments to your diet and habits can have a big impact on your health. Follow these suggestions and you will soon feel better, have more energy, and look better because your posture will portray that.

**Easy substitutions that can have a big impact on your fitness level and overall well-being:**

- 1) Substitute ham or turkey for bacon.
- 2) Substitute whole grain cereals like Crispix or Basic 4 for cereals like Frosted Flakes or Lucky Charms, which are high in sugar.
- 3) When eating salads, avoid using fatty dressings such as Cesar salad or creamy Italian. Use, instead, salad dressings labeled as low in fat.
- 4) Do anything possible to work out outdoors instead of indoors. Studies show that

The fourth step is tracking progress vigorously. He said he’s found that “by tracking my progress, I have more visibility on what I’ve done and can better gauge how much effort is left.” He added that “each of us wants to improve our lives, however, it is easy to start with good intentions but more difficult to sustain commitment.”

The fifth step is planning ahead without failure. This step is important because, according to Dave Cheong, “it really helps to look at my goals and task lists periodically, so I can assess how much time it’ll take to do something and determine the best time to sit down and work on it. He said that “concentrating on the remaining effort can help reinforce commitment.”

The sixth step is rewarding myself when warranted. Dave Cheong says “Whenever I accomplish a logical piece of work I always reward myself.” He also said, “It really does help with maintaining motivation.”

The seventh step is removing distractions as best I can. “The best way not to give in to temptation is not to have the option to,” said Dave Cheong. He also said, “What seems to work for me is making the distractions difficult or inconvenient to access, because it takes too much effort to indulge in the distraction, I find it is less likely for me to give in.”

The eighth step to staying focused is having positive

working out outdoors can relieve stress and improve your breathing almost twice as much as working out indoors.

5) Substitute snacks such as fruits and power bars for potato chips or cookies.

**To avoid acne breakouts:**

- 1) Change pillow cases often.
- 2) Use fragrance free lotions.
- 3) Pat dry your face instead of rubbing it dry, this can spread infections and cause more breakouts.
- 4) Don’t apply too little lotion or leave your face dry for a

patterns in your routine. According to Dave Cheong, having positive routines in your life can be instrumental to getting more done. He said that “as these patterns continue to establish into a routine, I’m finding that I can better judge the periods of the day in which I really need to need to focus and work.”

The ninth step to improve focus in your life is blocking out some time for yourself. Dave Cheong insists that having some quiet time set aside for accomplishing a given task is productive. “I tend to be more focused in the morning after a restful night,” he said.

The tenth step to focusing in life is “keeping the results clear in your mind,” according to Dave Cheong. “Instead of concentrating too much on the task at hand, sometimes I put some attention on the feelings I ultimately wish to experience” he said. Dave Cheong says that by completing this step, you can better your motivation regarding tasks that you are not normally motivated to do.

The eleventh step is enlisting family and friends for help. “I communicate with my family and friends about my goals all the time,” Dave Cheong said, adding that “not only have they been helpful with gentle reminders whenever they see my behavior is not consistent with my goals, but they also give me constant incentives to work at my goals and succeed.”

prolonged period of time because your body will produce even more oil, thus inducing more breakouts.

5) Clean your face twice a day with warm water.

6) Avoid touching your face with your hands as much as you can throughout the day.

**To feel more energized during the day:**

- 1) Make a pie-chart displaying what you spend your time on and make sure you sleep between seven to nine hours every day.

## Non-Discrimination Policy

It is the policy of the Department of Education of the City of New York to provide educational and employment opportunities without regard to race, color, religion, creed, ethnicity, national origin, alienage, citizenship status, age, marital status, partnership status, disability, sexual orientation, gender (sex), military status, prior record of arrest or conviction, except as permitted by law, predisposing genetic characteristics, or status as a victim of domestic violence, sexual offenses and stalking, and to maintain an environment free of harassment on any of the above-noted grounds, including sexual harassment or retaliation.



A letter from the Senior Class President

The year is coming to an end and soon the class of 2009 will be pursuing their dreams and careers. I am so happy that many of my classmates have been accepted to college and others will continue in their trades. I hope that everyone enjoyed the prom and that it was memorable to all.

I would like to thank the senior class officers, Vice President Joana Garcia, Treasurer Joel Pena, and Secretary Jeslenny Grullon for their hard work and dedication to our senior class. They have been great help in planning and accomplishing many of the senior events and activities. I would also like to thank all the other seniors who have put in a lot of work to get our senior activities up and running. If it weren't for these seniors, this year wouldn't have been as fun and successful.

I want to say goodbye to all the other students in the school. I hope that all the students who are staying in Queens Voc accomplish their goals and don't give up on their studies even if they feel that school is dragging. Their time will come when they will feel good that they have

completed high school and they are ready to face the world.

I would like to give special thank yous and goodbyes to all teachers and administrators who have helped us get this far and ready for the world that is waiting outside for us. They have all pushed us to our limits and have seen the great potential that we have to succeed and become professionals. I thank them for giving us the opportunity to show our efforts and for believing that we could accomplish what we thought was impossible. They have all seen us grow and mature and even though we think we might not be ready, they know that they have prepared us well.

We seniors are moving on in life and stepping out of Queens Voc's doors ready to face the opportunities and experiences that will be presented to us. As we walk out those doors we will look back and remember the legacy we have left in Queens Voc and wonder what new legacy we will create in the future. Our success wouldn't have been possible if we hadn't decided to make it happen. We made the choice to succeed and now it is time for us to move forward and decide what our future may hold. Swagger '09.

Ivana Nunez, Senior Class President

Ways to Make Our School Better

by Josue Manzanares

For this edition of *Vocational Voice*, we decided to ask students and teachers to recommend ways to make Queens Voc a better school.

Freshmen

Nohely Vasquez- "We should have cleaner hallways, windows, and stairwells."

Meelisa Nocelo- "The old side of the building should have air conditioning and we should make the periods shorter."

Leslie Alulena- "There should be more bathrooms open in the building and better lunch food to eat."

Sandra Jarro- "I would like more art and music clubs."

Radison Moronta- "The auditorium should be open and the old side of the building should be modified."

Hassly Marquez- "We should get more trip visits to colleges and museums and we should do more community service projects."

Jersoon Garcia- "Open up the weight room more often and have more school dances."

Samuel Pointdujour- "More trips, better lunch and more weight room access."

Sebastian Bula- "A football team should be added and the auditorium should be open."

Sophomores

Miguel Cruz- "There should be more security on every floor on opposite ends."

Vanessa Mejia- "We should have more tools in shop, a girls' soccer team, and more AP classes."

Christian Saquicela- "The school should be repainted and brighter lights should be installed in the staircases."

Jeffrey Carrion- "We shouldn't have to give up lunch for lab class and we should have more half-days."

Cesar Cevallos- "There should be more security in the hallways to prevent people pushing and crowding together. There should be more soap and napkins in the bathrooms."

Rosa De Los Santos- "Security should be increased to stop kids from cutting, and more teams should be added."

Juniors

Adam Caceres- "We should have more sports because there aren't enough, and the old side of the building should be re-modeled so it can look nice."

Nathalie Pena- "Mandatory gym uniform colors should be changed, and we shouldn't have to pay for lunch. We should also be allowed to use electronics at least during lunch."

Amanda Vasquez- "Running should be an option during gym and we should be able to play, and the girls' bathroom should have extra paper and soap."

Conner McCarthy- "More lunch food and better lunch chicken would be nice."

Bridgette Diaz- "The school should have more activities, sports, a school yard, and more trips."

Edgar Sylvestry- "There should be names on the back of the basketball jerseys."

Shah Ahmed- "The school shouldn't get metal detectors and there should be air conditioning in every room."

Shanley Porras- "Less-crowded classes would be good and we should get out of school earlier."

Juan Hernandez- "There should be new, working equipment for shop classes and the principal should be more involved with the students."

Marissa Mendez- "The school should get new computers and chalk boards. There should also be more bake sales, a girls' soccer team, and a tennis team."

Seniors

Michael Carpinelli- "Students with an average of 85 or higher should be able to go out for lunch, as long as they leave their IDs with security officials. We should also have an extra two minutes to get to class in between periods and shorter days on Fridays."

Amy Zhao- "They should clean the bathrooms more often during the day and people should qualify to go on trips not just go because they have to. All students should be informed about college now classes, not just specific students."

Narine Singh- "There should be student parking, and the school should get better organized in the beginning of the year when it comes to schedules."

Michael Celiz- "More individual SLC trips should be organized, and more activities should be planned as well."

Johnny Rosendo- "Teachers who don't know how to teach should be removed from the school."

Erwin Gonzalez- "There should be more writing centers that are open all day long, not just some periods."

Azmains Azad- "The school should be stricter towards students when it comes to discipline. Students should get in trouble the first time they do stuff and not get a lot of warnings."

Pervej Rahman- "More custodians should be added to clean the schools. Automatic

flushers should be added to the bathrooms since a lot of people don't like to flush."

Luis Arias- "There should be higher academic standards, and a baseball field should be built next to the school."

Kathya Xochmitl- "We should have cleaner stairs and the bathrooms should be opened up."

Jeffrey Munoz- "Gym teachers should let us play outside when it's hot outside all the time."

Nicholas Garratt- "Teachers should help students more so they can pass their Regents and teachers should interact with students more."

Steven Giraldo- "A field should be built for the school and there should be PM school for all subjects."

Carla Puc- "A girls' soccer team should be added and more art and music programs."

Michelle Monsalve- "More activities, better classes like art and music where we learn to play an instrument, and the bathrooms should be opened up."

Mujammil Ali- "More clubs, more sports teams, and all the bathrooms should be opened."

Teachers

Mr. Abreu- "Kids should be allowed to go outside for gym to get some air like they used to be able to. There should also be more after-school activities."

Mr. Bowen- "The school should provide more support for disadvantaged kids, provide more parent outreach, parent involvement, and community involvement."

Ms. Rejalaga- "There should be zero tolerance for graffiti and vandalism, and more security in the school. The security can help clear the halls and make sure everyone is where they have to be. There should also be longer or more lunch periods so kids won't have to rush eating in a crowded lunch period."

Mr. Vega- "Equal amount of time for all periods."

Ms. Watkins- "There should be more enforcement of rules on all students. Students who do something bad should be punished for it no matter what it is, and the punishment should be consistent for all students. Teachers should be allowed to do what's necessary so students can pass Regents."

Mr. Zambrotta- "Saturday suspensions for punishment for students who come late and are absent a lot, and less trips for students who are failing classes. Students should do their 60 hours of work-based learning during their days off from school not during trips. As beneficial as they may be, they greatly disrupt the class learning with every class they miss."

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"Good enough" is the enemy of "it can be better."



# Swim to Freedom:

*The story of one teacher's escape from communism*

by Elizabeth Aritonang

Students are often so occupied with themselves and how tough they think they have it, that they don't put any thought into what their teachers have gone through in their lives.

Students can learn a great deal about courage from Mr. Papadopol's story. Mr. Papadopol teaches physics and photonics. He's popular among his students. "He's a really cool teacher; he does a lot at this school," says Ashley Torres, a junior in his physics class.

Mr. Papadopol came to the United States from Romania. When he lived there, it was a communist country. In Mr. Papadopol's words, "It was ...intellectual slavery." One example of communist rule affecting people's lives was the government's limits on television. There was one television channel on for two hours a day, he said. "Most of the broadcast was about the achievements of our 'beloved leader,'" Mr. Papadopol said, of Nicolae Ceausescu.

Mr. Papadopol did not agree with the restrictions the communist government subjected him and his fellow citizens too. But leaving Romania would be an extremely difficult mission. At that time, it took Romanian citizens six months to get approval just to visit another communist country for one day. Mr. Papadopol decided to leave the country illegally. It took four-and-a half years of planning.

Mr. Papadopol was trained as a mechanical engineer. He helped research for and design devices and instrumentation for the first Romanian nuclear power plant. To leave Romania, he had to get past the border along the Danube River, which was secured by the Romanian border guards. Most civilians weren't allowed to go within 40 kilometers of the border unless they worked or lived there. Mr. Papadopol volunteered to design a peak pressure-measuring device for riverboat diesel engines for a ship-building company.

Mr. Papadopol decided to make friends with a lieutenant in the border guards. Over a period of about a year, he played chess with him and "wined and dined" him. In that

period of time, Mr. Papadopol uncovered information about the guards' shifts, and where their posts were. "I knew even that the night vision binoculars they had didn't work properly; I suggested that the goggles be shipped to the institute where I worked, for repairs." He had found that and other bits of information needed to fulfill his plan. Mr. Papadopol had discovered the weaknesses of the border.

His decision to leave Romania was not easy. He was about to leave behind his wife and three-year-old daughter. He expected that he would not see them again for four years.

He embarked on his mission at dusk, around 6:10pm. He left his car with the engine running in hopes that it would be stolen. He waded into the water and



***His story had to be told.***

succeeded in swimming across the river.

If he were caught, he would have gone through all sorts of punishment and torture, especially because he was working in an intelligence-sensitive area. "They thought I would sell secrets of our research to the capitalist countries." He said that if they had found him in the river, the border patrol would have tried harpooning him.

A friend was waiting for him in Yugoslavia, another communist country. He helped his friend get his PhD in precision mechanical engineering. In turn, his friend tried to help him in Yugoslavia.

After about six months, Mr. Papadopol was accepted in United States as a refugee. He was reunited with his family two-and-a-half-years earlier than he expected. He worked at several jobs before he started working at Queens Voc. He never continued his work as an engineer. But, he says, "I never regretted it. As soon as I arrived

here, I felt safe."

Mr. Papadopol returned to Romania once since his escape—17 years later—for a two-week stay. Romania's communist rule ended in 1989.

There is one event that Mr. Papadopol recalls that bewildered him about some people in the United States. It was the same year as the collapse of the communist Romanian dictatorship, 1989. He was on the City College campus when he saw students with signs and chanting pro-communist slogans. The man who swam across a river at night to escape communism thought "you don't know what communism really is...you don't know how good you have it in America."

Mr. Papadopol says he likes working at Queens Voc as a teacher because he likes to improve the thinking of young people and with that the quality of society. "I have a tendency to get attached to the places I work," he said.

## Dealing with Computer Problems

by David Beltran

Computers are used frequently by students to conduct research, type essays, or complete other tasks. But students at Queens Voc don't always have a computer to use.

Room 407, used by Mr. Alohan for his accounting class, contains 32 computers, nine of which don't work. They are missing keyboards and do not turn on. In room 454, Mr. Persaud a business teacher, said that he has had problems with computers in the room but Mouse Squad has fixed the computers.

Ms. Newman, director of SES, said that repairing or replacing a computer can be costly. The DOE, she said, will cover repair costs only when computers are less than five years old, otherwise, schools will have to pay \$400 per incident from their own budget.

One place students can go for computer access is the library. Ms. Lewis, the school librarian, said that the four computers in the library are available when the library is open. "Students are in here every period," she said. The computers in the research room inside the library cannot be used by students, she said, because they are used by Ms. Lewis as well as other teachers for lessons.

## Difficulties With AP Courses

by Syeda Ali

Queens Voc offers two advanced placement classes, AP Chemistry and AP Statistics. At the end of the year, the College Board administers AP exams. The tests are scored on a scale of one through five. If students score either a four or five, they earn college credit for the subject in which they took the test.

On average, an AP class in Queens Voc has 25 students. Ms. Vittor said these classes are "rigorous courses in which students are exposed to college level learning." But is that what the classes really are?

AP Chemistry is currently being offered for the third year at Queens Voc. So far, not one student who has taken the class did well on the AP exam. How is this possible? Students in AP Chemistry are required to pass the Chemistry Regents, but 21.8% of the students currently in AP Chemistry haven't even passed the Regents. Of the 88.2% of students who passed the Regents, only 17.6% of the students scored a 75 or higher.

If a student were to take a college class at LaGuardia, the student is required to get at least a 75 or higher on the Regents exam that applies to that college class. Shouldn't the same rules apply to an AP class offered at Queens Voc? Shouldn't students be college-ready before taking an AP class?

Ms. Mohan has returned to teaching AP Chemistry this year. She thinks the break in April is to blame. She said, "Kids are out in the month of April, which is a problem because the AP exam is at the beginning of May." "If we get more time," Ms. Mohan said, "we could do better." Neil Kamath, a student in AP Chemistry, believes "the results will be a lot better this year because Ms. Mohan is teaching." Tony Vu, who took AP Chemistry last year, said that the teacher last year "was easily distracted by the students. He started the beginning of the class well but then he ended up taking 30 minutes to do the Do Now." Tony said that by the middle of the year, "we weren't even learning." Tony said he wasn't allowed to drop the class, and ended up not taking the AP exam because he knew he couldn't pass it.

AP Statistics is currently being offered for the fourth year

at Queens Voc. So far, only one student, Alan Costella, was able to score a four. Mr. Raynor said that a smaller class would help and that "only certain students should take AP Statistics." Students in AP Statistics are not required to pass the Math B Regents but perhaps they should. It would definitely make the class size smaller. Of the 30 students in AP Statistics, only 20 passed the Math B Regents. And of those students who passed the Math B Regents, only seven had a score of 75 or higher. Jonathan Mejia, who is currently in AP Statistics, said, "I don't think the students did well on the exam this year because they didn't cooperate with the teacher."

Ms. Erkins, who taught AP Statistics teacher the three previous years, said that students in the class "do not have a strong foundation in mathematics." Jefferson Zamora who was in AP Statistics last year said, "I wasn't learning because I wasn't getting help one-on-one." He took the test, which he said was hard; he admitted he "wasn't prepared for it."

Ms. Vittor said, "AP classes are a choice." If students don't want to take an AP class because it too hard, they don't have to. But Maria Argudo, a student in AP Statistics, said she "tried to drop the class but they said I couldn't, if too many students dropped the class, there would be no honors class. Without the class, the school would get less money." Maria said that she would have preferred "a Math B review class so I could pass the Regents. It's hard to pass the Regents when you no longer take the class."

Maybe, this year the AP exam results will be different. "Teachers have gotten more training," Ms. Vittor said and, "AP Chemistry," Ms. Mohan said, "is no longer a new course and I have become more comfortable with it." She said that with a more comfortable and confident teacher, students are more confident.

According to Ms. Vittor, the concept of offering AP classes "is to expose students to a college level course." If our students are struggling so much with AP courses, what does that say for our future in college?



# Feedback: Our Readers Speak Out

by Jonathan Matias

The *Vocational Voice* acknowledges letters we receive from students, regardless of the nature of the letter.

“I enjoyed the article on the Guitar Hero tournament,” Zack Hassanein wrote, about the competition hosted by the Advance program. Joseph Tecarr, a member of Team Awesome, which won the first Guitar Hero contest, wrote that Team Awesome is ready for the next tournament. “We will win the next tournament because we are that awesome.” Steven Hernandez also wrote about the “You’re our Guitar Hero” article. He was the only person to get a 100% on a song in the first round, on expert, he wrote. “My next 100%—in the next tournament—will be dedicated to the school newspaper,” Steven wrote.

In his letter, Zack wondered what happened to the music

review article in the school newspaper.

Annie Virelea wrote that she “enjoyed the article on trips and school dances because that’s what I am interested in.” She also suggested that the school should have more trips.

Jesus Tellez, wrote to tell us that he disliked the article “Principal sues the Editor.” “It seems childish, as if we were in some cartoon,” wrote Jesus. He would like to read more articles on sports, he wrote.

“Thanks for writing or what ever it is that you do. But the school newspaper is pretty boring,” wrote Shanice Ocasio, who wrote that the only article she enjoyed was “Most Embarrassing Moments.” On the other hand, Chris Subhan offered some *constructive* criticism. “I believe you should also have the little things that go on around school, or some of the negative things that go on in the school.”

Rosemary Rodriguez wrote that she “found some of the most embarrassing moments pretty funny.”

Ulysses Valerio wrote about the picture and brief article on the breakdancing club. “I really enjoyed the article about breaking because it keeps you in shape,” he wrote. James Kangromklang wrote that the breakdancing club “teaches kids how to break dance and it’s a lot of fun.

The *Vocational Voice* would like to thank Mr. Hammond, for allowing his students to write to us and to express their ideas about the school newspaper.

We would also like to thank the student who wrote the following letter:

“Dear Editor,  
Personally I think that your paper is horrible. I can care less about anything in the whole paper. the wrestling team will never beat grover Cleveland. So try and make a better paper. Write more about the deans & how hard their going. tell people to stay in class. yours truly, Qns voco, student”

# Principal’s Message



QUEENS VOCATIONAL & TECHNICAL HIGH SCHOOL  
Denise Vittor, Principal

Well, here we are. June has arrived and it is time to reflect upon the 2008-2009 school year. Undoubtedly, this is one of the most successful years our school has ever had. Long known for our quality CTE programs, our CTE programs and clubs entered citywide and state competitions, with wonderful results. Here are some of the memorable wins that gave our school citywide recognition. Our Virtual Enterprise program placed in every competition they entered. They won 2nd place in the NYC Advertising Week campaign, 3rd in the Borough wide Business Plan competition, and 4th in the International Trade Show Booth Design Competition. Two of our FBLA students achieved 2nd place wins in the NY State competition and will be competing at the National level in Anaheim, CA, in June. Of course, there was the 1st place win in the NYC Regional FIRST ROBOTICS Competition which shot our school into the media limelight. These competitions unified our students as they worked together for a common cause. More importantly, it brought our entire school together for a common cause – sending our RoboTigers to Atlanta. The business students of SES, parents, and teachers joined SCEET in the fundraising efforts with success. Together we raised over \$25,000 in just under 3 weeks. Now that is a phenomenal school community effort.

Our athletic teams demonstrated once again just how competitive our TIGERS can be. Almost every team made it to the playoffs. We own two division titles this year; Boys’ Soccer and Girls’ Bowling. Moreover, we added two teams to our lineup – girls’ volleyball and co-ed wrestling. The wrestling team was undefeated with an 8 and 0 record and the volleyball team had very successful first season, as well. We look forward to big wins next year. Overall, this was a very impressive year for our teams.

We are an SLC school and this year we have seen events that celebrate each community. There were SLC award ceremonies, guitar hero competitions, and athletic competitions. There were more clubs and activities for our students including the poetry, fitness, and break-dancing clubs. Next year, students will have the opportunity to join more afterschool clubs and events sponsored by their SLCs.

Academically, we are more successful this year than last. Our attendance this year exceeded 86%, which is the highest we have reached in the last 4 years. We have more students passing the ELA and Math Regents each year, and more students earning credits each year. Our students are completing internships and certifications in higher numbers than in the past. This year, we may have the largest graduating class Queens Vocational and Technical HS has seen in over 10 years, maybe ever. They are surely the most involved and enthusiastic senior class we have seen in a very long time. Certainly, they have the most spirit as evidenced by the number of seniors who participated in senior events this year. The class of 2009 had the highest number of students attend the senior trip, luncheon, and prom. As always, our seniors represent our school in the best light. They are fun-loving, respectful, and classy. I look forward to the culminating event: a successful and large graduation ceremony! I wish our class of 2009 all of the best as they go forward and begin a new chapter in the book of life.

I congratulate the Queens Voc community for the successful year we have had! We have much to be proud of and to celebrate. Now, we look forward to the summer and all of the fun we all deserve. Have a fabulous summer. See you in September.

Sincerely,  
Denise Vittor

# Is Queens Voc Keeping Up With Technology ?

by Jay Kroon

As Mr. Rodriguez walked into the SO office, he proactively showed off his new Blackberry Bold and its many features. Mr. Rodriguez’s high resolution, 2.6 inch screen displayed a preloaded video in high definition, with speakers that produced a sound that could be heard throughout the entire room. The Blackberry Bold is a product of the new generation and technology era, but that doesn’t stop the staff at Queens Voc from upgrading as well.

Many teachers believe there are some benefits of upgrading to newer technology. “Projectors help me a lot,” explained accounting teacher Mr. Alohan. “For one, they help students by making it easier to visualize what they are learning. In accounting, reading out of a book can be a lot harder than actually watching how to type a formula in Excel.” The use of projectors in Queens Voc has grown, largely for the reasons Mr. Alohan gives.

Mr. Schimenz agrees with Mr. Alohan, but has more of a problem getting a projector. While Mr. Alohan has the luxury of teaching in room 412, which comes with a projector, other teachers must struggle to borrow one. Ms. DeCarlo explains that “First, you have to speak to Ms. Newman to sign one out. Next, you must go to the room at a

specific time to pick up the projector,” which is difficult when teachers have other classes. Mr. Schimenz said that there are often problems with the equipment. “Sometimes the laptop doesn’t play the DVD, other times the speakers aren’t loud enough,” he said.

Many times, teachers are left with the hope that their students are good with technology. 25 minutes into the 42 minute period, the journalism class began watching the video that was intended to be the subject of the day’s discussion. This was because the speakers that came with the projector cart produced a sound that could only be heard while sitting next to them. Two students then left the classroom, in search of a teacher willing to lend their speakers, so the class could proceed. Upon return, the students obtained similar speakers from another teacher, and the journalism class had to settle for the poor sound. The delay along with the video length left only eight minutes for a class discussion, thus lowering the effectiveness of the class’s lesson.

A teacher’s bad experience influences his or her use of equipment in future lessons.

The fact that the school has insufficient equipmen when it comes to the projectors only causes teachers to skirmish over the few items available.

Another Step in Queens Voc’s technology upgrade is Smartboards. Smartboards hold many of the same benefits as a projector, but the accessibility of these items pose a problem for the teachers as well. According to electrical installation teacher Mr. Bowen, “you have to give an arm and a leg to get what you need for the boards to work.” He explains that tools for the smartboards to work have to be obtained on your own. Mr. Bowen said “I’m willing to experiment and teach myself, but I can’t until I’m given what I need.” The use of Smartboards has not yet grown as big as projectors, so the impact of non-accessibility isn’t as great.

The absence of these boards, however, could soon prove to be a setback, because the students aren’t being allowed to take advantage of such an expensive piece of equipment.

In general, it can be said that there is plenty of room for growth in the technology field at Queens Voc. Problems with accessibility along with the quantity of items hasn’t gone unnoticed.

Mr. Alohan believes that “Countries that are less fortunate learn to adapt their teaching methods to use what they have. If we have the ability to use such helpful learning tools, why haven’t we taken advantage of the opportunity?”





The Origins of Superstitions

by Jonathan Matias

Superstitions began thousands of years ago, when our ancestors tried to explain mysterious circumstances and events as best as they could with the knowledge they had. A superstition is a belief or practice that people cling to even after new facts prove that silly belief are untrue.

Friday the 13th

Paraskevidekatriaphobia is the official term for the fear of Friday the Thirteenth. Jesus was said to have been crucified on Friday and the number of guest at the party of the Last Supper was 13, with the 13th guest being Judas, the traitor.

Spilling Salt

If you spill some salt, you must take a pinch of the spilled salt and throw it over your left shoulder.

Historically, salt has been highly valued and considered to be a purifying substance, capable of driving away evil. The Romans paid their soldiers salary in salt. It has long been useful as a preservative, in medicine, and also used in magic, ritual, and superstition to purify, bless things and drive away evil.

Walking Under a Ladder

Walking under a ladder will bring bad luck.

Excluding the obvious, that something might fall on you from above, the belief that walking under a ladder will bring bad luck seems to stem from the ladder forming a triangle with the wall and the ground. This represents the “Holy Trinity,” and if you violate this by entering the space, it puts you in league with the devil, and you are to incur God’s wrath.

Breaking a Mirror

Breaking a mirror will bring seven years of bad luck.

One’s reflection in the mirror is thought to be the representation of his or her soul or spiritual state. Breaking the mirror, and therefore the person’s reflection, would bring damage to their soul and spiritual hardship.

Knocking on Wood

You must knock 3 times after mentioning good fortune or the evil spirits will ruin things for you.

The American version is “knock on wood,” while the British version is “touch wood.” The tradition traces back to an ancient pagan belief that spirits resided in trees, particularly oaks, and that by knocking on or touching the wood, you were paying a small tribute to them by remembering or acknowledging them. Also, you were thanking them for their continued blessing and good luck.

Black Cats

When a black cat crosses in front of you, it is said that you will have bad luck.

In the Middle Ages, black cats were believed to be the companions of witches, and after seven years of life, the cats were even said to turn into witches, or even devils and demons. All of which were to be avoided at all cost.

Crossing Your Fingers

Many people cross their finger, in hope of good luck.

Crossing your fingers (middle and pointer fingers) on one hand as a sign of hopefulness or desire for a particular outcome. By making the sign of the Christian faith (holy cross) with your fingers, evil spirits would be prevented from destroying your chances of good fortune.

Four-leaf Clover

The superstition that the finding of a four-leaf clover can bring good luck is so old that its origin has been lost. One of the oldest legends has it that Eve, upon being ejected from the Garden of Eden, took a four-

“Breaking a mirror will bring seven years of bad luck.”

leaf clover with her. Because the clover was a bit of green from paradise, its presence in one’s own garden came to be looked upon as an omen of good luck.

Rabbit’s Foot

Many people believe that a rabbit’s foot is a lucky charm, but this began with the belief that witches turn themselves into hares to escape capture. This practice flourished in medieval times.

“God Bless You”

It was thought that when one sneezed, the soul briefly flew out of the body, and this might allow an evil spirit to take up residence within. Nowadays, demon passion does seem a rather extreme consequence for just having sneezed; but because early people didn’t know all about germs, disease transmission, they equated sickness with evil spirits. On the other hand, it is also said that blessing someone who sneezes is necessary because their heart skips a beat when they sneeze; it is wishing them continued good health.

Source: [sangi.sanguinarius.org/creative/OriginsOfPopularSuperstitions.pdf](http://sangi.sanguinarius.org/creative/OriginsOfPopularSuperstitions.pdf)

Juniors Look Ahead

by Sasha Almanza

The school year is coming to an end, seniors are graduating, and juniors are moving up to their senior year, the last opportunity for them to join clubs and sports teams, and probably the last chance to spend time with their classmates.

Some juniors have already started thinking about what they are going to do next year to make it fun and memorable. Some of them think they should organize more trips that the entire senior class would attend. They also suggest having bake sales or even opening an SO store to raise money to pay for these trips.

“To make senior year fun, we can plan our trips in advance,” said Crystal Franklin, a business student.

“Hopefully next year is more fun than this year. It will be my last year so I hope I will enjoy it,” said Mohammed Begum, a plumbing student. He said that there should be a senior field day in which all seniors participate in outside activities. Mohammed even had an idea for the senior luncheon theme; he suggested a beach party.

“For senior year to be fun, I plan to run for treasurer of the senior class,” said Asaduz Zaman, a business student.

But many of their suggestions are more school-wide events rather than senior class exclusive.

Crystal said that the students can celebrate the holidays such as dressing up for Halloween and making an Easter egg hunt. She also said that they can add more spirit weeks and organize more school dances.

Asaduz said he is hoping for a school talent show, which the school will be able to resume

with the refurbished auditorium. Asaduz suggested activities such as pajama day as part of spirit week, a field day in which they would have seniors vs. teachers games, and trips for students to go ice-skating or swimming.

Mainly, juniors are looking forward to having fun as seniors.

Ashley Addonisio, a business student, said she is planning to get involved in as many activities and clubs as she can. She is rejoining softball and hopes to make it as captain or co-captain. Ashley also plans to join leadership and is looking forward to being the volleyball team captain. “I plan to make senior year the best year I have at Queens Voc,” she said.

Freddy Gomez, a business student, plans to spend more time with his friends his senior year because that way he would have more memories of them once they graduate. He’s also going to get more involved in school activities, he said.

“I’m ending senior year with a blast,” said Hermilo Ortega, a business student. Hermilo is planning to join the bowling team and is looking forward for senior pranks.

A’dell Lambie, an electronics student, said he has only one thing on his mind for next year: joining the basketball team.

“I’m planning to make the best of it,” said Jessica Llinguichuzhca, about next year. Jessica plans to attend most trips and school dances.

“I would like to pass all my classes and aim for something higher,” said Laura Pachon, an electronics student. Laura said she is hoping there will be more dances next year and wants to get to know more people from the senior class.

Horoscopes

by Carlos Belliard

PISCES

(Feb. 20- March 20)

A situation will come up that require your wise words. So try to use the right words to help resolve the situation.

ARIES

(Mar. 21 - April 20)

Lonely is the word to describe you. The person you are looking for is right in front of you, you just don’t see it. Try to play your cards right so you get what you want.

TAURUS

(Apr. 21 - May 21)

You are on track now, you had a bad start but turned it around

before it was to late. Things are gong to work out, just keep working hard on every task that needs to be done and in the end the results are going to better than what is expected.

GEMINI

(May 22 - June 21)

Donate some time to your family, you haven’t been around enough and they wondering what’s up. In the next couple of months your going to be away from them and you are going to regret not spend time with them.

CANCER

(June 22 - July 22)

Time is ticking and huge decisions need to be made. These decisions will impact your whole life, so be wise and

cautious. Evaluate options and don’t just look at the choice that is going to impact your life now, look at it six years from now.

LEO

(July 23 - Aug. 22)

It’s time to step up, others are looking up to every move you do, so be a great role model. Sometimes you have to do what’s right, because your decisions impact others too.

VIRGO

(Aug. 23 - Sept. 23)

Things are not going the way you planned, but stick it out for a while. All your problems will turn around soon. In order for you to get to the top, you have to go through the worst.

LIBRA

(Sept. 24 - Oct. 23)

Your friends are very important in your life right now. You may not see it, but they help you out so much more than what you see. They put more effort into having the relationships running smooth than you do. Appreciate them because one day they aren’t going to be there.

SCORPIO

(Oct. 24 - Nov. 22)

Things are going great for your, everything is working out fine. But not for long. In the next couple of months you’re going to have a very stressful time. Prepare for a bumpy ride.

SAGITTARIUS

(Nov. 23 – Dec. 21)

Focus on what’s important in your life now. Avoid all of those who sidetrack you, and disconnect from those who hold you back.

CAPRICORN

(Dec.22 – Jan. 20)

It’s time for you to live without someone watching over you, time to grow up. People are getting tired of taking you out of messes, now it’s your turn to clean your mess.

AQUARIUS

(Jan. 21- Feb. 19)

You are making the best decisions of your life. Keep doing what you’re doing, this summer is going to be great.



# Freshmen Choose Majors

by Jeslenny Grullon

Many students get to experience all the different kinds of majors their freshman year. Although it is difficult to decide on which one they want to choose, some students found what major is right for them.



**Carola Guillen**  
**Business**

"I chose business for next year because it looks fun and easy. Also I think I would be good at it."



**Estefania Trigas**  
**Cosmetology**

"I chose cosmo because I thought it was interesting and in the future I want to open up my own salon and make money."



**Jenny Benauides**  
**Computer Technology**

"I would like to take computer tech because you're able to take computers apart and learn more things about them as you're doing it. I want to be able to fix my own computer one day."



**Paola Cepeda**  
**Cosmetology**

"Ever since I was little I loved doing hair and make-up. I can see myself doing this in the future."



**Liliana Vargas**  
**Cosmetology**

"I would choose cosmo because I like making other people look their best."



**Joshua Rossianno**  
**Graphic Arts**

"I like art work, I think it's fun."



**Diony Perez**  
**Graphic Arts**

"I chose this because my sister had the same major when she went to this school and I like to work with pictures."



**Felix Teh**  
**Graphic Arts**

"It's what I want to do in the future. I find it fun and entertaining."



**Cristhian Villamizar**  
**Graphic Arts**

"I like to draw and work with computers, and it combines both things into one."



**Kevin Salinas**  
**Computer Technology**

"I have an interest in computers and I'm good at it. I want to pursue this as a career in the future."

## FRESHMEN'S LAST IMPRESSIONS

by Jinet Collado

The transition from elementary school to junior high school is a tough one. But the transition to high school, for the majority of students, is an even bigger one. From new school to new friends, the transition can either be an exciting or scary one.

Max Manticof, a freshman in Graphic Arts, wasn't at all excited to come to Queens Voc. But throughout his freshman year he quickly realized how

wrong he was about the school. "Freshman year included a lot of work. It was sort of boring at times, but at the end of the year it turned out to be better than I expected."

Marva Jones, a freshman in exploratory, had a different opinion. "My freshman year, so far, has been fun, just having a good time. This experience was not what I expected. Watching high school movies, and coming to Queens Voc, was way more exaggerated than how high school appeared to be on shows. Being in Queens Voc, I was able to take exploratory, which was able to give me a taste of each of the shops. Next year I'm going to major in EI."

"It's all right for me," said Dominique McClaney, a freshman in C-Tech. "I mean, I'm on the JV basketball team, I made a lot of friends, had my ups and downs, but overall it's been a good year so far."

Dayna Brito, a freshman in cosmetology, said she has enjoyed every moment of her freshman year. "My freshman year, so far, has been pretty interesting with all the drama going on. The education is very good, not what I expected, and I made friends very quickly. I was also able to work out with the wrestling team and that was pretty fun because I was able to meet a lot of seniors who were nice and very friendly to me."

Diony Perez, a freshman in exploratory, said his freshman year was good. "Being on the varsity baseball team has been a good experience and it's helped me make a lot of new friends. This year was fun and although it went by pretty quick, it was a good year overall."

**"Freshman year is great"**

"Freshman year is great!" said Joshua Rossianno, a freshman in graphic arts. "I like the school, the environment and especially the girls. Coming to this school I have been able to experience many new things and hopefully the next three years will bring me many more."

Kimberly Nunez, a freshman in exploratory, said she has been enjoying everyday of her freshman year. "Being in exploratory, I have been able to explore every major that Queens Voc has to offer me. I've made a lot of friends and although this school year has brought me a lot of drama and stress, I can definitely say that I have no regrets coming to this school."

## Test-Taking Tips

by Luis Flores

Every student takes Regents exams. Unfortunately, a great number of students don't pass these tests because, while they may be academically prepared, they disregard other important factors. Here are some suggestions to increase the odds of passing Regents exams.

**1. Learn the information.** Don't try to cram information into their heads. Students believe that by pulling an all nighter, they will memorize more of the topics on the tests. This often works in reverse, as students end up mixing up information. Instead, begin preparing for these tests weeks in advance. Study the Barron's Regents books and use other tools such as online practice tests.

**2. Get a good night's sleep.** Sleep is an essential part in preparing for a test. When taking difficult tests, students tend to become bored and frustrated. To avoid falling asleep, be well rested.

**3. Eat something light.** Some students eat breakfast every morning. Breakfast is said to be the most important meal of the day, but a big breakfast can work against them. After eating a big meal, some students become drowsy and may end up losing valuable time if they fall asleep.

**4. Know what tools can be used during the test.** Make sure to bring at least three number two pencils, an eraser, a watch, your admissions ticket, a calculator, and reference tables if necessary. A watch will help students keep track of time and set a pace that will work to their advantage. Also, remember what items can't be brought to the test like cell phones and handheld game systems.

**5. Get there early.** It is always best to arrive at a test at least 15 minutes before it begins. This gives them time to request materials, use the bathroom, and pick a seat they will be comfortable in. Students should avoid losing time with constant bathroom trips.

**6. Read all instructions carefully to avoid careless mistakes.** Students should remember that they are not participating in a race; they should take all the time needed to complete the test. Don't spend too much time on one question and they should try guessing to improve chances of getting points.



# Senior Shop Profiles

by Jessica Delarosa

Most seniors work hard throughout the years and should be recognized for their outstanding performance. Vocational Voice asked CTE teachers to recommend their star senior.

Questions:

1. Why did you choose this major?
2. What skills have you learned that you can apply to your daily life?
3. Are you going to pursue this major after graduating?
4. If Queens Voc didn't offer the major you choose, what major would you have chosen? Why?

**Kathya Xochmitl - Cosmetology**  
Ms. Quartuccio (Morning Class)

1. "I enjoyed working on hair since I was young and I wanted to learn more about it."
2. "Communication skills are something I use in daily life and I feel that helps me with my clients."
3. "If I get offered the SVA program at either John Jay or City Tech, I will pursue cosmetology, otherwise I'll use it as a backup."
4. "Electronics, because it's hands-on, and they do many activities such as bake sales and competitions."



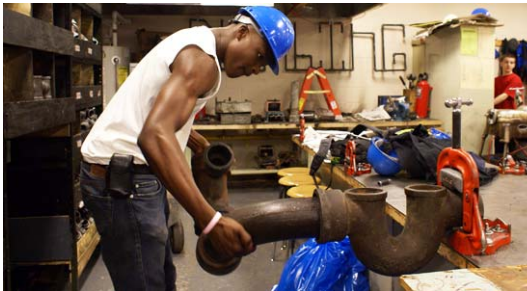
**Josue Manzanares - Electrical Installation**  
Mr. Maloney/ Mr. Bowen (Morning Class)

1. "My brother came to this school, so I became interested in the program before I attended the school."
2. "I'm able to fix things around the house for my mother."
3. "Yes, because I really like this major and I like working with my hands."
4. "Electronics, because it's another hands-on major and it deals with wiring, testing, and math, and that catches my attention."



**Beshion Bailey - Plumbing**  
Mr. Rivera

1. "My father was a plumber so I decided to follow in his footsteps."
2. "Everything from electronics, mechanics, and plumbing."
3. "I love plumbing but I have another career choice in mind, plumbing is my backup."
4. "I wouldn't have come to this school."



**Katherine Mendoza - Web Design**  
Mr. Garcia

1. "I choose business because I've always been good at math."
2. "I've learned to be more responsible when it comes to deadlines, and I've learned how to be more creative."
3. "I want to major in business but I'm undecided about web design."
4. "Cosmetology, it would've been interesting to learn about hair and other cosmetic appliances."

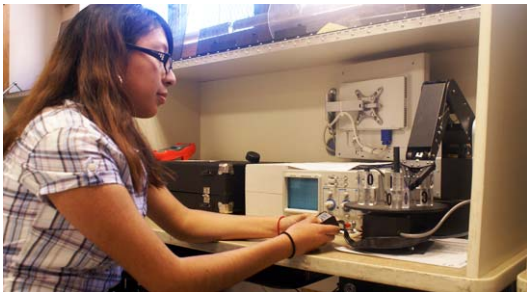
**George Manolas - Computer Technology**  
Mr. Rodriguez

1. "I've always been interested in computers and how they work."
2. "The ability to fix computers for my family and friends."
3. "Yes, I plan on attending Queens College to major in computer science."
4. "Electronics, because it's the closest to working with computers and wires."



**Leticia Huerro - Electronics**  
Mr. Ali/ Ms. Maraj

1. "I like working with computers."
2. "One skill that I learned was fixing small electronic devices."
3. "No, because I want to major in fiber optics."
4. "Business, because I always wanted to pursue a career in business."



**Piotr Gumieniak - Electrical Installation**  
Mr. Maloney (Afternoon Class)

1. "I've always had an interest in the electrical field."
2. "I'm able to fix small electrical problems around the house."
3. "Yes, I want to be one of the best in my field."
4. "Plumbing, because I like to work hard and work with my hands."



**Jason Castillo - Business**

- Mr. Mugan
1. "It was a great opportunity to gain experience in the business world."
  2. "The two most important skills I've learned have been networking and leadership skills."
  3. "I'm undecided, but I plan on using my business skills as a back-up."
  4. "Plumbing, because it's a useful trade."



**Jesenia Almonte - Cosmetology**

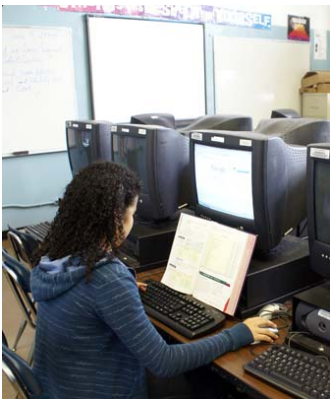
- Ms. Lingstyl (Afternoon Class)
1. "I've always liked to try new things, cosmo caught my attention and I wanted to try it out."
  2. "I've learned how to work with people and I've developed good communication skills."



3. "I don't want to pursue this career, but I still want to obtain my license so I can open a successful salon in the future."
4. "Business, because I grew up around it, my father is a businessman."

**Jeslenny Grullon - Web Design**

- Ms. Ruiz
1. "I chose this major because I have always been interested in html codes and I wanted to be able to create my own web designs."
  2. "The skills I've learned are different techniques that keep people interested."



3. "No, I won't but it might be useful for what I want to pursue."
4. "If QV didn't offer this major, I would've chosen computer tech because that's what I chose freshman year and I did enjoy it, but I enjoy business better."

Congratulations to all those students selected for our *Shop Profiles* articles!



## Students & Staff Again Reveal Their Most Embarrassing Moments

by Joel Pena and Gregg Nana

### Seniors

**Aaron Lorenzana:** During sophomore year, I was running in my gym class. While I was running, some guys decided to pull down my shorts. I was so embarrassed because I was new to the school. Till this day, I always tie my shorts extra tight.

**Nelkin Ramirez:** I was hanging out with some of my friends on a Friday afternoon. We were on our way to the park, and on the way I kept making fun of a girl that thought she was a jock. She thought she was great at sports, but she wasn't. By the time we got to the park she punched me square in the face.

**Tameika Ramkumar:** One day I was going to my Web Design class on the fourth floor. When I got to the fourth floor, I went to open the door. As I reached for the handle of the door, the handle came right off and I flew back and fell on my butt! The pain was excruciating. Luckily there was only one kid behind me coming up the stairs. He asked me if I was okay as he tried not to laugh. I never forget about that day and I still have the door handle.

**Lorena Bonilla:** My freshman year of high school, I was walking around the school during a free period with my friends. I had to pee really badly. One of my friends was making her way up the stairs and tripped. I started to laugh so hard that I peed in my pants and the worst part about it was that we were in front of the auditorium. I went straight home after what happened.

**Aja Amara Bennett:** My most embarrassing moment took place during my junior high school graduation. As I was walking down the aisle, I tripped and fell. On top of that, my cap fell and no one picked it up so I had to go back and get it. I ended up messing up the whole line after we practiced for so long. I was so embarrassed.

**Lisette Vargas:** In the 2nd grade I was in class and I really had to use the bathroom, but the teacher wasn't letting me go. I had to take a poop and I had diarrhea, but I couldn't hold it in so I pooped in my pants. When my parents picked me up I was walking very retarded and I was crying. I said to my mom, "Mommy I pooped my pants and it smells ewww nasty."

**Brian Alvarez:** When I was like 12 years old I was riding my bike down a hill. At the bottom of the hill there was a girl sitting down on the sidewalk. While I

was going down I was looking at her and crashed into a gate that was right in front of her. She couldn't stop laughing, I was so mad that happened.

**Jefferson Zamora:** The other day in the school cafeteria the lunch ladies were telling the students to leave because the bell was going to ring. As I was getting up I hit a water bottle with my belly and the water spilled all over my jeans. It gave the impression that I had just urinated myself. I didn't want anyone to see what happened so I asked one of my close friends to walk in front of me until I got to class.

### Juniors

**Gabriel Acuna:** I was out on a Saturday night leaving a club with some friends. One of my cousins had a limo waiting for us and we drove around until 5am. By the time we stopped at my house I wasn't feeling well and threw up all over the sidewalk. My friends had to carry me inside my house and they threw me on the couch.

**Gabrielle Rodriguez:** One day I was on the train heading home. As I got off at Queens Borough Plaza to take the N train, my book bag ripped open completely, spilling all my stuff onto the floor of the crowded train station. As horrible as this sounded, it wasn't the worst part. As I started walking up the stairs, I tripped and landed flat on my face in front of countless people. I was so dazed and I just laid on the stairs for a while. My day couldn't have been any worse.

**Jennypher Hidalgo:** During the summer I went to a restaurant with a group of people to celebrate my friend's birthday. When we got to the door it had the sign "pull," but I kept pushing and before I knew it an old lady pushed the door right into my face and I had a bump on my forehead the whole night.

**Elizabeth Aritonang:** One of my embarrassing moments took place in school. I was attempting to look cool in front of this guy that I liked. As I was in the halls with my friends, we started doing weird Hunchback of Notre Dame noises and hand gestures. We were being so loud, hyper, and obnoxious, and then I realized he was at the end of the hall. I was pretty sure he saw me acting like a fool and I think he was laughing too.

**Karolin Marte:** When I was a freshman I had just come back from the Dominican Republic. I

was going down the stairs on the 40th Street train station. Since it was raining that day, the stairs were wet and I slipped and fell down the whole flight of stairs. Everyone who saw what happened almost died of laughter.

**David Lopez:** My freshman year I wasn't used to waking up early to go to school. So one day, I woke up and took a shower and went to my room to get dressed. But I was so tired that I forgot to put my boxers on. My aunt walked into my room and caught me on my bed sleeping with my birthday suit on. That was one day I will never forget.

**Max Maldonado:** I was leaving school on a Friday afternoon with one of my friends, going to his house. While we were walking there, I was talking to him but not paying attention to where I was going. Ten seconds later I walked right into pole and almost fell. By the end of the day I had a bump the size of my fist.

**Michael Duran:** One day I was skating by Aviation High School and I really had to use the bathroom. While I was skating uphill I realized I had no keys to my house. When I got to my building someone buzzed me in but no one opened the apartment door. I decided to go to the roof and get to my window from there, but it was already too late. Before I got inside, I "sharted." To make matters worse I stepped in tar on the roof.

### Sophomores

**Janice Ramirez:** It was a Monday morning during class when some kids started smelling something. The smell was horrible, so everyone started checking under their shoes to see if they had stepped in poop. When I looked under my shoe I found poop under my shoe it was so embarrassing. The kids in class made fun of me until the end of class.

**Margaret Castellanos:** One day I was taking the bus to school. It was snowing really bad outside and as I was coming out of the bus, I slipped and fell on my butt. I got so dirty and I had to be in school for the whole day. It was the worst day of my life.

**Brian Aldaz:** My most embarrassing moment took place on a rainy day. I was on my way to school in my bus. As I was getting off the bus, I tripped over an umbrella and fell.

When this happened, it caused two other people to fall onto me. That moment ruined my day.

### Freshmen

**Christine Hawkins:** One day I was walking with my friends. These guys started to call us over because they wanted to speak to us. Since we didn't know them, we started walking away. I tripped and fell. The guys started laughing when it happened, it was so embarrassing.

**Joel Polonia:** One day while my friend Radison and I were walking to school I stepped in wet cement. Angry at what happened, I accidentally stuck my other foot in it too. I was forced to come to school with cement on my sneakers. I spent almost a half hour in the bathroom trying to take it off.

**Jeremy Alejandro:** It was a Saturday afternoon when I went to my cousin's birthday party. That day I forgot to wear my belt and I regret it dearly. It was my turn to hit the piñata, when I struck my pants fell down. I turned as red as a tomato and all the people started taking pictures of me.

**Carola Guillen:** One day in school I was walking up the stairs holding on to the railing. I kept walking until I felt something nasty and sticky. I screamed and ran up and down the stairs. I realized what I touched was mucus, it was disgusting. I'll never use the railings in school ever again.

**Lisbelt Lopez:** One day some of my friends and I decided to leave school early. When we got outside it was pouring and we didn't have umbrellas. One of the school doors opened and I ran to hold it open. Running to the door was a bad decision there was a puddle near the door I slipped and fell right in front of my boyfriend. I turned as red as a tomato.

**Salvatore Isabella:** Last summer, I was with my family and friends at a Brooklyn Cyclones game. I volunteered to play a game, which was an obstacle course that they had between innings. When I got onto the field I had to go through a tube and ride a bike. I was confident at first, but when I started riding the bike, all that confidence went away. I fell off the bike and I couldn't get up in front of thousands of people. One of the players helped me get up but never again would I volunteer to play any games between innings.

### Teachers and Faculty

**Mr. Lerro:** When Mr. Serber was our school principal, I dropped a glass bottle of juice which spilled on his feet. This happened in front of everyone during a period change in the hallways. Mr. Serber just looked at me and said, "Nice going Lerro." The kids wouldn't stop laughing.

**Mr. Garofano:** As I was leaving the main office, I got my foot tangled in a newspaper tie on the floor. I began to fall forward and landed right into the door. My coffee went flying along with all of my papers. All of the secretaries ran over to me asking if I was all right. I was fine, just very embarrassed.

**Mrs. Basirico:** When I was a teenager, my girl friends and I went to get some ice cream with some boys. I liked one of the boys a lot (future husband) and when I ordered my ice cream sundae I forgot to tell the waitress not to put whipped cream on it. I hate whipped cream and when the sundae came it had piles of it. I did not want to make a scene, so I decided to take it off and place it in my napkin. As we were talking and laughing I forgot the whip cream was on the napkin and picked it up to use it and all the whip cream fell on me. I was so embarrassed, and everyone but the boy I liked laughed at me.

**Mr. Davidson:** In July 2006, I was spending a few days in Canberra, Australia. It was winter and I was glad my hotel had an indoor swimming pool. My room was on the third floor and the pool was on the second floor. After enjoying a swim, I decided to take the stairs to return to my room. When I reached the third floor, the stairwell door was locked. I returned back to the second floor and that door was also locked. The ground floor door had an alarm on it. Since I was trapped in the stairwell, I had to push the door with the alarm. I emerged onto the main street of Canberra, clad in my wet bathing suit, with temperatures near freezing. I had to walk down the block to reach the main entrance to my hotel.

**Ms. Talley:** I used to teach at the middle school, MS 180 in Rockaway Park. One day when I was walking into the building, I slipped and fell, and many of my students saw it. I was so embarrassed and my students never let me live that down.



# Kitchen Staff: Undervalued but an Important Part of QV



Cafeteria workers prepare breakfast and lunch each day.

by Monica Tito

Students are served breakfast and lunch everyday. But they don’t really know who the people in charge of making this possible are. We asked the kitchen staff:

1. How long have you worked at Queens Voc?
2. Why did you want to work in the kitchen? Do you enjoy your job?
3. What is it like working in the kitchen? What do you do?



Bernarda Luna- Manager

1. “I have been working here since October 2007.”
2. “At first I began working here because of the schedule, but then I realized I enjoyed working in the food service. Yes, I enjoy my job because I like working with the students and feeding them. The students are like our customers, we want them to be happy.”
3. “We start off the day by making breakfast at 7:05am. The cook and two other ladies prepare it so that it’s ready to serve by 7:45am. At 8:30am another worker comes in to start making the salads for lunch, and by 10am the rest of the staff comes in to begin setting up for lunch. I’m the one in charge of the kitchen staff. I supervise them, order the food and do paperwork.”



Luis Salazar- Cook

1. “I have been working here for two years.”
2. “I wanted to work in the kitchen because I’m experienced in cooking. I have been doing it for 15 years. Yes, I enjoy working here.”
3. “I’m the one that cooks the food. I also check on the staff and make sure everything is ready for when the students begin coming in.”



Sandalio Rojas- Heavy Duty

1. “I have been working in this school for three years and ten months.”
2. “When the school’s new building opened, I was assigned to work in the kitchen. Yes, I enjoy working here because we all get along.”
3. “I’m the one that receives deliveries and cleans. I sweep, mop, and wash dishes in the kitchen. I’m the one that puts the milk cartons in the

refrigerators for the students. I also change the bags in the garbage cans for every lunch period.”



Richard Bardowell- Assistant Cook

1. “I have been working since May 26, 2008.”
2. “I have sixteen years of experience with McDonald’s Corporation and I wanted to take my experience to the next level. Yes, I enjoy working here.”
3. “I’m the assistant cook. I cook, help prepare and serve breakfast and lunches. I also supervise the kitchen staff.”



Ana Granada

1. “I have been working here for 16 months.”
2. “I wanted to work in the kitchen because I like it. Yes, I enjoy my job, when it’s not too much pressure.”
3. “I use the register, make the sandwiches, wash dishes, clean, and help put the food away.”



Dandane Ungkhunchai- Ala Carte

1. “I have been working here for 12 years.”
2. “I wanted to work in the kitchen because I needed a job. Yes, I enjoy working here.”
3. “I serve breakfast in the mornings and I help out the staff in the kitchen. But, I usually work in the store selling

the cookies during lunch periods.”



Sonja Sestan

1. “I have been working here for 4 years.”
2. “I chose to work here because my children were in school at the time. This job was the only job that allowed me to get home when they came from school. Yes, I enjoy working here.”
3. “I’m the one that takes students’ lunch card numbers. I also help prepare salads and wash dishes.”

## Tongue Twisters

by John Florido

Try saying these homemade tongue twisters three times fast:

1. Tony tackles tiny toddlers
2. Maggie makes magical music
3. Steve studied steadily to successfully succeed
4. Soundly sleeping students see sheep
5. Security securely makes school safer
6. Papadopol’s Photonics pupils present projects

## Summer Plans

by Clarissa Tse

Teacher/Staff	Summer Plans
Mrs. Judge	Going to the beach, bike riding, spending time with family and pets, and catching up on sleep.
Mr. Davidson	Spending a month in Australia visiting friends and riding new railways. Basically just traveling and relaxing.
Mr. Lerro	Preparing to get married in October of 2009, running daily getting ready for races, going to Cape Cod, Massachusetts, and visiting family and friends.
Mrs. Carfagno	Summer reading, New Jersey beaches, and spending time with family and friends.
Mrs. Dusha	Deerfield Beach and Boca Raton, Florida for two weeks.
Ms. Radovich	Spending the summer in upstate, New York and finishing her novel; spending time with her daughter, going to West Virginia and Ohio as apart of her 50 state tour and taking yoga classes.
Mrs. Basirico	Beach, seeing Broadway shows and her favorite hobby, horseback riding.
Mrs. Watkins	Ormond Beach, Florida for two weeks then having family time as well as having barbeques.
Ms. Quartuccio	Going to Europe; spending one week in Monte Carlo and one week in Barcelona and then camping in Montauk.
Ms. Talley	Visiting her niece in Florida, as well and her sister in Richmond, Virginia.
Ms. Ruiz	Camping in New Hampshire with family. Volunteer work for the Cancer Society as a face painter.
Ms. Vittor	Going to San Francisco, Lake Tahoe, and a road trip in between. Then spending the rest of the time with family.
Mr. Nadler	Taking care of the new born baby girl all summer.
Ms. DeCarlo	Atlanta, Georgia (“Hotlanta” as Ms. DeCarlo calls it) for a educational conference, then exploring the area; taking graduate classes at Mount St. Vincent, going to the beach, and relocating to Queens.
Mr. Burke	Spending the entire summer looking for a new home.
Mr. Mugan	Going to Las Vegas, then scuba diving and taking a cruise in Florida Keys.
Ms. Dattner	Cincinnati, Ohio for a music conference, then spending a week in Massachusetts.
Mr. Tan	Cleaning the apartment. Traveling upstate, New York. Rebooting his stereo amplifier and filing income tax.
Mr. Garcia	Going to the Dominican Republic to build his vacation home.
Mrs. Newman	Going to the Dominican Republic. Attending a wedding in Delaware. Then going to North Carolina in August.
Mr. Boyle	Taking one additional certification required to be a certified lifeguard. Hopes to be sitting on the beach all summer.
Mr. Borenstein	Preparing to get married in August of 2009.







# Voice Grams

by Tony Vu

To the senior class of 2009! The time has come... Let your lives shine! Congratulations and Best Wishes! Now, Get out!

—Cheree Himmel

Congratulations QVTHS seniors!!! You have made myself as well as others very proud. Keep reaching for the stars.

—Yvette Talley, College Advisor  
I love Chris, Ivana, Sim, Cindy, Tony, Mark, Gregory, Jamaica, Maggy, Ahmed, Fahim, Paul, and Steven. I Love You guys you're awesome! And Joseph.

—Karolina Gorna

To my baby girl, love you a lot and we gonna have fun this summer 4-25-08.

—Edwin Hill

I want to give a shout out to Beatriz, Monica, Jonathan, Luis, Elihu, Maria, Rosa, Jefferson, and the school leadership team.

—Joel Pena

Best wishes and good luck class of 2009!

—Ms. Andrews

Bruaaah! I love Cindy, Tony, Karolina, Fahim, Francis, and Gregory! Poonjabi Bruuahh!

—Sim Singh

Hello Maggy Rodriguez and Tony Vu and White Chick in the Hoodie

—Joseph Corsale

Congrats to all the Lady Tiger bowlers who are graduating!

—Damon Garofano

Shout out to Luis also known as "cool kid" and Phabion Teehee!

—Danny

To the students next year good luck with the teachers.

—Steven Crespin

Remember, Where ever you go, there you are. Shout outs to Chris.

—David Santiago

I can't believe we're finally leaving. I know I'll miss everyone and this school. I'll say "see you later", because there's no such thing as good bye. To Chris, Sim, Cindy, DJ, Tony, Jacky, Carla, Disha, Jeff, Lety, Jose, Larissa, Fahim, Pete, David, and Karolina!

—Franky Beltrane

I Love You Tony, Rebekah, Violet, Rosa, Monica, Beatriz, and Karolina.

—Amy Zhao

To my "kids": I am so proud of all of all of you. You will be missed. Don't forget to come and visit your "mom".

Love, "Mommy"

Thanks to all my friends and teachers for making my high school years a blast!

—Lorena Bonilla

These past four years have been unforgettable an all thanks to my homies. This is only the beginning for us. So I won't say goodbye. Keep in touch!

Love, Beatriz Gonon

I just wanna give a shout out to my boys Jam, Cecil, and Muji. You guys made these four years great! Also SCEET, all of you made school worth the constant headaches!

—Joseph Lorenzi

Congratulations to our global entrepreneurs. Go forth and Prosper.

—J. Newman

## A Trip Back in Time: Queens Voc in the '40s and '50s

by Jeslenny Grullon

No cafeteria!? No gymnasium!? Queens Voc has undergone many changes over the years. Let's go on a blast from the past as Cathleen Attubato Lizo, Rose Garson, and Thomas Jarnich, three Queens Voc graduates, describe Queens Voc as it was as many as 65 years ago.

Cathleen Attubato Lizo is an alumni of Queens Voc. She attended the school from 1944 to 1946. Mrs. Lizo took the basic academic requirements, English, math, science, history, and her choice of vocation. The vocations offered at that time, she said, were dress-making

and beauty culture—now called cosmetology—for girls, and radio mechanics and machine shop for boys. Ms. Lizo took beauty culture as her vocation.

Beauty culture and dress making were each a two year course. Radio mechanics and machine shop were each a four year course.

"The girls would then, after studying their vocation for two years, get a job in their field and work full time but continue school until the age of 17, going one day a week to Queens Voc," Mrs. Lizo said.

Some school activities that were held during the years Mrs. Lizo was in school were fundraisers, school plays,

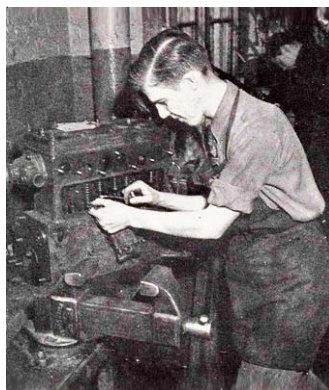


*Beauty culture was the precursor to cosmo.*

choral performances, and holiday dances. Queens Voc also had sports teams, but the only team Mrs. Lizo could remember was baseball.

When Mrs. Lizo was in Queens Voc, "There was no cafeteria and sometimes we ate lunch that we brought from home in the classrooms. The auditorium was also used as a lunch room," just as it was used until the addition opened four years ago.

"Unlike today, there was no gymnasium; so no gym classes, we didn't have a cafeteria, there weren't any



*Auto Mechanic Shop*

elevators, no computers, and a lot of the shops that are in the new building today did not exist in 'those years,'" Mrs. Lizo said.

The principal back then was Vera D. Keating. Mrs. Lizo described the teachers as "very strict but also informative as they are today," Mrs. Lizo said. She added that student behavior was very different in her day. Students were very respectful of their teachers and their surrounding school environment.

Mrs. Lizo's husband also attended Queens Voc, but dropped out in his junior year to join the U.S. Navy at the end of WWII. They are still and have been married for 58 years. After Mrs. Lizo finished school, she worked in a beauty parlor named "Crystal."

Mrs. Lizo has a grandson who is currently a student here in Queens Voc. His name is

Kevin Peterson. He's a sophomore taking EI and is the only other family member who attended the school.

Another alumni who attended Queens Voc was Rose Garson. Mrs. Garson attended Queens Voc from 1949 to 1952. "As far as I remember," Mrs. Garson said, "auto mechanic, garment, plumbing, electrical, beauty culture, and typing were the vocations offered."

Mrs. Garson took beauty culture as her major and continued to pursue it once she finished high school, working at a beauty parlor. "Truth be known, I was actually working while at QVHS," she said.

Mrs. Garson, like Mrs. Lizo, did not have to take any Regents exams. "I just remember having to get my beauty and culture license and taking the regular classes to graduate," she said.

The principal back when Mrs. Garson was in school was Mildred Pascale. "Teachers were great, and good at teaching their trade," Mrs. Garson said. "There were some tough kids and nice kids; but we generally got along. The courses were great and we had a good time," she said.

Mrs. Garson doesn't remember much about the sports teams they had in her day. "I think baseball. We were separated from the boys back then as far as sports," she said.

As for activities going on throughout the school, Mrs. Garson said there was "not too much going on or at least that I got involved in. I do remember playing volleyball with the other girls, and the boys playing baseball outside." She also remembers school plays and musicals in the auditorium.

"We didn't have a cafeteria. Most of the time I'd sneak out to the diner and bring back French fries and eat them at my desk," she said.

Mrs. Garson doesn't keep in touch with anyone from her school years. "Too many years, people moved away," she said. Mrs. Garson was the only one from her family to attend Queens Voc.

Thomas A. Jarnich is another alumni who attended Queens Voc. From 1944 to 1947, Mr. Jarnich doubled up on his studies and graduated in three-and-a-half years. From what Mr. Jarnich remembers, the majors offered were beauty culture, nursing, dress-making, machine shop, plumbing, and printing. "The school tried to start aeronautics. There was even an airplane in the basement but they never used it," he said. Mr. Jarnich took machine shop as his major.

"If kids were college-bound they had to take Regents exams. Two-year majors had to go to a continuation school to finish up their major," Mr. Jarnich explained. Attending about the same time as Mrs. Lizo, Mr. Jarnich had Vera D. Keating as his principal, too. "The faculty was a knowledgeable group of people," he said. He also added that many of the teachers came in as veterans.

Mr. Jarnich said disciplinary actions were practically non-existent. "Students behaved reasonably well. There were occasional fights, but they behaved fairly well in class, especially in shop," he said. Some sports that students participated in were "softball, basketball, and handball," he said. "The auditorium was a



*Plumbing Shop*

makeshift lunchroom or we ate in shop," Mr. Jarnich said.

After leaving Queens Voc, Mr. Jarnich worked in various machine shops around the city and came back to the school in 1961 to teach machine shop. Later, after earning his license, he taught electrical. He also taught math, science, English, health, and ran the alumni organization.

Mr. Jarnich does keep in touch with some of the school faculty. "Mr. Maloney, Mr. Vega, Ms. Himmel, anyone who was here way back," he said. Mr. Jarnich's cousin, Joan Jarnich, is the only other family member who has attended Queens Voc.



## Inquiring Photographer

by Ivana Nunez

If you could meet any famous person, dead or alive, who would it be and why?



**George Manolas – Senior**  
Corey Taylor from Slipknot because I love the band and I think that he is an awesome singer.



**Jennifer McNamara – Senior**  
I would like to meet Sophia Bush because she is one of the main characters in my favorite show.



**Kiara Salome – Senior**  
I would like to meet the sexiest women on earth, Marilyn Monroe, because she is a strong role model for women.



**Camilo Salazar – Senior**  
One person that I would love to meet is Jimi Hendrix, because he changed the world with his music.



**Chris Serra – Senior**  
I would like to meet Bruce Lee because he can teach me how to do the one inch punch.



**Jeffrey Munoz – Senior**  
I want to meet John “Rookie” Wright because he’s one of the best handball players of all time.



**Jessica Perrier – Senior**  
I would like to meet Brandon Lee because I loved his movie “The Crow” and I would be super excited to meet a great actor like him.



**Johnathan Valentin – Senior**  
Bob Marley because his songs are real and about the past and slavery.



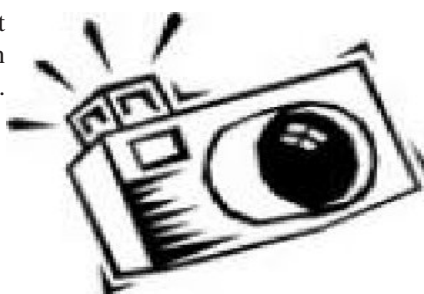
**Michelle Monsalve – Senior**  
I would like to meet Celia Cruz because she always made music that was full of love and joy which made people never forget her.



**Gurpreet Kaur – Junior**  
A famous person I would like to meet is Chace Crawford because he looks good and he’s a great actor.



**Leonardo Valencia – Junior**  
I would love to meet Starlett Johanson because she’s so pretty.



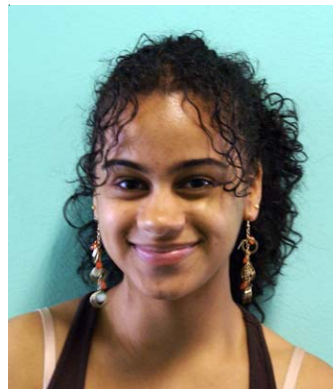
**Carlos Viteri – Junior**  
I would like to meet Doctor Cal light man and have him as my human lie detector.



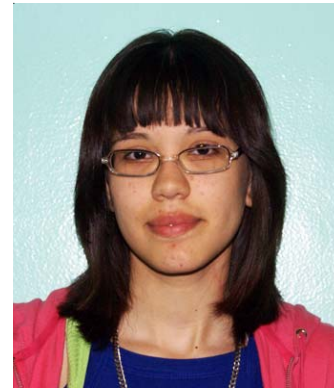
**Thomas Mazzarella – Junior**  
I would like to meet Michael Jordan because he is an experienced athlete.



**Anthony Conde – Junior**  
I would meet Michael Straihan because he’s a great defense end.



**Yaneli Martinez – Sophomore**  
I want to meet Leonardo Di Caprio because I’ve loved all his movies especially Titanic.



**Jennifer Bedoya – Sophomore**  
I’d love to meet John Lennon because his music really inspires me and makes me think and wonder.



**Lauren Beltre – Sophomore**  
I would like to meet Marilyn Monroe because she had fun making it to the top, it was a bad way but she had to do it to make it. I wouldn’t do that but she’s one beautiful woman and she also met many famous people.



**Aichel Rivera – Sophomore**  
I would love to meet Megan Fox because she is extremely beautiful. She is also a very good actress and a good role model for all women.



**Jordy Abreu – Freshman**  
I would like to meet Will Smith because I think he’s the funniest guy alive.



Video Game  
Reviews

by Jean Carvajal

Street Fighter IV

Street Fighter IV is the newest installment in the Street Fighter series since Street Fighter III 3rd Strike, which came out in 2000. Street Fighter IV brings back everyone’s favorite fighters, Ryu, Ken, Chun Li, and 16 other fan favorites, and introduces several new characters. Some of the new characters are Crimson Viper, a female American spy with a power suit equipped with fire boots and electric gloves, EL Fuerte, a Mexican luchador who travels the world looking to hone his lucha libre and cooking skills, and Gouken, Ryu and Ken’s master and Akuma’s older brother.

Street Fighter IV adds many new features to the series, such as an online mode that allows two players fight one-on-one matches across the world and earn points to be the number one player in the world. Also new to the series is an ultra bar or revenge bar, which fills up very time the player takes a hit. Once filled, it allows the player to unleash an ultra combo, which could help out in a tight spot.

Street Fighter IV is a well-made game, with smooth graphics, and easy to learn but hard to master controls. 8.5/10

Killzone 2

Killzone 2 is a first person shooter exclusively on PS3. When the first Killzone was released on PS2 back in 2004, it failed to make much of a splash in the first-person shooter genre. But Killzone 2 does more than its predecessor, with a better story, an awesome online multiplayer mode, and great new weapons. Killzone 2 is set on the world of the Helghast, an army of gas-masked wearing fascist aggressors. The player assumes the role of Sergeant Thomas Sevchenko of Alpha team, who’s sent behind enemy lines to take out the Helghast threat. The story mode is well done, and the in-game areas are very detailed, making the player feel like Helghast is based on an actual place. The best part of Killzone 2 is the online multiplayer, which allows players to level up to reach new ranks that unlock better weapons or better classes, such as a medic class that allows you to heal players. Killzone 2 is one of the best games out this year and is a must buy for PS3 owners.

9.75/10

Education-Related  
Fun Facts

by Jonathan Matias

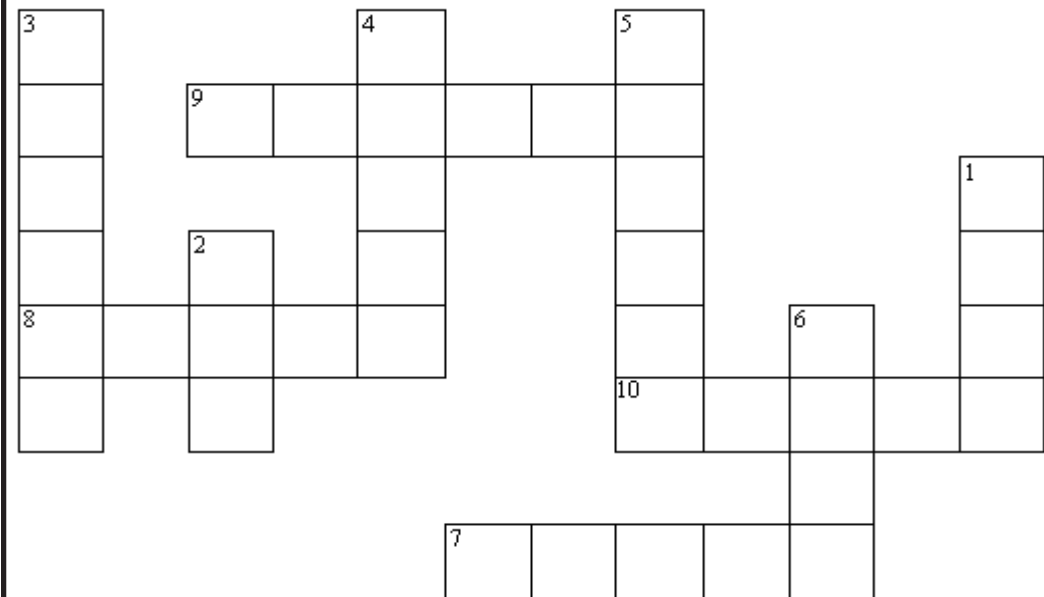
1. The Air Force 1 sneaker was the first to use air technology when it debuted in 1982.
2. The Air Max 1, which debuted in 1987, was the first Nike to expose the air bubble.
3. Customization is all the rage today, but it’s nothing new to Vans. Those who believe Nike iD is the best thing ever; Vans has been creating custom sneakers since March 1966. (showideez.blogspot.com/2007)
4. Immortal worm – the nematode Caenorhabditis elegans ages the equivalent of 5 human years for every day they live, usually expiring after 14 days. However, when stressed, the worm goes into a state of suspended animation that can last for 2 months or more. The human equivalent would be to sleep for about 200 years. (www.accessexcellence.org)
5. There are about 6.8 million practicing teachers in the

- United States from pre-k to college.
6. 100% of public schools in NYC are able to access the internet. (www.chiff.com/a/back-schoolnumbers.htm)
  7. Alcohol and alcohol-related problems costing the American economy at least \$100 million in health care and loss of productivity every year.
  8. Reaction time for motor skills, such as driving, is reduced by 41% after smoking 1 joint and reduced 63% after smoking 2 joints. (www.drug-rehabs.org/con.php)
  9. 75% of students have consumed alcohol (more than just a sip) by the end of high school. (www.sadd.org/stats.htm)
  10. The New York City Police Department used bicycles to pursue speeding motorists in 1898. (http://www.chevroncars.com/learn/cars/car-fun-facts)

Crossword Puzzle

by Beatiz Gonon

What color is \_\_\_\_?



Down

- 1) Popeye’s shirt
- 2) Superman’s cape
- 3) Pebbles Flintstone’s hair
- 4) Scooby-Doo
- 5) Pikachu (Pokemon)

Across

- 7) Daffy Duck
- 8) Mojo Jojo (Powerpuff Girls)
- 9) Donatello’s bandana (Ninja Turtles)
- 10) Storm’s hair (X-Men)
- 6) Patrick Star (Spongebob Squarepants)

Summer Beach Spots

by Gregg Nana

With summer right around the corner, one of the best places to spend your day is at the beach. New York is home to approximately 120 beaches, any one of which is a good place to go cool off, take a swim, or get a tan.

One of the most convenient beaches to go to is Rockaway Beach, which stretches from Beach 9th St, Far Rockaway, to Beach 149th St, Neponsit, in Queens. Because of its many handball courts and huge waves, Rockaway Beach is a good place for handballers and surfers. Admission to Rockaway Beach is free.

Another well-known beach is Coney Island, located on Surf Ave. at W. 12th St, and stretching from W. 37th St to Brighton Beach. Coney Island is home to the rocky Cyclone rollercoaster, the New York Aquarium, a circus sideshow, and Nathan’s Famous and its famous hot dog eating contest.



Admission to Coney Island is also free.

Off the Wantagh Parkway (South Shore

of Long Island, roughly between the Wantagh and Meadowbrook Parkways) lies Jones Beach. Jones Beach is home to the famous Mermaid Parade that is held every June. Jones Beach is home to many swimming pools, tennis courts, golf courses, basketball courts, softball fields, and picnic areas. Volleyball nets abound. Round trip train and bus package is \$15 from Manhattan or Brooklyn, and \$11 from Jamaica. Beach admission by car is \$8 per day in the summer, \$6 per day regular season, and \$59 for a season pass.

Also on the South Shore of Long Island is Long Beach. Long Beach stretches from Maple Blvd to Brookline Ave. According to nymag.com, Long Beach was considered a celebrity-studded resort in its early 20th century heyday. This five-mile pristine stretch of sand still has a historic boardwalk for rollerblading or

cycling. Roundtrip train and beach admission package is \$17 from Manhattan or Brooklyn, and \$14 from Jamaica. Beach admission is only \$7.

Orchard Beach is located in Pelham Bay Park, Bronx. The 115-acre, one-mile-long engineered marvel was created on Long Island Sound by Parks Commissioner Robert Moses during the 1930s. “The Riviera of New York” is made up of a 13-section sandy beach, a hexagonal block promenade, a central pavilion with food stores, and specialty shops. The beach has two playgrounds, two picnic areas, and a total of 26 basketball, volleyball, and handball courts. Admission is free.

South Beach and Franklin D. Roosevelt Boardwalk are located on Father Capadonno Blvd, Staten Island. They provide New Yorkers with refuge from the congestion and confinement of city life. In the 1880s, local investors recognized the potential of teeming beaches filled with New Yorkers trying to escape the city’s summer heat. The beach has hotels, bathing pavilions, theaters, beer gardens, shooting galleries, carousels, and Ferris wheels. Admission is free.



Teacher Talents

by Karolina Gorna

From playing instruments to playing sports, to being able to put large amounts of food in your mouth at a time, Queens Voc’s teachers have a lot of talent.

“I’m not American Idol, I know my limits,” said Mr. Rodriguez, who plays the guira. He has been playing since he was 14-years old. He got into playing instruments by attending a lot of parties. “I was able to pick it up,” said Mr. Rodriguez, “I play by ear so if you make the sound I can emulate it.” He didn’t continue playing when growing up because “It was different for someone my age to be accepted, unless you had an amazing talent.” His family and friends supported his talent; it was his own lack of motivation that stopped his frequent playing. Now he plays infrequently, only a couple times a year.

Bowling a 220 consistently for 10 to 12 years is Mr. Cintron’s talent. He started bowling as a hobby. He became serious about the sport when

he graduated from high school. His friends signed him up for his first league in 1995. He began to watch a lot of bowling and read up on it. “I was either working or playing sports,” Mr. Cintron said. He often bowled with his little brother and his friends. “He kept me into it,” said Mr. Cintron. “I always used to go to his matches.” Mr. Cintron stopped playing four years ago because, he said, he just got too busy.

“Don’t try this at home,” says Mr. Nadler about his talent of being able to fit a lot of food in his mouth. This is a very complicated technique that he developed while in college. His wife, however, discourages him from pursuing his talent. He is capable of putting three cafeteria chocolate chip cookies in his mouth at one time. He can also put 11 munchkins or a McDonald’s burger in his mouth at once.

For over 15 years Ms. Watkins has been riding horses. “It sounded like fun. I tried it, and loved it,” she said.

Horseback riding is “something I enjoyed doing, I still do, just not as much as I’d like,” Ms. Watkins said. She started when she was 11, by joining her school team. Her parents were supportive. Ms. Watkins would lease horses at Old Brookville, where she would ride them. She still rides from time to time, she said, but life has become too busy.

Mr. Lerro has been a long-distance runner for forty years. When he was younger he would always get in trouble for running in the school yard, he said. He got into running for his school when a coach recognized his talent and told him to run competitively. “I was supported by friends, but my parents didn’t understand it,” said Mr. Lerro, “going outside to run was a good excuse to get away from the polluted air at home since my parents were smokers.” Once he started receiving trophies, his family realized he was a serious runner. “I’ve always enjoyed running and the feeling of exhilaration. It focuses me, and helps me relax, as it gives me a sense of accomplishment,” he said. Mr. Lerro is still an avid runner.



Students are encouraged to take non-traditional majors.

Females in Plumbing & Electrical Installation

by Elizabeth Aritonang

Queens Voc, like many other high schools, offers a variety of shop classes for students to major in. Plumbing and electrical installation are two of the majors Queens Voc offers to students.

For years, female students have been encouraged to take on the non-traditional roles by majoring in plumbing and EI. Some students wonder if girls are favored or intimidated, or even wanted in those majors.

There are only two girls in the junior plumbing class. Geraldine Leibot is one of those girls. “It’s interesting, different, and literally hands on,” she said, explaining why she chose plumbing as opposed to cosmetology, which “looks boring.” She believes more girls should be in plumbing. As for the male dominance in her class, Geraldine says she doesn’t face intimidation at all. “I don’t think that they don’t want girls in the shop class; everyone helps each other,” she said.

Erica Diaz, a sophomore in plumbing, said she thinks of herself as the “big daddy” of her shop class. She said that she doesn’t face intimidation by males in her shop class either. “I do the big boy work-they look up to me. I’m never intimidated,” she said. Erica said she looks forward to working in plumbing even after graduation.

Shop teachers play a crucial part of what students think of their shop class. Speaking about the status of females in the plumbing workforce, Mr. Rivera, a plumbing teacher, said that “we encourage females to join

the plumbing trade. More females are joining the union, and many are starting their own companies. We encourage female plumbers,” he said.



Geraldine: Ace Plumber

Marilyn Reyes, a junior in EI, said that her teachers, Mr. Abreu and Mr. Mendez, have been very encouraging. She said that EI has taught her many valuable skills such as “communicating with people and also being independent.” Marilyn believes that girls are often underestimated, especially in her shop class. But she said, confidently, “I do better than most of the guys.”

The positive environment in Queens Voc supporting non-traditional roles for females is clear; the females are in no way intimidated by males in their shop classes.

Marilyn advises girls who are thinking of entering the trades, to “go for it. It’s fun. It’s not something out of this world. You don’t need extra strength. You just need to understand the concept.”

SUMMER WORD SEARCH!!!

by Maria C. Moreno

Locate these words in the puzzle below:

beach	sunburn	lake	swimming	July
tan	heat	barbeque	lemonade	jellyfish
vacation	ocean	sand	camping	sunglasses
sun	lifeguard	sandals	park	water
pools	surfing	shorts	sunscreen	excitement
waves	August	popsicle	picnic	humidity

S	F	P	S	U	N	S	J	E	L	L	Y	F	I	S	H	O	L
M	R	O	M	J	S	O	S	U	N	B	U	R	N	G	P	C	V
S	U	O	N	B	U	I	L	S	E	S	S	A	L	G	N	U	S
U	D	L	Z	A	L	P	Q	I	F	K	J	J	Y	W	P	A	B
R	C	S	A	A	D	G	D	U	F	B	E	Q	L	W	R	D	A
F	T	P	R	N	W	K	T	N	O	E	U	X	U	P	A	T	T
I	S	I	E	A	S	A	C	T	A	E	G	E	J	G	Y	V	H
N	U	C	K	T	W	G	V	G	D	S	Z	U	V	Y	G	N	I
G	G	N	A	N	I	C	V	E	Q	G	H	Q	A	S	D	R	N
H	U	I	L	N	M	C	E	J	S	I	Y	E	G	R	L	U	G
U	A	C	V	N	M	P	O	D	M	H	O	B	T	G	D	B	S
M	Z	G	V	O	I	C	O	S	A	W	I	R	Z	I	V	N	A
I	X	N	N	I	N	W	A	P	T	N	W	A	E	L	U	U	N
D	W	R	A	T	G	T	D	M	S	R	O	B	R	H	R	S	D
I	Q	P	E	A	Q	V	B	Y	P	I	O	M	A	O	E	L	A
T	O	N	C	C	O	H	E	A	T	I	C	H	E	K	T	O	L
Y	V	Z	O	A	T	Y	A	I	X	F	N	L	S	L	A	G	S
P	A	R	K	V	N	D	C	N	J	U	C	G	E	L	W	Z	G
P	J	Q	A	Y	I	K	H	A	N	E	E	R	C	S	N	U	S
M	Z	E	X	C	I	T	E	M	E	N	T	I	H	U	L	I	V

Have a Great Summer!



# Senior Sports Profiles

by Jinet Collado

Shirley Rodriguez



Age: 17  
Team: Softball  
Position: 3rd base  
Years on Team: 2

“Shirley is always there to help the team out. She gives a 100 percent on and off the field.”  
- Ashley Addonisio  
“Shirley has become a team leader as well as a good player. She shows great improvement in understanding the game a lot better and she contributes a lot on the field as well as off the field.”  
- Coach Boyle

Jonathan Matias



Age: 18  
Team: Baseball  
Position: 1st base  
Years on Team: 4

“Jonathan is a good teammate. He is a leader on and off the field. As a teammate, I expect a lot from him and I’m looking forward on winning games with the help of his skills.”  
- Stanley Garcia  
“Jonathan has been a stabilizing force on our team for four years. He will be sorely missed at not just at first base, but at all our events.”  
- Coach Schimenz

Luis Arias



Age: 18  
Team: Baseball  
Position: Pitcher and 3rd base  
Years on Team: 1

“Luis is a hardworking player and a respectful teammate. He cheered his team on even when he was not playing on the field.”  
- Armando Avila  
“Luis joined the team in this, his final year of high school. He’s been such a positive addition, I wonder how much better we’d have been with him on the team in the past. But I’m glad we had him this year.”  
- Coach Schimenz

George Serna



Age: 18  
Team: Baseball  
Position: 3rd base  
Years on Team: 2

“George has a lot of heart he always gives his all in practice. If he works even harder he can be a big asset to our team.”  
- Luis Espinoza  
“Between his duties as CEO of DCW, his trip to Austria, and his college classes, we didn’t get to see as much of George as we’d have liked. But when he was there, he was a positive force on the team.”  
- Coach Schimenz

Cristian Rodriguez



Age: 18  
Team: Baseball  
Position: Shortstop  
Years on Team: 2

“Cristian is one of the best players I’ve seen. He considers the team to be like his second family. He’s always trying to get things pumped and everyone hyped on the field.”  
- Radison Moronta  
“We welcomed Cris back this year and he immediately made a positive contribution to the team. I’m glad he came back and I’m glad Mr. Boyle urged me to take him.”  
- Coach Schimenz

Joana Garcia



Age: 17  
Team: Softball  
Position: Center Field  
Years on Team: 3

“Joana has a great heart and I’m looking forward to see her contributions to the team, as a captain.”  
- Jamila Rodriguez  
“Joana, my captain, is good for the team, good for the school, is a team leader, a team player who hustles and plays hard. She helps me on and off the field and she will be missed.”  
- Coach Boyle

## Losing More Than Games: How athletes hurt their teams

by Josue Manzanares

It’s the middle of the season and the team is doing well. Suddenly report cards come out and severe key players fail off. The team doesn’t recover.  
Students on teams become ineligible if they fail too many classes. The loss of students from teams can directly affect the team’s performance as a whole.  
“I never lost someone I couldn’t do without,” said Mr. Schimenz, the coach of the Tigers varsity baseball team. “Sixty people try-out. Usually we have 25 players; everyone is replaceable,” he said. The coach said he encourages his players to do better, and “I let them know school work comes first. If a kid isn’t doing what he should be doing school-wise to stay on the team, that shows me he doesn’t really want to be on the team,” said Mr. Schimenz. “Can student fails-off hurt a team? Sure. But it’s part of life to learn that one’s actions can adversely affect others.” Fails-offs are “selfish,” he said.  
Mr. Maloney, the coach of the varsity basketball team, said

that “losing players destroys the continuity players have with each other. When you lose a player he gets replaced, but the team has to work harder to get used to the new guy playing. Losing good players has a big impact on the performance of the team, but the athletes must overcome challenges and whatever comes their way,” said Mr. Maloney.  
Coaches have to monitor their players’ grades. “I look at the report cards of the people who want to try out and I let them know if they will be eligible to play, prior to tryouts,” said girls’ softball coach, Mr. Boyle. “Having a group of eligible team members who know what I expect helps reduce the risk of losing players in the middle of the season,” he added.  
“I once lost one of my best starters right before a second round playoff game that we lost by three points. I only have five starters and losing one of them was like losing 1/5 of my best players,” said Mr. Devaux, the girls’ varsity basketball coach. “The team stayed confident on the court with their heads high, despite the loss of a team

member and they still managed to do well,” he added.  
“Having my top bowlers fail off affected the team negatively,” said Mr. Garofano, the girls’ varsity bowling and boys’ junior varsity basketball coach. “Losing the top bowlers affected how the team performed during the second round of the playoffs,” he said.  
“Losing players on the JV basketball team took away the morale of the game, and practices didn’t go as smoothly,” Mr. Garofano said. “All coaches have to expect fails-offs to happen and have to be ready for them because losing players takes away from the team and that isn’t good,” he said.

## Stay in Shape During the Summer

by Laura Gonzalez

People want to have that beach body by the time the summer comes around. But it’s staying in shape after having that beach body that’s the real challenge.  
Summer temptations are what you really need to avoid. Foods like ice cream, fast food,

after party dinners and barbeques are the real culprits.  
The key is to keep stay in motion whenever possible and drink a lot of water.  
Instead of driving, try walking, bicycling, or even running to your destination. It’ll give your metabolism a boost and you’ll burn a lot more calories.  
Everyday activities such as cleaning a house, closet, or backyard, or shopping or walking a dog will also help keep you in shape.  
Beaches, pools, and lakes are no strangers to the summer weather. Swimming is an excellent way to keep your body slim and lean. Kicking will allow you to work out your quadriceps and hamstrings. You can also try racing your friends as well when in the pool or at the beach.  
Beach volleyball and football are also a good way to burn calories and still have fun. Building sandcastles will give your arms a workout. Walking on the sand can give you extra resistance on your feet and calves.  
Although you may think the hard work is over because you have that summer body you wanted, the work is actually just beginning.

Find out more  
about Queens  
Voc’s sports  
teams at  
PSAL.org



## JV Baseball Batting .500

Boys are developing skills  
and winning games



*Team is cohesive and successful.*

by John Florido

The Tigers JV baseball team had a record of 4-4 as of June 3. The team's wins are from a forfeit by Far Rockaway for not having enough players to play, a 12-5 game against John Bowne High School, and two wins against Queens HS of Teaching, 11-10 and 10-9.

The JV baseball season won't end until the second week of June [after publication of the school newspaper]. It is ending one week late because some of the other games were rained out.

Queens Voc plays its home games at Flushing Meadows Park #14, but the Tigers try to play at the other teams' field

instead. "The home field has safety issues and the infield is not big enough," said Mr. Cintron, who has been coaching the JV team for two years. Last year, he said, one of his players twisted his knee because of the holes in the field. It is really tough to get good fields to play on, he said.

Mr. Cintron believes the other JV baseball coaches in his division have an advantage not by experience but by how many players they have to choose from. Some of the other schools are much bigger and therefore have more potential players.

Mr. Cintron's goal for this year was to have his team members improve their skills. "Most of the time, I only have

guys for one year so I try to improve them in that time." He believes this year's team improved a lot but they could still get better in some areas. Sophomore Tomas Bueno said that he really sees the difference in his own skills this year. "I bat a lot better than I did last year," he said.

The captain of the team and only returning player from last year, Tomas thinks this year's team can finish with a better record than last year's team. He said the team this year has better teamwork.

Freshman Pawel Pietraszko, who plays outfield, said the JV baseball team is a great experience. He said that he would join the team next year because it is a lot of fun and he wants to get better.

The teams with Queens Voc in the Queens East division are Bayside, Bowne, Cardozo, Far Rockaway, Flushing, Francis Lewis, Newtown, and Queens High School of Teaching.

The team is comprised of seven freshmen: Jonnathan Avila, Rodolfo Diaz, Geovanny Duy, Luis Gonzales, Salvatore Isabella, Pawel Pietraszko, and John Tosado; and twelve sophomores: Sebastian Bonilla, Tomas Bueno, Stewart Cole, Ahmed Ebrahim, Michael Flores, Christian Gutierrez, Armando Molina, Maximo Muniz, Dennis Ortega, Thomas Palermo, Tenzin Tashi, and Joel Vargas.

## Handball Team Makes Playoffs

by David Beltran

Queens Voc's handball team struggled throughout its season but finished strong and reached a .500 record at 5-5. The team began its season winning only two of their first six games, but went 3-1 after that and reached the playoffs.

The team came off a 1-9 record last season and had been inconsistent this year said coach Maloney. However, with the return of injured player Jonathan Dempsey, the team won their last three games. The team lost in the playoffs by a score of 5-0 against Herbert H. Lehman High School in the Bronx.

Mr. Maloney, coach of the handball team, said that the team was not as good as he expected. "The season was like a roller coaster, lots of ups and downs and we couldn't find a good fit," he said. But he was positive about next year because, he said, there are a lot

of promising new players, as well as good veteran leaders. The loss of a three-year veteran Jonathan Dempsey, at the beginning of the season, also hurt the team. "Jonathan was out for a good part of the season, but upon his return he had an immediate impact. He's gone 3-0 since his return and he's showed the team how to win."

Pervej Rahman, who plays first doubles, said that compared with last year, the team was better this year. "The team improved a lot from last year," he said. Team Captain Jeffrey Munoz, a two-year veteran, said that he's happy the team was better than last year because they reached the playoffs.

Although the season had not gone as well as Coach Maloney expected, he said that besides winning, he wanted the players to stay eligible to play and make the school look good.

"The seniors have led by example," said Mr. Maloney. "We help the rest of the team by showing how to hit and other techniques," Jeffrey said.

This season also included a change. Coach Maloney said that until this year, the team played with a blue ball but now play with a ball called red ace. "The red ace hurts your hands, which makes them need to wear gloves or tape and it leads to a much faster game," Mr. Maloney said.

Off the handball court, Coach Maloney said that the players on the team need to work hard. "Handball is an individual sport, these kids have to be self-motivated and play the game with a mindset to win as an individual." In addition, Mr. Maloney said, the physical education teachers should try to include some handball lessons during the year and let the students play handball outside on the handball courts.

The team consisted of 14 players: Michael Celiz, Michael Corona, George Darmanin, Jonathan Dempsey, Hamdeybi Francisco, Aaron Lorenzana, Jeffrey Munoz, Alejandro Obando, Ariel Obando, Muhamed Palijevic, Pervej Rahman, Kelvin Rios, Yaw Teh, and Amy Zhao.

## Team Captains Lead the Way

by Jeslenny Grullon

A strong team begins with a strong leader. Team captains, have all the same school work and team work as regular players and have even more responsibilities to their team and their coach.

Queens Voc has 13 sports teams, each with its own captains. The teams and their captains are boys' varsity soccer- Hector Roche, girls' varsity bowling- Ivana Nuñez, boys' varsity bowling, boys' varsity basketball- Edwin Hill, junior varsity boys' basketball, girls' varsity basketball- Karolina Gorna, wrestling- Aaron Lorenzana and David Francisco, girls' volleyball- Ashley Addonisio, boys' varsity baseball- Armando Avila and Esteban Soler, boys' junior varsity baseball Thomas Bueno, girls' varsity softball- Joana Garcia, boys' varsity handball- Jeffrey Muñoz.

### Boys' Varsity Soccer

Hector is a senior and captain of the varsity soccer team. "I chose Hector as my captain because of his knowledge of the game; he's a leader on the field," said the coach, Mr. Ali. Mr. Ali said Hector's teammates respect him during practice and at games. Hector has been on the team for his whole high school career and has been captain for three of those years.

### Girls' Varsity Bowling

Ivana Nuñez is the captain of the girls' varsity bowling team, coached by Mr. Garofano. Ivana, a senior, has been on the team three years, her final one as captain. "I like to help people," she said. Coach Garofano said that Ivana led by example as a captain. "She rallied the girls and made sure they were in check," he said. Ivana maintains an 86 average.

### Boys' Varsity Basketball

"Edwin was a positive role model and we discussed the team on a daily basis. He was my right hand man," said Mr. Maloney, the coach of the boys' varsity basketball team. Edwin Hill, a senior, has been on the varsity basketball team for four years, his final one as captain.

### Girls' Varsity Basketball

After four years on the girls' varsity basketball team and three as captain, Karolina Gorna believes her dedication got her to where she is. "I like the sense of leading a team and helping people out," Karolina said. Karolina maintains an 85

average and feels it pushes her teammates to stay eligible. "I see a lot of myself in her. She can run practice; I don't have to be on top of her," said Mr. Devaux said, coach of the team.

### Wrestling

The wrestling team was very successful in this, its first season. Aaron Lorenzana and David Francisco were the two captains of the wrestling team. "I am happy with their ability to help the team turn into a family," Coach Zambrotta said. Both seniors, Aaron and David said that working with Mr. Z as a coach was a good experience. "I could communicate with him and he has a lot of personal experience," David said.

### Girls' Volleyball

Ashley Addonisio, a junior, is the captain of the volleyball team that was added this year. Mr. Boyle, coach of the volleyball team, said, "She stepped forward in helping me, and she showed good skills." Ashley maintains an 80 average and feels it encourages her teammates.

### Boys' Varsity Baseball

Armando Avila and Esteban Soler veteran captains of the varsity baseball team were recently joined by freshman Daniel Corona.

Esteban and Armando, both sophomores, have been captains since their freshman year. Esteban currently has an 84 average, and Armando, with a 90 average, is a member of the Honor Society. Daniel was appointed captain, said the coach, because he stepped up and worked side by side with Armando and Esteban. He's been invaluable."

### Girls' Varsity Softball

Joana Garcia has been on the girls' varsity softball team for 3 years and was appointed captain this year. Joana maintains an 87 average and believes it encourages her team to do well in school. "She has a great sense of humor, is responsible, and is a good leader and player," he said.

### Boys' Varsity Handball

Jeffrey Muñoz, a senior, is the captain of the boys' varsity handball team. He's been on the team for two years, this one as captain. Jeffrey said he feels his dedication and effort allowed him to be captain. His coach agrees. "Jeffrey showed me the desire that captains have when he plays the sport,"

**Boys' Junior Varsity Baseball**  
Thomas Bueno, a sophomore, is the captain of the boys' junior varsity baseball team. Thomas has been on the team for two years, this year as captain. "Tomas is a pleasure to work with," Coach Cintron said.



# TIGERS

## Girls’ Softball in Post-Season Show

by Santiago Orellana

The Lady Tigers finished the season with a record of 8-8, earning them a shot at the playoffs.

To get to the playoffs, however, the team had to play an out-bracket elimination game on Thursday, May 28. The girls faced the Bronx Leadership Academy. The Lady Tigers lost 17-7, ending their season. The Next day, Bronx Leadership lost to LIC, 16-2.

According to Coach Boyle, this was a productive, rebuilding year for the Lady Tigers.

The Lady Tigers had one objective for the season: to make the playoffs. Getting to the post-season pretty much achieved that objective, according to the players and their coach. “The season was bright, we saw a lot of improvements, and we had a chance to go to the playoffs,” said Joanna. Since the start of the season we’d made a really big turnaround, we started in a bad streak, but we finished strong,” said freshman Elixandria Brienza. “We were losing at the beginning but ended the season strong, as I expected us to,” said Coach Boyle. “As the season went on we improved as a team,” said the coach.

The most consistent and most improved player on the team was sophomore Paola Hernandez. “Paola was a pleasant surprise this season as a pitcher,” said Coach Boyle. “Paola always tried her best and never let her self-down during the games,” said junior Melissa Alzate. Coach Boyle is looking toward the next two years to count on Paola. “Paola had been hiding her pitching from us,” said junior Victoria Lindner.

The season started with a victory over Beach Channel, 9-4, on Wednesday, March 25. On Monday, March 30, the Lady Tigers lost to LIC, 29-18. Three days later they faced Hillcrest High School and lost 29-19. Their next three games were postponed because of bad weather. Their season resumed on Friday, April 24, with a game against Grover Cleveland. The Lady Tigers lost, 23-13. They next played Flushing High School at Levitt Field, and lost, 26-6. They next played Campus Magnet on April 28, and racked up another loss, 19-8.

The Lady Tigers broke their losing streak when they faced Robert F. Kennedy the next day and won 20-0. The team had only 11 official at-bats because of the 19 walks, which don’t count as at-bats, allowed by RFK’s pitching staff. The Queens Voc team had seven hits, 19 runs, and 11 RBIs. Junior Melissa Alzate had two hits, scored a run, and knocked in three runs. Senior Joana Garcia had a hit, and scored two runs. Nashaly Mercado pitched the entire game. She struck out four and gave up only one hit. The following day, the Lady Tigers defeated American Studies, 27-24. On Friday, May 8, the Lady Tigers beat Glover Cleveland, 17-7. Freshman Elixandria Brienza had a hit, scored two runs and had three RBIs. Sophomore Francesca Bernabe Duarte had two hits, scored twice and batted in two runs. Sophomore Jullisa Ballesteros had three hits, and scored two runs. The pitcher, Brigitte Diaz, gave up seven hits and five earned runs, while striking out five. The Lady Tigers next beat Academy of American Studies, 25-23.

The girls from Queens Voc then lost two consecutive games to Frank Sinatra, 18-4 and 10-8. On May 15 the Lady Tigers lost to LIC 17-0. Their next game, on May 20 against Wagner, ended in a 26-25 victory. With one game remaining against Wagner, the Lady Tigers needed to win in order to go to the playoffs. The Lady Tigers went into that game pumped, and smacked Wagner, 26-4.

Senior Joana Garcia ended the season with a batting average of .216 and on-base percentage of .491. She had 37 at-bats with eight hits, 19 runs, four RBIs, and a stolen base.

Senior Shirley Rodriguez had a batting average of .370 and on-base percentage of .528. Shirley had 27 at-bats with 10 hits, 16 runs, four RBIs and six stolen bases.

Pitcher Brigitte Diaz ended the season with a record of 2-4 and an ERA of 5.80. She pitched 41 innings giving up 51 hits, 97 walks, and 36 strikeouts. Brigitte’s batting average was .333, having 42 at-bats with 14 hits, 18 runs, and 11 RBIs.

Freshmen Elixandria Brienza ended the season with a batting average of .463, on-base percentage of .567 with 54 at-bats. Elixandria Brienza had 25 hits, 27 runs, 22 RBIs, 13 walks, and a stolen base.

The captain of the softball team is Joanna Garcia, a three-year veteran. There are 22 players on the softball team, three seniors: Tracy Ambrossi, Joanna Garcia, and Shirley Rodriguez; six juniors: Ashley Addonisio, Melissa Alzate, Sandy Cevallos, Brigitte Diaz, Victoria Lindner, and Samantha Lupo; six sophomores: Julissa Ballesteros, Francesca Duarte, Mallelyn Gutierrez, Paola Hernandez, Nashlay Mercado, and Rachel Reyes; and seven freshman: Katherin Arias, Elixandria Brienza, Ashley Diaza, Yaniri Infante, Jacquelin Jimenez, Fitore Molina, and Lucy Ramirez.

# SPORTS

## Second Place Boys’ Baseball goes to Quarter finals

by Lorena Bonilla

The Queens Voc Tigers finished the regular season with a 12 & 4 record and made it to the quarter finals in the playoffs.

The Tigers, seeded 9th, won their first two playoff games. The first, against #24 Grace Dodge, ended 4-3. The second, against A.P. Randolph, went into extra innings, but the Tigers cracked it open in the 10th inning and won it 12-5. The Tigers were eliminated in the quarter finals by Riverdale Kings Bridge with a score of 8 to 3 after being tied 2-2 into the fifth inning.

The team was in first place throughout most of their season, dropping two to Frank Sinatra and losing to High School for Construction in the last week.

“We could’ve played better, but we made it really far,” said two-year captain Armando Avila. Esteban Soler, the other veteran captain, feels the same. “Although we were eliminated, I’m still very proud of the team, I didn’t think we’d make it as far as we did,” he said.

Despite their loss in the playoffs, Coach Schimenz feels that the Tigers hold the ingredients for a winning team. “There are several essentials for a good team, people have to understand the concept of team, be committed, give all the time that’s expected, and have the desire to improve as a player. Overall, I have a good team,” he said. But, he added, some of the players are having a tough time understanding the role of team members. “That will have to change if we are going to continue to be successful,” he said. “On the other hand, tryouts will bring us many more potential team members,” the coach said, “and they’ll have more team spirit.”

With the varsity baseball season over, feelings of nostalgia have begun to set in amongst the players. “We’ve had such a great season this year and to think that this is my first and last year on the team is very upsetting to me,” said senior Luis Arias. It’s going to feel like I’m letting go of a big part of my life, since it was such a huge priority to me,” he added.

Coach Schimenz shares this sentiment. “At the end of the year you begin to feel nostalgic. My graduating players have been the bulwark when playing on the field,” he said.

Graduation does not indicate the end of a baseball career for Carlos Belliard, three-year veteran. “Coach is working with me and he’s contacting college baseball coaches and setting up a steady path for me to follow,” he said.

Not all players are moving on, with the bulk of the team being freshmen and sophomores. One of those players is rookie Daniel Corona, who is not only experiencing his first year as a varsity player but also as a team captain. “It feels good being captain. It showed me that if you work hard you can accomplish whatever you set your mind to,” he said. Armando Avila feels that Daniel has been and will continue to be an asset to the team. “Danny is going to be a great captain. He knows where to lead the team,” he said.

Graduating players on this year’s team are: Luis Arias, a first-year player; Carlos Belliard, four-year veteran; Rafael De Oleo, three-year veteran; Jonathan Matias, four-year veteran; Cristian Rodriquez, two-year veteran; and George Serna, two-year veteran.

Players eligible to return next year are: Jose Alvarez, Armando Avila, Erick Cabello, Daniel Corona, Luis Espinoza, Stanley Garcia, Larry Lebeau, Jose Monegro, Radison Moronta, Javier Pasarin, Luis Pascual, Joseph Payamps, Miguel Perez, and Esteban Soler.



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