# The Hilltop Star Passaic High School's Newspaper



Participants, including Mayor Blanco and Principal Weissman (pictured above), help beautify PHS with Jersey Cares on Martin Luther King Day.

# **Martin Luther King Day:** A Dynamic Community Experience

### By Guadalupe Garcia and **Odalys** Cabrera

It was an exciting morning in Passaic High School as many volunteers arrived to beautify our school as part of a project from Jersey Cares in honor MLK day. The helping our community. "I feel auditorium was packed with high school students, teachers, and college students! There were at least 300 people who came out to facelift our school. We had interesting guests come and help decorate the school as well as create arts and crafts for children in hospitals.

We interviewed students from NJIT, (New Jersey Institute of Technology) to find out their motives for giving a hand to PHS. Jonathan Baez said, "To give back no matter how small it may be." "I want to help make the school a Valente and her crew.

better place for the students attending," said Kevin Ducos, a PHS student. Baez and Ducos were making arts and crafts for children in hospitals.

As people were painting, we asked them how they felt about very proud of myself and I'm anxious for the students' reactions," said Xavier Daye, a Clifton student.

Many who participated on this day painted beautiful murals all over the school. It was amazing how much they accomplished. Today, students are studying in a colorful and vibrant environment. Thanks to NJIT, Clifton High School, and students from Passaic High School, the school is artistically decorated. Kudos to Ms.

# **Scope This!**

By Loddymer Pina, Jennifer Rojas, and Mabelly Tejeda

Health Occupations is of utmost importance for students who plan on going into the medical

field. As a registered nurse, Mrs. Cilento has the background knowledge to help her students pursue medical career choices.



Photo by D. Abrei Recently, Blanca E. Mendez and Mrs. Cilento Rahul Rana were winhosted a class ners of the medical contest for her abbreviations contest.

students on medical abbreviations. The winners were Blanca E. Mendez and Rahul Rana. Mendez wants to become a general practitioner and Rana wants to become a cardiologist.

They were both very proud of winning the contest which included a stethoscope they each received as a prize. The winners prepared themselves by studying flashcards for hours. This knowledge will benefit them in the future.

"Some of the suffixes and prefixes are used in other words, so they will help me understand the vocabulary that others might not," said Mendez. Rana agreed, that knowing the enhanced vocabulary will be useful in the future.

Mrs. Cilento is proud and feels that her contests will motivate her students to be confident in their future endeavors. in the medical field.

Truly, Mrs. Cilento provides the right ingredients for success. Congrats to the winners!

### JOIN THE CLUBS

# **Students Should Be Allowed To Listen** to Music in the Caf?

By Loddymer Pina and **Alyssa Rivera** 

Music affects our bodies and our minds. Music can be used in many ways and I think it would be helpful if students would be able to listen to music in the Caf with headphones on.

In the Cafe, there isn't much to amuse the students. Some eat



Photo by Shutterstock.com

lunch with a group and some each lunch all alone. In fact, there are those students who don't eat lunch or socialize at all. Students cannot openly entertain them-

Continued on page 9

### In Loving Memory of Michelle Slivinski

### By Alyssa Rivera and **Tracey Cuevas**

Ms. Slivinski was beloved by many in Passaic High School. With her great teaching skills, positive attitude and incredible charisma, she made learning math easier for many students. Not only did she have a passion for teaching, she also dedicated her time taking care of her mother and spending quality time with her nieces and nephews.

Ms. Slivinski had a powerful impact on the students and staff with her eye-catching personality. Her passing was a tragedy for all that knew her. Her presence in Passaic High School will always be remembered and cherished. Our condolences go out to her relatives and close friends. May her soul rest in peace.



African Journeys performed at PHS in honor of Black History Month. See page 5 for more Black History Month news

# The Closing Act of 2011: **Holiday Concert**

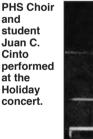
### **By Jenny Hernandez**

As the students filed into the Shirelles auditorium, they awaited the performances with excitement. The Holiday Show was an excellent way to promote seasonal spirit. The performances were unique because they changed every period.

The show opened up with the PHS band director Mr. Rusca, announcing the PHS steel drum band. They then performed an amazing

piece of holiday music which left everyone speechless.

LMTI presented statistics on drunk driv-





Photos by D. Abreu



By Gisel Santamaria, Sha'Cora Wells, Andrea Teanga, Loddymer Pina, and Anna Rojas

Mexican American Club — The Mexican American Club offers exposure to the Mexican heritage, culture, and cuisine via the many activities we have through the year.

Our mission is to educate and expose PHS students to the Mexican culture. Also, our club emphasizes the importance of preserving and retaining the Mexican heritage while integrating into the American culture.

Our club is unique because we are the first club that caters to the Mexican American experience.

Club advisors: Steven Cerdan and Waleska Torres

Upcoming Activities:

March: Roller skating

April: A "baile" for Mexican families with music and food

**Ski Club** — One of the most adventurous clubs of PHS is the Ski Club. This club goes on many fascinating trips to the high snowy mountains of New York and Vermont. Its purpose is to provide an additional aspect to the PHS educational experience. Skiing challenges students to use their abilities and resources to be successful

#### **Mexican American Club**

outside of the classroom.

This club has many fundraisers and trips. The major highlight of the year is their annual three day trip to Stowe, Vermont in the spring. This is where students are able to ski and socialize all weekend long. So, if you want to experience some high speed and adrenaline, this is the club for you.

**LMTI** — One of the most popular clubs at PHS is LMTI which is run by Mrs. Austin-Hiller and Ms. Bolton. LMTI stands for the Lindsey Meyer Teen Institute. LMTI's mission is to reduce the use of alcohol, tobacco and other drugs in the lives of teens.

They do this by showing teens their leadership potential and empowering them to become leaders. This club holds many activities in and out of school. A popular activity is their annual Summer Leadership Training Conference held annually at Camp Ralph Mason

LMTI also has many other activities from their holiday clothing drive to their spring lemonade sale. Finally, LMTI meets in the cafeteria every week.

Future Meds of America — The PHS Future Meds of America offers students various opportunities to learn about the medical field and hear from guest speakers with medical experience. The students also participate in activities like the walk-a-thon and singing in a nursing home for the holidays.

In addition, the Future Meds of America is the club behind the blood drives PHS has every year. This unique club is run by the wonderful Ms. Cilento.

#### Continued on page 3 bottom

ing and safety precautions we should take during the holidavs.

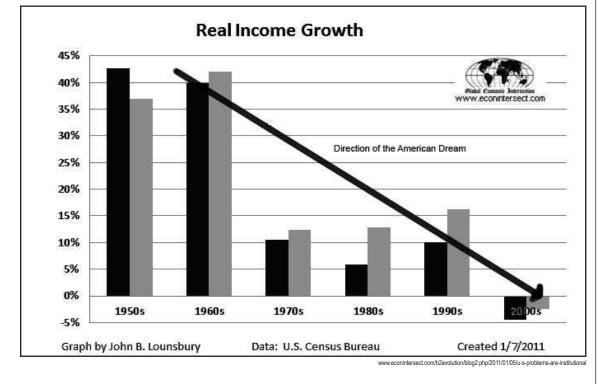
The African American club gave an introduction to Kwanzaa with Jasmine King singing "Amazing Grace." The PHS concert band performed "Dashing through the Snow" and the students were very overwhelmed and felt the holiday vibe.

The Modern Dance Club danced to a modern "Jingle Bells." Juan C. Cinto danced a Mexican Aztec tribal dance called "Danza de las Concheras." Everyone was amazed by this.

Whitney Caridad moved the people with her beautiful voice. singing "Where Are You Christmas." The PHS choir pushed the caliber of entertainment to a whole new level. They sang "Peace on Earth" and "Silent Night" with Demie Butler and Sue Marie Solis singing their solos. The audience felt as if it was watching a Broadway Show! Hope you had a safe and lovely holiday and happy New Year!



### The American Dream



# The American Dream is Questionable

By Odalys Cabrera, Ana **Rojas, and Ana Vazquez** 

The American Dream is defined as an ideal of freedom, equality, and opportunity traditionally held to be available to every individual in America. Yet, we all know that's not possible without education. The American Dream is possible, but it is very hard to accomplish with the obstacles that everyone encounters. In order to achieve the American Dream, we need to get a good education, and the education has to be affordable to everyone. A good education is necessary to obtain a better lifestyle.

getting their education taken away. The American Dream is about opportunity and equality. All should be able to get an opportunity to learn and get an education whether they come from illegal parents or legal parents. Everyone should be treated equally; nobody should be seen as different. It's harder for illegal students to go to college because they weren't born here and they don't have a social security number way, it's not always possible to which most colleges require. obtain the education needed to

Yovanna Garcia...

Jenny Hernandez.

Alyssa Rivera..

Jennifer Rojas.

Ana Rojas.

Branden Navedo ..

Loddymar Pina....

Tracy Cuevas .

Mabelly Tejeda.

Odalys Cabrera

Ana Vazquez..

Gisel Santamaria .....

period is, the longer it will take to start their education.

Immigrants come to the United States because they know it's the country of opportunities. Their parents sacrifice a lot of things, leaving their families and everything they know to come to a strange land surrounded by people who they never met. Not knowing or understanding the language, and sometimes starving or having no place to sleep is very hard. They risk their lives just to better themselves and their families. To us, that's not American Dream; it's an American night-

In a different country, for ex-Students of illegal parents are ample, Mexico, it's hard to get an education because it's not free. Students have to pay every month if they want to go to school. However, even if high school is free in the U.S., college is the main obstacle because of paperwork and money. Right now, the economy here is rough, and so some colleges are raising their tuition which makes it even harder to pay off later, which will leave us in debt.

With all the obstacles in the

..Assistant Advisor

Lluvi Rosas.

Ashley Burgos.

Diane Ortega...

Guadalupe Garcia

Alan Humphries.

Sally Flores ...

Julia Lora.

Cristal Soriano.

Mayra Cabrera...

Deyaniris Abreu .....

...Advisor

Who's Who in The Hilltop Star

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Mr. R. Messina.

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Sports Reporter

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Ask Aida Team

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# The American Dream Still a Possibility

By Jenny Hernandez and Diane Ortega

The American Dream is about potential, hope and change even in the smallest ways. Ever since 1776, the idea of the American Dream was founded and developed as the as the ladder of success for people who wanted to achieve a better life. In addition, the ideal vision of the American Dream is not to be discriminated against in any way including race, gender, national origin or religion.

Due to the crisis in the US, some people look for an easy way out and live with what they believe they can handle. However, in a rough situation like this in the US, students should be into their education more than ever. Achieving the dream isn't impossible for those who have their minds set upon getting higher grades and degrees. Those who are highly motivated can still reach their goals and dreams.

Although times are financially difficult in the JS, anything can be possible in this country. Scholarships are available, although possibly hard to find.

Students have the ability to achieve anything they put their minds to do. Students may not have the white picket fences now, but as long as they have their hearts set on achieving the American Dream, greatness is possible

All people have the potential to achieve Many people need to wait to be- achieve the American Dream. Be- | what they want, if they are motivated enough come a citizen of the United cause of this, the American | The American Dream is not dead; it is only up States, and the longer the waiting Dream is not accessible for many. to us to make what we want of it.

# The Positive Side of Online Life **Connecting to the World**

**By Jenny Hernandez** 

part of our daily lives, it is en- most comfortable. hanced, and, although, to some hurt

significant to us, and I personally you! believe it helps people boost their because they find others who ac- ones from elementary school. cept them as they are.

skills. When students have a ques- vantage of it; it's our future!

# **The Terror of Conformity**



In Passaic High School, our privileges of *self expression* have been drained from our student body. The smallest form of character is being stripped away by not allowing students to express their differences, and forcing them to become more like robots.

After asking the student body how they feel about self expression, the reactions of many were very similar to our own. Students dislike the limited amount of expression that is permitted to them. Students feel that everything is being taken away little by little.

They are starting to feel that they are not allowed to act or look the way they would like to on a regular basis, and are being stripped of their own character.

"I feel as if the uniform restricts me from showing everyone who I really am," said Jarlenys A.

tion they don't want to ask in class, they can simply go online and ask As technology becomes more a in an environment where they feel The barrier between teacher and

people the internet is known as a student is broken, so the students dangerous place, to others it is a become more comfortable when way to get their freedom. As full asking questions in class. In additime students in high school, a lit- tion, there really wouldn't be an extle social life on the side doesn't cuse to miss the homework that was given because I bet that The internet has become more status update will definitely remind

A new thing that technology has social skills. Some people can be enhanced is the ability to chat with really shy when it comes to face- people while seeing them face-toto-face talk. Social networks such face. Websites like "Skype" allow as "Facebook," "YouTube," or you to make phone calls and video "Twitter" are very popular sites that calls to whoever you want. Though enhance the idea of being more so- you'll need a webcam, it gives you cial. This is where people can be a chance to talk to new friends in most comfortable being themselves your class or to re-connect with old

It also helps when you want to Some teachers have also gotten talk to family members who are in the online mode by creating their distant. Online life also continues own accounts online because they to grow more and more with new know the dilemma of students who technology. Think about all the have problems with their social positives it does for us, and take ad-

Strips our Identity

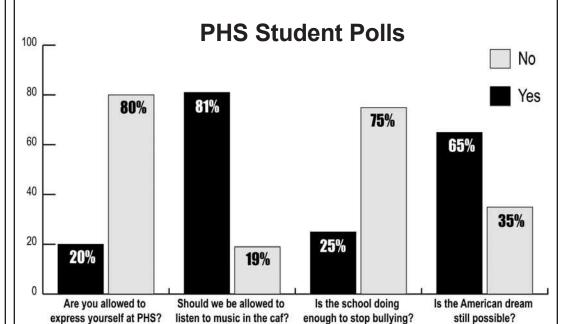


"The littlest things done by people to show a little bit of character are ruled out," added Endiah Jones

It's very obvious that students feel restricted by the school system. Students seem to feel very strongly that it's time to do something about their displeasure.

Having a voice is important. Students should be aware that Principal Weissman has an open door policy which allows for discussion of all student's concerns and issues.

Please send your opinions as letters to the editor to The Hilltop Star



# Internet **Does Not** Deter

March 2012

### By Branden Navedo

niche in society.

them is awkward.

People that find themselves found the right person yet.

lack the ability to socialize.

butterfly.

dangerous.

### Continued from page 1 African-American Club — The African-

American Club offers students the ability to be educated, informed, and promotes awareness of the African-American culture and history to all students while empowering youth to become respectable, accountable, intellectual, and proactive LEADERS in society. With the assistance of club advisors, Mrs. O'Bryant-Hopkins and Ms. Allen, this club

offers a variety of cultural events. Activities are Mrs. K. Fuller and Mrs. Leslie Sadlon. include community service, career seminars DECA's mission is to prepare emerging and college tours to Morgan State College leaders and entrepreneurs for careers in mar-

Sha'Cora Wells .....Centerfold Co-Editor Andrea Teanga .....Centerfold Co-Editor ..Valentines Co-Editor, Layout Designer, ...Valentines Co-Editor, Layout Designer, Photographer .Features Editor Co-Editor, Layout Designer, Photographer ...Star & Sports

.A&E Co-Editor

Reporter, Ask Aida Team

...Sports & Features

Reporter

..Ask Aida Team

..Sports Reporter

..Reporter, Poet

....Contributer

### Page 2

### **VIEWPOINTS AND INSITES**

# **Socialization**

They say that the Internet deters social development, however, I disagree. People spend the same amount of time socializing in person, with or without access to a computer. Sometimes, people have trouble socializing because they cannot find their

There are people who despise the group that is trying to assimilate them into their community. They disagree with the ethnic or moral values of the group, or they simply find being around

unable to bond with their peers often find their home on the Internet. Another point I'd like to make is that even if you do spend the majority of your time on the Internet, you still have the social skills needed to function in society. You simply haven't

The Internet does not cause a lack of social skills. A person might lack social skills already and simply have the desire to find people that are in the same situation. This is not to say that all people who use the Internet

At times, a part of themselves they were unable to express outwardly can be let loose at a chat site. If this occurs, this could result in the person gradually pulling him/herself out of their shell. The Internet, in this way, could actually result in turning an isolated person into a social



# **Effects of Caffeine Can Be Harmful for Teens**

### **By Diane Ortega**

Many adults start the morning

with a dose of caffeine like Red

Bull, Monster, and 5 Hour Ener-

gy. Many consume it regularly

throughout the day as a widely

used pick me up. As a result, teens

are becoming consumers of caf-

feine as well. According to

www.livestrong.com, it is impor-

tant for teens and parents to un-

derstand how caffeine may affect

Caffeine is a chemical com-

pound found in various plants that

acts as a central nervous system

stimulant. It is a widely used and

culturally accepted drug. People

find this drug harmless or even

beneficial in certain amounts, but

in other situations the doses can

be excessive. Teens often con-

sume caffeine through coffee and

energy drinks to stay up late tex-

ting, studying, or socializing.

their bodies.

the next day. This sends them back to caffeine for another energy boost. This sets a vicious cvcle of caffeine overdose and sleep deprivation. According to New York University Langone Medical Center, teens reach for soda or energy drinks rather than milk so they don't get enough calcium. They are depriving their bodies of vitamins and minerals.

According to mayoclinic.com, those consuming more than a moderate intake of caffeine, around 200 to 300 mg. per day may experience unpleasant side effects. These effects may be anxiety, racing heart, high blood pressure, insomnia, and jittery feelings. Many studies agree that teens should minimize their caffeine intake in favor of better sleep habits and healthier diet choices. www.livestrong.com/article/505818-the-effects-of-caffeine-onteenagers-bodies/?utm source=pop*slideshow&utm medium=a1* 

Therefore they feel exhausted

# When Did Saying 'Hello' Become Old Fashioned?

By Mayra Cabrera

Socializing today has been modified because various students use social networks like Facebook and Twitter. Those who make friendships using these sites should be cautious because some can be

It is now considered old fashioned to make friends by introducing yourself with a welcoming "Hello" or "Hi." I remember when friends were made by talking to the person you wanted to get to know. You would simply go up to them and say "Hi." New friends would share their own perspective of society, which means how you or the other person sees the world. Also,

you would introduce your beliefs, hobbies, etc.

Now, to make friends, we

utilize social networks such as

Facebook or Twitter. One sim-

ply clicks an "accept" for the

friend request and automatical-

ly you are friends. On Twitter,

it is mostly following people's

twits or comments.

sending friend requests to people they don't even know. Secondly, the answer to that friend request is up to you; either you want to accept it or not.

Lastly, next time you want to make friends, consider, if you want a cyber-friend or somebody you can show your behavior and gestures. Do you

*It is now considered old fashioned to* make friends by introducing yourself with a welcoming "Hello" or "Hi."

On a trip to Washington, students will

**DECA** — DECA (An association of Mar-

have the opportunity to see the Dr. Martin

Luther King Jr. Monument and other his-

keting Students) offers our students great

opportunities. DECA students participate in

a program that works with marketing class-

es to provide outlets designed for their tal-

ents and interests. The program's advisors

At some point, everyone who uses these sites has received a friend request from somebody who does not even have "mutual friends." These people are, first of all crazy, for

and Howard University.

toric sites.

want to get to know the person or just have as many Facebook friends as possible? Isn't socializing considered a gathering of people and getting to know each other?

### JOIN THE CLUBS

keting, finance, hospitality, and management in high schools around the globe.

The club gives its members a leading edge in obtaining academic success and workplace skills. Members have the opportunity to network with people who may play important roles in their future, gain leadership training, and receive recognition at competitive events.

Fundraiser to benefit the Muscular Dystro- coat drive for needy children in Passaic, NJ phy Association, a field trip to the Berkeley College Business Forum and DECA Week.

**Club Latino** — The purpose of Club Lati-

# In Memory of Whitney Houston

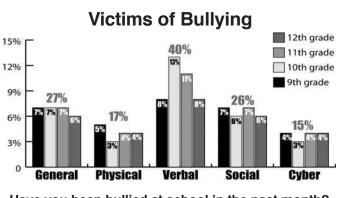
### **By Diane Ortega**

Whitney Houston was inarguably one of the biggest female pop stars of all time. Born on August 9, 1963 in Newark, New Jersey, Houston was a singer and actress whose first four albums, released between 1985 and 1992 amassed global sales in excess of 86 million copies.

Whitney Houston died on February 11, 2012, in Los Angeles just before she was supposed to perform at one of the pre-Grammy Awards parties. The music world has lost one of its most legendary stars. She will be well remembered in all our hearts.

www.biography.com/people/whitney-houston-9344818

Whitney Houston



Have you been bullied at school in the past month? www.youthviolence.edschool.virginia.edu/prevention/images/safe-schools project clip image002 0000.gi

# **A New Age of Bullying** Is P.H.S. Doing Enough?

**By Yovanna Garcia** 

It is 2012 and, although we have come a long way from the old-school pushing and shoving, bullying is not gone. In fact, most people fail to realize that the harassment and maltreatment of people has only gotten worse over the last decade.

Although bullying can occur anywhere from the workplace to home to school, teenagers are the main ones who are being affected. Not only is bullying physical, it can also be done through the Internet. Cyber-bullying is common in this day and age mainly because teenagers are often exposed to explicit websites such as Facebook, Myspace, Twitter, etc.

The Internet can be helpful if used correctly, but some people believe that "texting and the Internet have turned teenagers into mini broadcasters. They can reach huge numbers of people in an instant" (Momtourage.com). Teenagers are very vulnerable for falling victim to harassment on the web by what they post and what others post about them

According to NCPC.org, forty-three percent of teens have been victims of cyber-bullying in the last year." From this percentage, 20 percent of people had a bully pretend to be someone else online, 17 percent were victimized by the bully spread- become a victim of bullying.

ing rumors and lies through websites, and 13 percent claimed that a bully was trying to steal his or her name to commit vulgar acts over the Internet.

Although Passaic High School has a mission to combat bullying, a recent survey showed that many students don't know of this. In fact, 75% of students said that Passaic High School isn't doing enough to prevent bullying. An outspoken student, Aimee Berman, had this to say in regard to the issue: "People are being bullied every day and no one even tries to stop it. Bullying is a very big problem in P.H.S. There should be a program or support group of some sort.

There is, in fact, a group of counselors and representatives who are in charge of such a program. However, many of students don't even know an antibullying program exists. Is it possible that Passaic High School isn't doing enough to make the students aware of the program that is presently taking place?

It would make sense that a high school with approximately 2,700 students would do more to publicize its anti-bullying program. A technology-crazed generation like ours needs more exposure to organizations that will assist teens and help them if they

no is to promote Latino unity at PHS, as well as to promote a sense of family and community service activities. We encourage students to go to college or trade school through the promotion of field trips and guest speakers who motivate and encourage students to complete their education.

Activities include a tutoring program for elementary students at # 11 school. There Future activities include a Spring are also Hispanic Heritage Assemblies, the and a field trip to Washington, DC. Advisors are Mrs. Lourdes Otto, Bi-lingual Math

# **Movie Reviews**



# 'Jack and Jill' Somewhat Entertaining

#### By Lluvi Rosas and Branden Navedo

Jack and Jill is a comedy for the mature audience in which both characters are played by Adam Sandler. In the film, Jack Sadelstein is an advertising executive. He lives in Los Angeles. Every year Jack and his family celebrate Thanksgiving as a family.

This Thanksgiving, Jack's twin, Jill, is going to visit. Jill is a loud-mouthed, sweaty, awkward, masculine and physically grotesque female. Although we found some scenes in the movie *Jack and* estly, it could have been bet-Jill funny, our first impression ter.

of the movie was negative. As the movie progressed, however, we found that it was actually entertaining. This movie received many scathing reviews, vet, in our opinion, it was somewhat enjoyable.

Unfortunately, the movie was not without its flaws. Some parts that were meant to be funny were actually a bit awkward. An example of this is the fact that a man is dressed as a woman in the movie, but it never came across as comical. We enjoyed Jack and Jill overall, but we only gave it three stars. Hon-

# **More Than Entertaining:** The 8 Harry Potter Movies

### **By Branden Navedo**

I loved these movies because nearly everything about these movies was interesting. Naming their faults would be very difficult for me. In the first movie, Harry realizes he is a wizard, learns of his past with Voldemort, and finds the Sorcerer's

Stone. He defeats the antagonist using the spell his mother put on him to protect him from evil. This scene had me excited to reach the ending. The ending of the first movie was quite moving.

In every movie, the master of the dark arts is the person that has some correlation with Voldemort. Harry Potter learns that his mother cast a spell on him to pro-

goal was to create these horcruxes that contained his divided souls. By doing so, he would achieve immortality.

The headmaster of Hogwarts dies attempting to help Harry in his endeavors, however, they continue searching for the horcruxes afterwards. The last horcrux was Nagini, Voldemort's pet snake. Voldemort died once all seven horcruxes were destroyed.

These movies, to me, were entertaining, moving and interesting to watch. It is easy to take lessons from them and apply them to our lives.

For example, the confrontation between mudbloods, wizards that are born of humans, and purebloods, wizards that are from pure wizard families was rather thought provoking. The purebloods wanted to rid the world of mudbloods simply because of their families. Not only did the mudbloods think this was wrong, but they also destroyed and won the fight against Voldemort.

From this situation, the viewer realizes it's okay to be different. These movies are filled with various true and applicable lessons for everyday life. They were fantastic movies and I will definitely watch them all again, if I am given the chance.

# Join the clubs

### Continued from page 3

teacher, and Mr. Victor Bian, Bilingual History teacher.

**Bio-Ecology Club** — The Bio-Ecology Club is one of the most environmentally friendly clubs in the school. It offers students the chance to promote nature's beauty by gardening and doing other things around the school. The Bio-Ecology Club also lets the students learn about all of nature's organisms through school activities and field trips. The members have gone on field trips to places like the zoo and the aquarium.

One thing that is unique about this club is that it doesn't have any regular fundraisers. However, they have plant sales for special occasions, such as Christmas and other special times. The Bio-Ecology Club meets every Wednesday in S303 after period 8. So, if you're the kind of person who is into nature and would like to help beautify our school, then this is the club for you

**Hiking** — Mr. Reicher and Ms. Williams have definitely made the Hiking Club one full of great adventure. This club offers students the chance to get outside in the wilderness for a day.

Its mission is to give students an opportunity to spend quality time outdoors away from the urban environment, develop an appreciation for the untouched natural wilderness, and discover the importance our wilderness areas have to our existence.

This club is unique because it allows both teachers and students to experience heavy breathing and sweating together in the woods! Future activities include the magnificent Full-Moon Hike, cookie sales, and day hikes this

Environmental Science Club — The Environmental Science Clubs offers students the chance to obtain leadership opportunities to inform and educate the PHS community about environmental issues, while gaining hours of community service (volunteer work) that they can accumulate during the school year.

This club also offers the opportunity to do activities like recycling and clean ups in the community. The club demonstrates spirit, community pride and so much more.

With the help of club advisors, Mrs. Aurora Anguiano and Dr, Larisa Galvez, The Environmental Science Club is a service organization committed to the education and development of Passaic High School's students regarding environmental issues.

This club is unique because all



### **Bio Ecology Club**

activities are related to protecting the resources on our planet. Future activities include adopting an endangered species (Bald Eagle) through The New Jersey Wildlife Federation, Clean up Third Ward Park from 8 a.m. to 12 p.m., March 31; celebrate Earth Day on April 22 and much more.

The Writer's Block — This club offers students the opportunity to write and be creative. Their mission is to allow students to read, think, write, create and change. With the assistance of club advisor, Ms. Bolton, this club brings a unique twist because it gives students an opportunity to write and have their work published in a school wide publication.

Some of The Writer's Block Club's future activities include a collection of different writings on various topics such as Lessons on Love, Driving, Pride, and The Dark Side of Dating.

LA.S.O. — L.A.S.O stands for the Latin American Spanish Organization. The club offers students the chance to promote a positive image of the Latin American culture. Their mission statement is dedicated to the "advancement of our culture and the preservation of our identity." The club advisors this year are Ms. Merced and Mr. Cerdan

LASO does many activities during the year, but this year they're working on a special one by having a Multi-Cultural Fashion Show in the spring. What makes this wonderful club unique is that it's the most diverse club in the school. Club members come from all parts of the world.

**Octagon Club** — The Octagon Club is a club that provides fun, fellowship, community services and learning opportunities for youth of all ages.

This club's mission statement is to make the world a better place through various acts. With club advisors, Mr. Sheridan and Mr. Dhuyvetter; the club prides itself helping out in our community. on being actively involved in the One fundraiser that they recently community from fundraising to

neighborhood cleanups, and even

STRIVE is having a sale. (See STRIVE winners of the Zero Zero Challenge on page 11).

This club is unique because it

joins the community and spends precious time helping others in need. Future activities include cookie sales, Graduation Day water, balloon sales and much more.

### The Octagon Club certainly makes Modern Dance Ensemble — The Modern Dance Ensemble is a club that offers students the chance

March 2012

to learn and teach all types of dances such as hip hop, jazz, ballroom, and break dancing. These dances are taught by choreographers to educate the students about different types of dance!

tutoring younger kids.

things happen.

With the help of club advisors, Ms. Merced, and Mrs. Villanueva, this club's mission is "to show dance as an art form.'

The Modern Dance Ensemble is unique because it is designed to have students express themselves through the form of modern dance. Future activities presented by

The Modern Dance Ensemble will be a performance at the upcoming Spring Pep Rally, Family Day, and even a performance at the New Jersey Nets game! Drama Club — PHS's one and

only Drama Club is run by Mrs. Kostiuk. The Drama Club has talented students that can sing, dance and act. This year they are actually going to have their first play titled 'Once on This Island' which will take place April 26-28.

The Drama's Club's mission statement is to prevent bullying in the school and to promote student's talents. What makes this club unique is the fact that students can showcase their talents and be encouraged instead of discouraged. If you think you have a talent, then you should look into join-

ing the Drama Club. **Interact** — The Interact Club of PHS is the club that truly enjoys giving. They hold many fundraisers throughout the year from raising money for needy children to

Continued on page 11

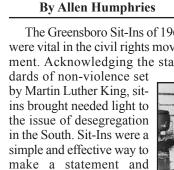


Photo by S. Yedwa

# 66 Today.

March 2012

Bill Should

Be Territic

African Americans are the strongest race in America. They have worked hard for the freedom, prosperity, and liberty we have now. They have endured much pain and suffering through out history to become our nation's rock. They have achieved greatness in history just to be able to say, "Let freedom ring."

African Americans have achieved much as activists who fought for our civil rights. Activists include Frederick Douglass, Booker T. Washington, and Martin Luther King Jr. African American authors, Maya Angelou and Claude McK-

# **From Hard Times to Freedom:**

# African American Historical Facts

### **By Jenny Hernandez** February is referred to as

Black History Month, a month dedicated to celebrate and honor many of those who took part in the civil rights movement. Slavery was first brought into the U.S in 1619 and changed the lives of many. Prior to the struggle for civil rights and the period of segregation in the south, African Americans were enslaved. They were not freed until the civil war.

Americans struggled for their dig-

# nity and their rights. Phyllis African American History! **Greensboro Sit-In**

ins brought needed light to make a statement and

peacefully protest. On February 1, 1960 in the city of Greensboro. North Carolina, four African American students from North Carolina A+T College performed the first sit-in. The four men's names were Ezell Blair Jr., Franklin Eugene McCain, Joseph Alfred McNeil, and David Leinail tution for all Americans.



tect him from Voldemort. His www.thelittlestcrafter.blogspot.com



# **African Americans** The Strength of America

way or another.

and raped.

come a be strong people. They

had to be strong to be able to han-

dle pain and suffering they en-

dured. Before the Civil War.

African Americans were slaves.

They worked hard, only to get

whipped and beaten. Female

slaves would be sexually harassed

pain African Americans experi-

enced. No one can really fathom

what they have gone through. To

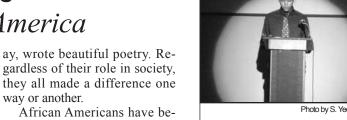
this day, African Americans are

Wheatley, although a slave, was

the strength of America.

This is just a fraction of all the

### By Julia Lora



# **The 2012 MLK Assembly was Highly Engaging**

http://blog.nycsa.org/2010\_09\_01\_archive.html

#### By Gisel Santamaria

In the dim lighting of the Shirelles Auditorium, the spirit of Martin Luther King was truly felt as the PHS family held an assembly remembering the great leader on January 13, 2012.

The assembly was hosted by Mr. Stowe, a history teacher and advisor to Diversity 2000, which facilitated the entire program. The assembly contained many great moments. It ranged from Shaheem touching us with a beautiful poem to Ms. Hiller giving a motivational speech.

The guest speaker, Calvin Merritt, held our attention in his grip. He delivered a deeply emotional speech that really made us reflect on the life of Martin Luther King,, as well as on our own lives.

Finally, the Martin Luther King Assembly closed with a performance by the choir. We were also treated to a duet by Whitney Carino and Jamir Butler. The Martin Luther King assembly was overall wonderful.Kudos to Mr. Stowe and Diversity 2000.

# **P.H.S. Girls Singing Group** Dominated the Music Industry

www.en.wikipedia.org/wiki/The Shirelle

### **By Yovanna Garcia**

Every day, hundreds of students walk by Passaic High School's auditorium without realizing the exclusivity of its existence. Students are unaware of the history behind its name and what it represents to the city of Passaic.

The Shirelles Auditorium is named after the famous 1960's fe-

male vocal group composed of four friends: Doris Coley (later Doris Kenner-Jackson), Addie "Micki" Harris, Shirley Owens (later Shirley Alston), and Beverly Lee (Starpulse.com). The Shirelles are

former PHS students

that formed a singing group in our very own Passaic, NJ. They quickly dominated the world of music with their charming harmonies and purity—they appealed to listeners around the country and inspired many female pop singers of later generations

In 1958, the four friends formed the Poquellos. They wrote a song entitled "I Met Him on a Sunday." They signed up to perform at the school's talent show. After their performance for students and staff, a school friend had them audition for her mother, Florence Greenberg.

Greenberg ran a small record label and was instantly impressed enough to become the group's manager. They changed their name to the Shirelles. "I Met Him on a Sunday" was licensed by Decca and made its way into the national Top 50 in 1958.

Later, Greenberg signed them to her new label, Scepter Records, with producer Luther Dixon. Dixon's "imaginative, sometimes

# African American Luncheon Celebrating Unity

### By Gisel Santamaria

Music playing in the background, wonderful African costumes, and great food is what made the African American luncheon a great success. The luncheon is hosted every year by the African American Club. They raise money and organize this event to be as amazing as it is.

This year, the guest of honor was our previous principal, Mr. Creech. He was presenting a scholarship that carries his name. Mr. Creech could not be any more the luncheon together.

and feeling hopeless, he became a

motivational speaker

string-heavy arrangements would help shape the group's signature sound" (Starpulse.com).

Their song, "Will You Love Me Tomorrow," released in late 1960, went all the way to number one in pop; making them the first all-female group of the rock era to accomplish this.

Following this, "Dedicated to the One I Love," climbed into the

Top Five on both the pop and R&B charts in 1961, "Mama Said" did the same, and "Big John," also went to number two that year

They continued their success in the music industry until the early 1970's. In 1975. Shirley Alston left the group to pur-

sue a solo career. Subsequently, the group began to split up, but not until the remaining members toured the country in the late 1980's. They were inducted into the Rock and Roll Hall of Fame in 1996.

The Shirelles were formed during the African-American Civil Rights Movement (1955–1968), which refers to the movement in the United States that aimed to end racial discrimination against African Americans. The Shirelles proved to a changing society that it does not matter where someone comes from or what gender or ethnicity he or she is. If people are dedicated and committed to achieving success for themselves, they will go far.

The Shirelles' Auditorium is a representation of what students can achieve in Passaic, NJ. Not only does it symbolize a movement in history, but most importantly, it makes Passaic students ask themselves: How will I be remembered



proud of this scholarship

"The awarding of this scholarship is a way to help maintain the unity in our youth community and have them care about their culture," said Mr. Creech in his final remarks. Overall, this luncheon is always a hit and gets better every year Kudos to Mrs O'Brien and Ms. Allen and their crew who put

famous leaders.

son, President Abraham Lincoln, Martin Luther King Jr., Rosa Parks, Malcolm X, and Booker T. Washington were all influential in

# The Greensboro Sit-Ins of 1960

Richmond. The four men went to get served in an all-white restaurant. Although, the shop was open were vital in the civil rights move- to everyone, color not being a facment. Acknowledging the stan- tor, the food counter was for whites

# hea-phi.ipc

only. (historylearningsite. co.uk/ greensboro 1960.htm)

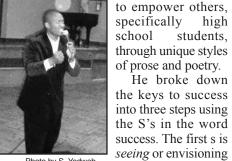
This was the first of many instances where the sit-in protest was used to non-violently gain the civil rights that are part of the consti-

## **Becoming the Person You Were Meant To Be** relationship that left him scarred

### **By Yovanna Garcia**

On February 13th, PHS celebrated Black History Month by welcoming motivational speaker Hasani Pettiford. A graduate from Rutgers University, who majored in African American Studies, Pettiford is a renowned public speaker and author of books on teens and sexual relationships.

Also, he writes to enlighten the youth of today about the keys to requires students to say what they wealth and success through a three-step process. Pettiford has experienced the success of his pursue their goals no matter what lieve in the success of today's practice firsthand. After a college obstacles are in his or youth.



specifically high school students, through unique styles of prose and poetry.

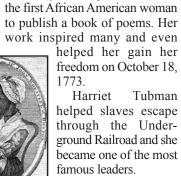
He broke down the keys to success into three steps using the S's in the word success. The first s is seeing or envisioning

Photo by S. Yedwab the goals students wish to reach. The second s need to keep motivated and

her way to achieve the objective. Through his speech, Pettiford clearly demonstrates his good intentions to encourage students to find out who they are and what their purpose in life really is.

"You were actually created with a purpose in mind. You must become a disciple of your destiny; but how can you do that if you don't know who you are," he exclaimed

Pettiford is not just a great public speaker, he is a man with much ambition to reach out and make a difference. Pettiford represents the dedicated life of an African American who never stopped believing willing. The third s is to *sow* or in himself and will continue to be-



Other famous leaders such as Dred Scott, -phi.jpg William Lloyd Garri-

# Even during slavery, African

### SPECIAL

March 2012

March 2012

**START** 

# California

Take a break

By Loddymer Pina, Jennifer Rojas, and Mabelly Tejeda

Planning to have a good time for spring break? California, also known as Cali, is an excellent spot to let your hair down and simply relax. Known for its sandy beaches, Pismo Beach and La Jolla Beach are perfect for snorkeling and sun bathing. Kayaking and surfing are also great attractions to tourists. (The New York Times)



Newport Landing offers swimming with the dolphins and whale watching. which are perfect events for those who wish to get in touch with nature. Other marine creatures,

such as killer whales and sharks have also been seen. Tourists are amazed and have given the spot great reviews. (Thingstodo.com)

If you are planning to stay indoors, California is exceptional for sightseeing. Hollywood tours include famous landmarks, the Hollywood sign, and film shooting spots. Resorts and spas are also great things to attend when exploring California.

Source: www.visitcalifornia.com



# Costa Rica

**Relaxing and Exciting** 

By Gisel Santamaria

Between the countries of Nicaragua and Panama is the fascinating country of Costa Rica. With its naturally beautiful rainforests and its clear Caribbean beaches, this country will never bore you. There are so

many activities to do in Costa Rica from kayaking to surfing the beautiful beaches. Now, if you're not into the water sports, you can explore the alluring rainforest in Costa Rica. If you're adventurous, you may also want to try zip lining.

Here are some quick travel tips when visiting Costa Rica. The place to land is the main airport named Juan Santamaria International Airport located in the capital of San Jose. Also, remember to pack for all types of activities because you never know what you will end up doing in Costa Rica. Next, the one of the best beaches is Playa Langosta and the best hotel in that area is Barceló Hotel. Furthermore remember, if you're looking for a spring break full of well rounded activities, Costa Rica is the place to go.

Aspen, Colorado

The Magic Beneath The Snow By Sha'Cora Wells

There is something magical about Aspen. Is it its Victorian architecture, distinctive shops, four star restaurants, or its year-round adventures? No matter what it may be, Aspen has something for

everyone! Aspen is the beautiful chilly city

in Colorado located in the Western part of the United States. There are so many things to do in Aspen that will make your vacation memorable. Aspen is known for one basic thing, nurturing the mind, body and spirit.

Known as America's most glamorous skiing location, the Aspen lopes will never disappoint. There are four different mountains that offer excellent choices for all ability levels: Ajax, Aspen Highlands, Buttermilk, and Snowmass.

However, if skiing isn't your thing and you're more of the artsy type, you can enjoy the various museums and festivals happening in the city. There is classical musical in the concert halls and even in the streets.

Theatre Aspen is booming with its terrific playbill every year, but that's just the tip of the iceberg! Visit Aspen for a trip of a lifetime.

Source: www.aspenchamber.org

8



# A Mexican Hot Spot



By Andrea Teanga Where would you want to spend your spring break this April? Well, why not on the wonderful beaches of Cancun, Mexico. Every spring break. hundreds of people go to the beautiful

Cancun. If you choose to visit Cancun just take a short bus ride from the airport to your hotel. There's so much to do here, from shopping to much fun in the sun. Cancun is also known for its entertaining nightclubs and restaurants.

Cancun is the place where many students go for spring break, so there are many budget friendly hotels just for students. Now, of course, we have to mention the beaches. I recommend visiting Las Perlas Beach. It's a scenic beaches where teens can go tan and enjoy themselves for the day without being crowded. You can also do some scuba diving or snorkeling in the water. Therefore, if you're looking to have fun in the waters all spring break long, Cancun is where it's at.

Source: www.cancun.com

Florida

The Sunshine State Where Dreams Come True

By Gisel Santamaria

Known as the Sunshine State, Florida is located on the eastern seaboard at the very tip of the U.S. Florida has many things to offer those who are looking for some fun, especially during spring break. So if you're not interested in traveling outside the United States for spring break, then you should explore sunny Florida.

Florida has many attractions. However, let's just take a look at the top two. One of the best places to go is Miami. In Miami, you can go to the beautiful and famous Miami Beach, as well as visiting the many shopping centers and awesome night clubs. If you're looking for something a little more exotic, you can go touring the city's lively Cuban areas where the food is to die for. In Miami, you will never be bored.



Moreover, if you're the type of person who likes to bring the child inside of you out then Walt Disneyworld in Orlando is the place for you. In Disneyworld, there are several different theme parks from Magic Kingdom to the Animal Kingdom. All theme parks have many different types of rides where you can let your adrenaline rush. There are also many types of restaurants one can eat from Chinese to Spanish cuisine.

Finally Florida is definitely one of the best places to go for spring break; there are many activities for people of all ages.

Source: www.visitflorida.com



# Jamaica

The Paradise Island

By Sha'Cora Wells

The first thing that comes to mind when a person thinks of Jamaica would probably be



Reggae music, but that's just a little insight as to what Jamaica has to offer. Jamaica is a cosmopolitan island that is well known for its fantastic beaches such

as The 7 Miles Beach which is the most popular with its pure white sand and spectacular views.

However, if bikinis aren't your thing, you can enjoy other activities such as rafting or river tubing down the White River in Ocho Rios, or even horseback riding as seen on many brochures depicting the beauty of Jamaica. Those are just the top of a long list of things Jamaica has to offer, so buy your ticket today!

Source: www.VisitJamaica.com



### A Caribbean Adventure

By Loddymer Pina, Jennifer Rojas, and Mabelly Tejeda

The Dominican Republic is a beautiful island to spend your vacation. If you enjoy Spanish food, inviting warm, golden beaches, attractive human beings D.R. is the place for you. Twenty percent of the land in the

Dominican Republic has been set aside for preservation, helping to ensure that visitors can experience the incredible ecological diversity and the amazing activities that are available.

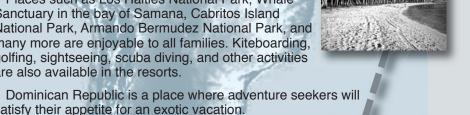
Places such as Los Haities National Park, Whale Sanctuary in the bay of Samana, Cabritos Island National Park, Armando Bermudez National Park, and many more are enjoyable to all families. Kiteboarding, golfing, sightseeing, scuba diving, and other activities are also available in the resorts.

Source:www.travelnewyorktimes.com, www.gocaribbeanabout.com

satisfy their appetite for an exotic vacation.







### SPECIAL

our Vildest Fantasies. Take a Travel Tour



Glittering white snow in the high mountains of Aspen, Clear blue warm deep seas of the Caribbean,

Your spring break is a just a flight away,

Whether you chose to relax in the white sand, Or let your adrenaline rush in the high mountains Your spring break will be amazing. Now it's just up to you to choose the place That's right for you, after all, it's about

Having an adventure!

By Gisel Santamaría

# Aloba Hawaii

By Andrea Teanga

The island of Hawaii. Oahu, where you can spend your entire spring break with friends and family, is the place to be. There are dozens of places to visit including beaches, aquariun zoos and museums.

The aquarium in Waikiki is filled with colorful tropical fish, sea jellies, squids, and octopuses! There are over three thousand marine animals and thousands of tourists coming to visit the zoo every year.



The Honolulu zoo has thousands of species like birds, mammals and reptiles. It was recently visited by the president of the United States with his family. There are also many cultural events. Get into the Hawaiian vibe and listen to traditional music.

Waikiki beach on the coast of the island is visited by 4 million tourists every year. It's the number one beach to go paddling or canoeing due to its small but lasting waves.

If you're looking for a place to stay, but don't want to break your budget, you can spend a night at the Ewa Hotel Waikiki for only eightyeighty dollars a night. It's very close to the beach and it's a great place to relax for all ages.

Undoubtedly, Hawaii would be an awesome place to visit on spring break. You won't regret this choice.

Source: www.gohawaii.com

Buggy The Birdie

A bird lives perched within me With its little tail held up high Chirping in the backwoods *Into the violet-blue skies It sings of the deepest seas* While it sings, it fills our ears With mellifluous melodies Socring through the night sky This life feels like a dream Going from place to place

Shrouded in the moon's bright beams

### Is the school doing enough to stop bullying?

### No, the school isn't doing enough to stop bullying.

-Anonymous

No, I don't think that it ever crosses their minds and that is why this school has so many gang fights. -Anonymous

I don't think that bullying occurs at Passaic High School. -Anonymous

I don't think anyone is doing anything about bullying.

There isn't any bullying in this school, so I believe not much needs to be done. -Anonymous

Honestly there isn't any bullying that I have witnessed in PHS. Even if there was, there are cops all around, so in a way yes and no. -Angelo M.

I don't see bullying in this school, and if there was, the counselors are there if we need them. -Anonymous

No, there are still many fights go-

ing on. People don't even notice

the bullying. The problem is that

people don't want to or are scared

No. What people don't know is

that there is a new law against bul-

lying in school. PHS has not done

a good job of spreading the mes-

sage, but the victims of bullying

No. People still bully other kids.

The school is not stopping any-

thing. They are worried about oth-

In my opinion, the school is doing

enough to stop bullying because I

barely see anybody get bullied

and, if they do, they can tell some-

er things than bullying.

one around school.

-Deyssi R.

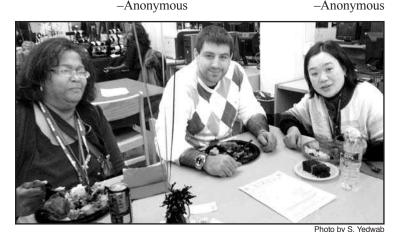
-Marcus R.

-Anonymous

-Daisy Castillo

to speak up.

can get help fast.



Teachers enjoying the Black History Month Luncheon.

I haven't really witnessed bullying in the school. Kids do fight each other, but no one really gets a beat down. -K.M.

No, because I haven't heard them talk about it. -J.P.

Yes, because they have teachers in the halls watching students passing through classes. -P.J

To be honest, I don't see much or any bullying in PHS. Everyone is either tough enough to stand up for themselves or just too "in their own world" to bother with bullying or being bullied.

-Marwa M

Bullying definitely occurs here, but it's hidden and not many people are aware of it; not even the students.

-Anonymous





-P.J

–Marwa M

### Are you allowed to express yourself at PHS?

Yes, we can, but is limited -Anonymous

No, because you have to wear the uniform and I can't wear the clothes I want to wear. -Anonymous

Yes, because we still can spice up our uniform, as long as rules are followed.

Yes, I believe so. I think we are allowed to, but don't, since we are too lazy. The uniforms don't let us express ourselves physically, but that's not important. We need to express our intelligence and knowledge.

It's 50/50. -Angel M.

No, because we can't even express ourselves in our clothing and the way we dress. Basically, the way to tell us apart is by face, and that's not enough. They should ban PHS uniforms. -Anonymous

Not really! These days I see girls going crazy with their hair styles in all different colors. Not cute at all. -C.A

We can't express ourselves. Every time we do the littlest things to show a bit of character it is ruled out. We are told we can't wear necklaces; we have to tuck them in. What is that about? It's ridiculous!

–Endi'ah

People should not make such a big deal over the uniforms. You can work your way around the rules somehow. The ones that express themselves sometimes overdo it... especially the girls!

forced the rules on uniforms, we

Anonvmous

No. They make us wear uniforms. That's not allowing us to be ourselves and stand out.



messages

Yes, because I want to live here

and be someone in the U.S. I

The American Dream is possible,

but comes with many difficulties.

For example, it is more difficult

for an urban kid than for a subur-

ban kid. Furthermore, if the per-

son is not a citizen it creates a bar-

rier, but it doesn't mean it's not

The American Dream bores me. I'll

Yes, if you want it, get it, instead

of wasting your time with gangs.

Is the American Dream

Yes, anything is possible. You just

have to desire it and try. Yes, I

think you should do your best to

reach your goal to make that

Yes, the American Dream is possi-

ble for me because somedav I

know that I will be able to cure my

sister of her pulmonary disease.

Yes, because if you give it your

best you can make anything hap-

Yes, because I'm taking full ad-

vantage of all the opportunities

given to me. I plan on working

hard and achieving what I want.

If you try, it's possible! – A.T

Yes! If you set your mind to it!

Yes, it is. The American Dream

was possible for my mom so I can

do it too. My mom has a good job

and we live in a great house and I

have money for college. I have

good grades, so I'm good. I have

everything I need.

But, you can't let anything or any

one stop you, it's that simple.

- Deyssi R.

- Daisy Castillo

- Anonymous

-Anonymous

- J.P

possible for you?

dream come true.

pen in this world.

-Angel Rodriguez

make a better dream for myself!

-Jesus Gonzalez

-PH

know I can do it!!

possible

### Is the American Dream possible for you?

No, because I'm here illegally so I can't go to college. -Anonymous

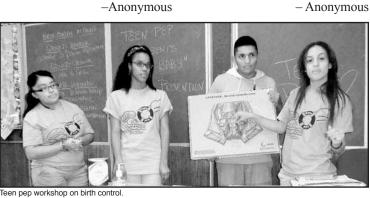
Of course, anything for me is possible if I set my mind to it. -RM

Yes, The American dream is possible for me. I came to this country for a reason. –J.G

Absolutely, if I set my mind to what I want to do the dream is possible.

-Anonymous

Yes, it's possible because even the poorest person can become rich. -Anonymous



### Are you allowed to express yourself at PHS? No! That's all I need to say.

– J.P. No. The fact that they're so strict

says it all. -Anonymous

No, they choose what we should wear. They are making us wear ugly uniforms. No one can express themselves like they want to

– Jenn. R

Not really. We basically just come to learn. We don't have the opportunities to interact with others or express ourselves. One way that we express ourselves is by our fashion, but that was obviously been taken away from us. – Deyssi R

No, right after we say something, teachers take it as an offense and now we can't even wear our own clothes.

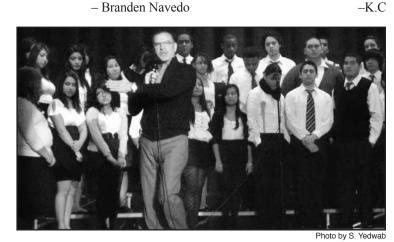
-Marcos R

No. I can't even express myself in clothing. That is all I ever had.

– Henry Feliz

The uniforms are not the only way to express oneself. You can try

writing or a sport. - Branden Navedo



Mr. Weissman and choir during the MLK assembly.

### March 2012

Dear Aida, What should she do?

Dear Worried Friend,

It seems he is giving your friend mixed signals. This is obviously a confusing stage. I suggest you tell your friend to reflect on her own feelings before confronting him. On the other hand, your friend should not take his texts in a flirty way. She should make sure she doesn't get her hopes up. He may not be looking for a relationship at the moment, but he is probably looking for a friend.

friend, than a flirt. If your friend can't keep her emotions in, then she should let the guy know how she feels that she may lose him completely

rect approach.

Dear Aida,

Dear Troubled,

Your friend is making bad choices. One way or another, your friend is going to suffer bad consequences. She's making these decisions for her own reasons, which are definitely not clear to anyone but her. If you're trying to help her, then the friendship shouldn't be harmed. You want what's best for her, and the easiest way to do that is to stick by her side.

Unfortunately, your friend may get upset by the fact that you're being honest with her. If you really want this friendship to continue, do the best you can to try and understand why she's making these choices. No matter how bad her decisions may be, being by her side through it all is being the best friend anyone can have. People may not show that they want support, so they won't ask for help, but deep down, they want all the support they can get. Just remember that your friendship may get rocky, but don't give up on it.

### Dear Aida,

promise?

**Music in Cafe** 

to them openly.

The Hilltop Star received feedback from the students and most feel they should be able to use their electronic devices to relax. It's a free period and students should have some freedom. "Music won't bother anyone. It's not like the time is being wasted with nonsense," said Janet H.

"We should be allowed to listen to music during lunch. Music often helps people deal with issues. Music is extremely powerful, and this isn't just for musicians. Maybe, if students were allowed to do this in the Cafe, they wouldn't break the rules in class," said B.V.

NHS students

#### Should we be allowed to listen to music in the Cafe?

I do not see why listening to music Yes, because we are there for 40 in Cafe is such a huge problem. Our minutes and get bored without it. lunch period is meant for us to relax during the day. During Cafe, we are not being distracted from leaning. If we choose to listen to music, we should be allowed as long as it does not annoy someone. However, as long as the music doesn't bother anyone, it should be okay. -Mariana Coteomi

Yes, we should be allowed to listen to music because music is not what causes accidents, its' bad drugs. -Genisis H

I don't see what the problem is with listening to music in the Cafe. Student's lunch period is meant for the students to relax and take a break teachers get mad because students will quietly listen to their music! –J.R

 Lluvi Rosas No, because now that they en-

can't even wear scarves. – Mayra C.

No. They don't even allow us to wear our own jewelry.

-Anonymous

I believe students should be al-

lowed to listen to music in the Cafe. Listening to music is not like texting or using the phone. You are not keeping a student away from learning. When in the Cafe, student's are relaxing, eating, talking to friends, and taking a break from from their schoolwork. Also, some school work. Listening to music should be incorporated in this reget too loud in the Cafe, but, if stu- laxing time. If we can't listen to dents are able to listen to music, they music in the Cafe, might as well make us all eat alone!

-Devyn Caraballo

I have a friend who likes a guy very much, and the guy likes her as well. The only problem is, he tells her that he doesn't want to be in a relationship. But he still texts her and comes by her house to hang out with her. She is really confused on how to go about this with all those feelings inside.

### Worried Friend

So for now, tell your HELPING



If your friend is afraid of rejection, then she will never know what could've been. After all, this guy might like girls with a di-

*My friend is a drug addict, and she has* been using drugs for awhile. She's starting to worry me. She dropped out of school and has gotten intoxicated twice. How can I help without losing her friendship?

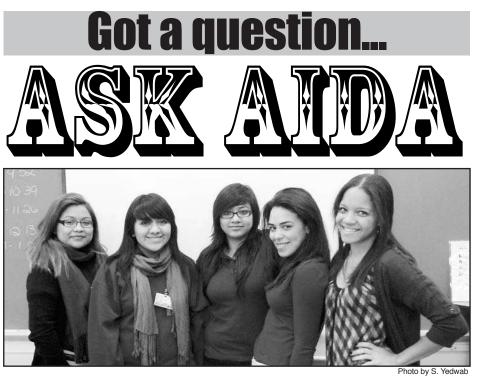
### Troubled

*I have a friend who is being charged with* a serious crime. Though I have warned him on many occasions. he hasn't listened and is now being charged and awaiting trial. I told him that if he didn't listen, I wouldn't be there for him. Should I break my word and be there for him, or follow my own

Promises Aren't Meant to Be Broken

# Continued from page 1

selves with anything other than books. Instead of hiding iPods and other apps, I believe students should be able to listen



The Ask Aida Team

Dear Promises Aren't Meant to Be Broken, Your friend has made a decision to commit a crime, and unfortunately has to face the consequences. For you to say you're not going to be there for him if he commits the crime, would probably bring down his self esteem. No matter how angry you may be with him, if you're a true friend, you'll stay with them through it all.

Having the thought of waiting for trial because of something you did, can be very stressful. On top of that, knowing your friend is not going to be there just breaks the ice. When someone goes through a hard time, even if they don't ask for help, deep down inside they're crying for it.

However, if you don't think you can handle the situation he's in. you need to honestly tell him in a way that won't be too harsh. Remember, he has already made some bad decision and feeling trapped and frustrated. Just always remember, at the end of the day, friendship is key.

### Dear Aida,

I have a cousin that thinks that she is pregnant, but she doesn't know whether or not to have the baby because her boyfriend says, no. What advice could you give me to help her

### Confused Cousin

Dear Confused Cousin, It isn't only up to the boyfriend to decide the fate of the baby. It's a decision that must be made between the two of them. You can help her by talking to her and advising her that it isn't only up to him. You have to be the one that comforts her when she needs it. Whatever decision she makes, you should support her, be her shoulder to cry on, especially when her boyfriend isn't around because there is a possibility that he won't always be

#### Lunch is so boring.

there

"We should be allowed to listen to music during Cafe. We receive no grade for lunch, so there is no reason for us to pay attention," exclaimed Edgardo Ramos.

Listening to music relaxes us, energizes us, comforts us, keeps us company, helps us celebrate and even helps mark special occasions. It is such an important part of teen culture that students should not be deprived of its benefits during our lunch.

#### Dear Aida,

I have a friend who became pregnant. *Her mother does not want her living in her* house anymore. In addition, her partner says that the baby is not his. So she is thinking about aborting the baby. What do you think I should advise her to do? Deeply Troubled

#### Dear Deeply Troubled

Right now, the best thing to do is to support your friend as much as you can. She should really think about her decision of whether or not to abort her baby.

She should also talk to her partner and get him to take a DNA test to make sure the baby is actually his. If the baby is his, then he should be man enough to help her economically and emotionally.

Your friend should also speak to her mom. Whether she did the right or wrong thing, it's done already and she can't take



it back. She should talk to her mom about the idea of an abortion. Plan at least to just inform her on the decision.

Regardless of what your friend decides to do, make sure she keeps in mind there are other ways to give up her baby than to get an abortion. There is the possibility of adoption. I'm sure if she talks to someone she will get help. Stav positive and don't lose faith that your friend will be able to make the decision that it right for her. Good Luck!

#### Dear Aida,

I have a friend who I'm highly concerned about. She recently dropped out of school and now all she does is party. I tried to convince her to get her GED and further her education, but she does not want to do anything with her life. I'm beginning to feel that she is annoved by me. What can *I do to put her back on track?* 

Dear Disappointed Friend,

They say that you can't help someone who doesn't want to help themselves. You are a good friend for trying to help her, but there is nothing more you can do if she does not wish to accept your guidance.

Your friend, unfortunately, needs to learn on her own. Don't blame yourself if she refuses to take advice from someone who sincerely cares about her well-being. Try to get her to talk to a counselor or a trusted adult to seek professional help. You can continue to motivate her, but in the end, it is her decision.

### Dear Aida,

I have a friend that was in a relationship with a guy for over a year. They have broken up and she believes the world has ended. She feels lonely and believes everyone is going to leave her like he did. *I told her she is a strong gorgeous girl* and can overcome this. Can you give her advice?

### A Worried Friend

Dear Worried Friend,

She shouldn't feel like her world has ended. She is young and she can go out with another guy who will appreciate her and who is willing to stay by her side. A breakup is something that everyone goes through. It's okay to feel lonely at times because you've gotten used to the person, but get out there and be happy, and she'll find new things to do.

Furthermore, not all guys are the same and not all guys will leave. You're just going to have to find the one who will be there for you and the one who is worth it. Just don't be miserable over one guy who didn't want to stay by your side. Life is beautiful. And there are many gorgeous guys out there who would want to be dating you.

Most importantly, don't try to replace him by going to a new sudden relationship. Don't look for love. Didn't you ever hear "You'll find some-

one when you stop looking." So let love find you. This time being by yourself may be helpful to you. Spend some quality time alone doing the things you used to do. Finally try to enjoy yourself.

### Dear Aida

One of my really close friends has some crazy anger problems. They are cool to hang with and very laid back but when they get mad, they become a whole other person. He/she starts to drink and smoke and take his/her anger out on others. Even though I try to help him/her calm down I never succeed. It only gets worse. I am really worried and concerned about *him/her because this is mv closest* friend and I really care about him/her. I just want to help him/her, but sometimes he/she are IMPOS-SIBLE! Please give me some type of advice about how to deal with this situation

Concerned Friend

### Dear Concerned Friend,

Being around someone with anger problems is, in a way, a delicate situation. You don't want to be on his/her back constantly because their anger will irrupt towards you. Try to show them how he/she looks like when he/she behave a certain

So this is what you should do. One day when you are with your friend, make some story up about being mad at a certain someone. To make things more personal say you are mad at his/her friend or a person, but act in a vicious way, kind of how he/she acts when they are angry. I mean act so angry that he will eventually tell you to calm down. From there, tell him/her that this is how they act when they are angry. Hopefully it will work and you should eventually get your friend back and good luck.

March 2012

Dating

101

find...

on How to Behave on a Date

Top 10 Do's & Don'ts

From

the Love

Doctors

THE ONE!

# March 2012 **Technology Affects Our Lives in More** Ways Than One



Technology has enhanced news as a vital resource that can keep us up to date with developments and ways in which the world will be changing. that may make our cars safer and more efficient is important to all who drive on our roads.

reliant on our computers and without them we would be lost. In a sense, technology has taken over our daily and social status. It makes life easier for us by doing so much of our thinking for us, but, if we are not thinking we are becoming vegetables. www.streetdirectory.com/travel\_uide/159550/technol-ogy/how\_technology\_is\_affecting\_our\_lives.html

St. Josephs's Hospital

dents the opportunity to do things for others that they wouldn't normally do. Their mission statement is, "Do nice things in the world." One amazing thing the club does at the end of every year is to donate all money raised during the year to a child in need of an operation. This club is run by Mr. Gilbert and is truly a giving club. (Pictures are on page 10.)

READING dation

The After School Book Club's future activities include reading great stories to elementary school children in Passaic and writing their own stories as well. They also have access to audio for those students who want to use it

# The Language of Love

Poetry by Students of Passaic High School

My Broken

Heart

The first time

*Like they said,* 

*The second time* 

The third time

be by my side

our relationship.

you broke my heart

I would forgive you,

"Give him a chance.

*you break my heart* 

it would be a waste

I would not trust you with

It meant you didn't want to

By Elizabeth Nazario

You cheated and ruined

secrets I used to tell you.

## Valentine's Day Gift

Valentine's Day is the day When everyone gives themselves a present. *Ohh... Look everything is on sale* Yet nobody gives me anything. Chocolates, roses, and bright red colors Only bring out my loneliness. *Why not just send myself a heart-shaped box of chocolates?* Pretend to have a secret admirer Who only sends me roses and detailed love notes. That's cool I would be the only one Expressing my true feelings. By Mayra Cabrera

### Not enough poems to explain it...

PAGE 10

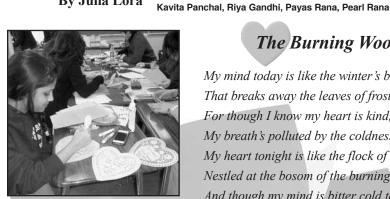
This isn't about me. This is about you.

All the laughs and smiles we've been through. But it's murky; The water is dark. I'm standing in a puddle As I throw up on my heart

I lay in tears, I can't fall asleep, But still your here, Still you help me. I would lie if I said I'm not afraid. It's me lying in my grave. How did this become about me? It's you. I'm still alive, And I'll stay as such...for you. By Lilly Ledesma

# **Missing You**

Valentine's Day The day I gain weight Valentine's Day The day I wake up late Valentine's Day The day I cry myself to sleep Valentine's Day The day I'm wishing you were with me. By Julia Lora



Nivati Patel decorates her hearts for children in St. Josephs Hospital and Eva's Village in Paterson.

# **Oh How I love Valentine's Day!**

Because it makes me feel special in every kind of way Love is in the air on this holiday Even in the streets, cities, and don't forget highways. This time of year is special to me. Because everyone is always having a good time. People like doctors, firemen, and even mimes. It's very important to have a lover in our lives It makes me happy to see them spend time together And I know you won't spend it with anyone better! **By Juwan Williams** 

### Tomorrow

If your heart and mind are at war today Peace could be found tomorrow Smiles happiness and love can replace with tomorrow's frowns, cries and sorrow At the end of the day simply will be appreciate Tomorrow is the world's biggest mystery Just know that today is a present And anything but tomorrow is history **By Diane Ortega** 



Emily Ledesma, Alex Arce and Patty Ledesma

### **You Are**

You are my life You are my light And I will fight with all my might *To keep us together 'til the end of time* Beyond the seas and horizon line You are my love You are my valentine. **By Julia Lora** 



### **One In A Million**

You're one in a million, my most special one;

Your radiant smile is as bright as the sun:

You're smart and caring and have many great charms, And my heart really sings when

you're wrapped in my arms. I'm happy you chose me from all

of the rest. And I'm proud 'cause I know that

I got the best. You're so cute and sweet,

I just love you so much, my most

The Burning Woods My mind today is like the winter's breeze,

That breaks away the leaves of frosted trees. For though I know my heart is kind, *My breath's polluted by the coldness of mankind. My heart tonight is like the flock of birds* Nestled at the bosom of the burning woods And though my mind is bitter cold tonight, Our love keeps the gentle fires burning bright. **By Brandon Nevada** 

Club Interact made Valentine cards for the little hero's who are patients in St. Joe's Hospital in Paterson.

1 Be on time 3 complain Do s 2 Be a good listener 4 talk about past 3 Dress appropriately relationships. (or mope 4 Be interested and interesting about lost loves) 5 Be honest 5 talk or text while on the date 6 Keep your comments, questions and answers short, sweet and to the point. 6 forget hygiene 7 be cheap (no fast food ) Stay positive 8 Chew with your mouth closed 8 get into the friend's zone 9 Be yourself 9 be desperate 10 Smile and make eye contact 10 move too fast www.ivillage.com/first-date-dos-and-donts/4-a-284015 Ask your date...

### get-to-know-you questions

- 1 What is their first, middle, and last name?
- 2 Who does this person live with?
- 3 Where do they go to school?
- 4 What hobbies or activities interest them?
- 5 Where did they grow up?
- 6 Are their parents married, widowed,
- or divorced?
- 7 How many brothers and sisters do they have? 8 How does this person get along with other people in his/her family?
- 9 What does their family do together?
- 10 What is their mother or father like?
- 11 How do they feel about their parents?
- 12 How do they feel about his/her childhood?
- 13 Have they had past relationships?

14 Does he/she have a religious belief? Do their beliefs conflict with vour own beliefs? How?

# How Dateable Are You?

### Are you ready to go steady?

	Never 1 pt	Rarely 2 pts	Sometimes 3 pts	Often 4 pts
I feel a sense of relief when I'm not by myself.				
I think any relationship is better than nothing.				
If I'm not in a dating relationship, I feel less wanted/attractive.				
I feel a little bit of panic when I think of not having someone to be close to.				
The very idea of being alone strikes fear in my heart.				
I'm tempted to settle for almost any relationship because I don't know if I can find anyone better.				
In my romantic relationships, I am being chosen rather than doing the choosing myself.				
When I am dating someone else I usually feel better about myself.				
I don't have a very clear idea of the individual qualities I look for in a bf or gf.				
	ve healthier relationships. :ore: 19-1: A score in this range indi-			

who you really are. You will want to learn how to move towards wholeness in yourself and in your important relationships. Score: 29-20: This range indicates that ou already have a good start in develop ing your identity and sense of self worth You will still need to work on creating a complete sense of "self" that will help you

This should allow you to have good relahttp://www.canyourel8.com/how-datable

cates an established sense of security in

who you are and a confident perspective

about your sense of personal wholeness

are-you

The Cupids at The Hilltop Star have some tips to help you

Don't s

1 bring another person

wheels

with you, no third

2 flirt or look at another

person other than your

Therefore, news of technologies

However, technology has a downside. It hinders personal communication, which negatively impacts our age group. The Internet actually detracts from the communication abilities of society, especially the young.

When our communication skills are gradually lessened, we spend less time actually talking to our families and friends. Technology also negatively affects us by perpetuating the mindset of immediate satisfaction.

We are becoming ever more



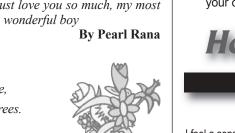
# Interact Club

started is "Valentines for Heroes."

The Interact Club offers stu-

After School Book Club — The After School Book Club offers students exposure to selected literature. This club is for all those interested in good discussions and love good reading material. The mission of this club is none other than what it was created for,

Club advisors, Mrs. Demarco, Mr. Boutcher, and Mr. Moulton, strive to make this club interesting to all ESL, English and Special Ed classes. This brings a kind of uniqueness to this club's foun-







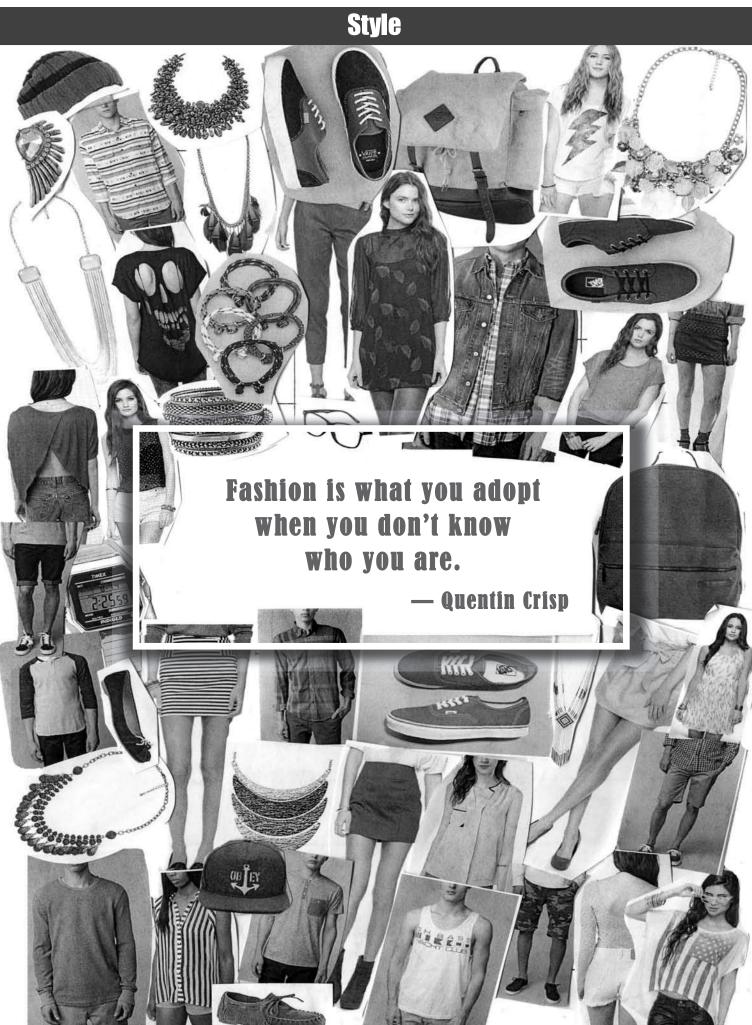
# **F**ASHION

### **By Diane Ortega**

Today's world is full of pieces of technology that we take for granted. The microchip has truly revolutionized the way in which we live and do business. The world we see wouldn't be recognizable to people of a few generations ago and nowhere is this truism greater than in the world of computing.

### Continued from page 4

The students make hand-made valentines for the little heroes who fight for their lives every day at



# STRIVE would like to congratulate the following students\_

... who pledged and successfully completed our first ever Zero Zero Challenge. At the beginning of the quarter, 100 participants signed a pledge to select a class for which they would turn in every assignment for the 2nd quarter. On February 9, STRIVE sponsored a celebratory pizza party for the 46 zero-free students who received a certificate of achievement. and were automatically entered into a raffle. Karina Gonzales was the winner of an iPod Nano and Paul Duarte was the winner of a Valentine's Day basket.

### Zero-Free Students:

- 1. Ashley C. 2. Bhavini Shah 3. Brayan Rivillas
- 4. Brenda Flores
- 5. Camila Murillo 6. Cristian Nazario
- 7. Daisy Castillo
- 8. David Colon
- 9. Diana L. Rodriguez 10.Erik Mixcoatl
- 11. Felix Zhang
- 12. Foram Gandhi
- 13.Het Patel 14. Ivette Rosas
- 26.Katherine Vasquez 27.Kevin Modesto 28.Krishna Patel 29. Leona Miller

15. Jasmine Reynoso

16. Jenessy Hidalgo

17. Jennifer Garcia

18. Jennifer Gomez

19. Jennifer Ruiz

20. Jessica Coyotl

21. Jissel A. Robles

22. Johanna Perez

24. Karina Gonzalez

25.Karla Rodriguez

23.Karina Garcia

31. Malena Almonte 32.Mayuri Rana 33. Monica Acevedo 34.Oscar Gutierrez 35.Paul Duarte 36.Reema Mistry 37. Roxanna Marroquin 38. Rushil Gandhi 39.Sade Leandry 40.Shakira Lopez 41.Vidhi Gandhi 42.William Villeda 43. Yashka Diaz 44. Yashkumar Rana 45. Yesenia Ramos 30. Margaret Miskowicz 46. Yhalit Leon



STRIVE teachers with Zero Free students.

Again, congratulations from STRIVE! Let's keep striving for the best at PHS!

# **Passaic High School**

PAGE 12

# **BOYS BASKETBALL**

# For the Love of Basketball

#### By Jennifer Rojas and **Mabelly Tejeda**

After an interview with both captains of the PHS Basketball Team, Michael Brown and Naji Mack, it is evident that they are very dedicated to this intense sport

Both players were encouraged by the passing of a family member to strive for athletic achievement. Instead of continuing to grieve the loss of their loved ones,

Naji Mack and Michael Brown Mack and Brown

decided to refocus their energy into playing in their memory.

"Boochie's with me when I'm on the court," said Brown. This has given him strength and confidence needed to qualify the PHS team for the county and state titles

The captains felt that their most challenging opponent was East-

side, but asserted that their coach has trained them well enough to go into the game with confidence.

"Our coach has worked us very hard every practice, and is always confident in us. Coach Slappy is great," said Mack.

The captains feel that not only is their coach giving them the spe-

cial ingredients needed to win, but the love and support given by the student body and the cheerleaders also has a great impact. 'Shout out to Photo by M. Tejeda beautiful

our

cheerleaders and my favorite big man, Denzel Boulware. Also, to big brother, Pert," said Brown.

The athletes continue to enjoy and take advantage of their opportunity to play basketball. "Regardless of our record, it's not about how you start, but how you finish," said Brown. He is definitely right.

### **SWIM TEAM**

# **The PHS Swimming Team Strives for Success**

### **By Cristal Soriano**

Teammates, Ramon Cabrera and Bellatrix Valdez, shared why they enjoy being a part of the PHS Swimming Team. Valdez joined the team because she decided she wanted to try something new,

while Cabrera decided to join because he always wanted to learn how to swim. When he learned about the team, Cabrera joined right away.

Ramon Cabrera Both team-

mates set goals for themselves for this swimming season. Cabrera's goal was to break his time in each competition and to complete in the

joys swimming because of the fact that she is doing what she enjoys the most! "It is mind blowing and it gives me the chance to explore new things," she said.

The Swimming Team has two great coaches, Cerdan and Sanchez. "They're always there

when we have problems and their training is worth it," said Valdez. Cabrera

added, "I can always count on our coaches because they're al-

ten to us and give us advice about positive things. They both want what is best for me and the



# **On the Mat** with Wrestling

### **By Allen Humphries**

Let's take it to the mat with two of PHS's own Wrestling Team members. The Wrestling Team is a vital part of the PHS sports community, but it's rather unknown. So, let's take a look into the mystery that is the PHS Wrestling Team.

In an interview with two members of the team, Rinaldy Hidalgo and Tykkar Womack, some of the secrets were revealed.

"My older brother was on the wrestling team and I used to come see him practice on Saturdays," said Rinaldy Hidalgo.

"Watching my older brother wrestle," is what motivated Womack.

Womack and Hidalgo are the team's leaders. Dedication is an important part of wrestling, as well as other aspects of life. But, what dedicates these two is their ever present drive to excel.

Womack said his goal for this season is, "To win all my matches and not get pinned."

Hidalgo added, "My goal for this season is to get over 100 wins and place top 8 in States.

The team's most challenging opponents are Clifton and Hasbrouck Heights. Hidalgo and Womack enjoy overcoming obstacles. They love the challenge of there sport every day.

Both athletes are enthusiastic about their coaches.

"My coaches train me aggressively. They work me to my full potential," said Womack.

Hidalgo said, "I think all of my coaches are great; they always push me to be better than I was the day before."

There are several students on the team that stand out and Hidalgo and Womack thought deserved

### WINTER TRACK

**A Hot Sport** 

**By Cristal Soriano** 

Galvez is part of the PHS

Boy's Winter Track Team.

he

add

fact Miguel Galvez

mates are really competitive

makes Galvez even more ded-

icated. Despite, that they are

all very competitive, he still

finds time to have fun with his

teammates. He plans on try-

ing to break his high school

Galvez greatly admires

Coach Blues whom he sees as

highly competitive. "He al-

ways motivates us to reach the

goals we want to achieve. He

is a role model to me and I

want to be as competitive as

Galvez plays. He also enjoys

playing soccer and going out

for a run during his spare time.

Although he finds time to do

his other activities, he finish-

are really motivated when it

comes to reaching their goals.

He said, "The most competi-

tive athlete I have ever run

with is Anthony Navarro. He

petition. He wants others to

enjoy his sport. "I encourage

everyone to join this sport.

You are going to have a lot of

Galvez clearly enjoys com-

is a really good runner."

fun," said Galvez.

Galvez feels his teammates

es his homework first.

Track is not the only sport

he is," said Galvez.

record for the two mile run.

Galvez joined

the team be-

wanted to do

creative that

something

would

his life.

meaning

The

that his team-

cause

Senior student, Miguel

# **Running the** Distance

#### **By Cristal Soriano**

PHS student, Selenne Galvez, is part of the Girl's Winter Track Team. Galvez who loves track, joined the team because both her brothers ran

track, so she felt that it would be fun for her to run track also. "Running is

my 24/7," said Galvez. She's one dedicated runner and a great asset to her team.



March 2012

hoto by Sally Flores Selenne Galvez For her winter

season, Galvez has set her mind to getting better times in her races, especially the 1600 meter race. Galvez greatly admires her coaches.

"Coach Blues is always pushing us to the max because he believes in us. He makes us feel more confident. He's the best!" she said.

Galvez loves her teammates. She likes the fact that they all know each other's flaws and encourage one another! She believes the teammate who deserve to get recognition is Yessenia Lopez.

"Lopez is one of the best runners I've ever met. She is always showing and giving us her best!" Galvez exclaimed.

Galvez has her own way of preparing for a meet. She stretches before a game, she eats healthy and makes sure to get a good night's sleep the night before. Her timings so far are 6:04 in the 1600 meter race and 3:40 in the 1000 meter race. Galvez focuses on trying to beat her times and becoming a better runner. She motivates herself with one great quote she shared with us, "To give anything less than your best is to sacrifice the gift."

### **BOWLING**

# **PHS Bowling Team—Strikes!**

### By Guadalupe Garcia

The PHS Bowling Team may not be the most popular team in

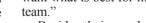
with us. Rana and Horton both want to score over 200. When asked about their most challenging opponent, both agreed it was





**Bellatrix Valdez** 

ways there to lis-





Tykkar Womack and Rinaldy Hidalgo

200 yard Individual Medley (IM). Valdez's goal was also to finish strong in the 200 yard IM.

As in all sports, competition is keen and the team also has challenging opponents. When we asked Valdez who she thought would be her fiercest opponent, she replied, "Bergen Catholic!" Cabrera added, "Our strongest opponents are PCTA and Clifton High!"

However, despite the challenge, these athletes find swimming to be a lot of fun! Valdez en-

Besides their coaches, theses athletes also want to recognize their teammates.

Cabrera said, "All my teammates are special for me, but I think Kevin Ducos deserves to be recognized because he always does the best he can every day!"

Valdez loves that her teammates are always there to cheer everyone on and that they are very friendly and supportive.

Great work PHS Swimming Team! Keep making an impact on our school.

**Congratulations to all** the PHS athletes on their winter sports season

recognition.

Hidalgo said, "I think Jorge Severino and Luis Daniel should be recognized as good wrestlers. They both are very hungry for success, and have worked hard to get where they're at now."

"My brother Tykker Womack and Rinaldy Hidalgo deserve recognition because they worked very hard to win. I see them wrestle every day giving everything they have. It makes me want to push even harder to succeed in my goals," said Womack.

As Womack and Hidalgo get ready for a match, they practice hard prior to the match, and just before the match, they try to loosen up and relax. The wrestling team has a great group of kids dedicated to what they love.

On a special note, congratulations to Rinaldy Hidalgo on his 100th win and becoming the State Wrestling Champion.

the school, but bowling is a sport

that requires skill, concentration, and determination. In addition, it's a lot of fun.

David Horton and Ankita Rana

are two athletes Photo by C. Soriand on the team that David Horton

deserve the spotlight. Horton, who is very humble, didn't believe he was talented in other sports, but felt confident in giving bowling a shot. Eventually, Horton learned that he is actually good in bowling.

Rana, who didn't even know there was a bowling team at first, said, "I joined because I wanted to have fun and spend time with my friends." Both of them also wanted to improve their game, because dedication is key.

As we continued with the interview, they shared their goals Clifton High School.

I was curious as to what is fun about this sport. "There is less stress involved and I have a chance to communicate with many people," said Horton.

Ankita Rana

Rana feels like

a pro when she knocks down all ten pins. Bowling is a very engaging sport and a great way to meet people. The coach of the team is very encouraging and patient with all the players.

"We have a very inspirational coach, Mrs. Hiller Alaston," said Rana. They shared the fact that their coach is a supportive and loving person. "She points out our mistakes and gives advice to improve our skills," said Rana.

The Hilltop Star wishes the best for the PHS Bowling Team. Keep the strikes coming!

