



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

By Lodymyer 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

## Scope This!

By Lodymyer Pina, Jennifer Rojas, and Mabelly Tejada

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.

Recently, Mrs. Cilento hosted a class contest for her 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!



Photo by D. Abreu

Blanca E. Mendez and Rahul Rana were winners of the medical abbreviations contest.



Photos by D. Abreu

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 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

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 helping our community. "I feel 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. Valente and her crew.

## 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 moth-

er 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.



Photo by D. Abreu

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 driving and safety precautions we should take during the holidays.

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!

PHS Choir and student Juan C. Cinto performed at the Holiday concert.



Photos by D. Abreu



## JOIN THE CLUBS

By Gisel Santamaria, Sha'Cora Wells, Andrea Teanga, Lodymyer 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



Photo by S. Yedwab

**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

### What's in this Issue

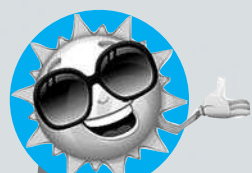
|   |     |
|---|-----|
| VIEWPOINTS.....                                 | 2-3 |
| ARTS ETC.....                                   | 4   |
| BLACK HISTORY MONTH.....                        | 5   |
| CENTERFOLD: WILDEST FANTASY: TRAVEL THE WORLD.. | 6-7 |
| ON OUR MINDS.....                               | 8   |
| ASK AIDA.....                                   | 9   |
| VALENTINE'S SPECIAL.....                        | 10  |
| FASHION.....                                    | 11  |
| SPORTS.....                                     | 12  |





# Your Wildest Fantasies... Take a Travel Tour

START



## 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 slopes 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](http://www.aspenchamber.org)



## 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](http://www.VisitJamaica.com)



## Cancun

A Mexican Hot Spot

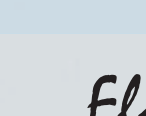
By Andrea Teanga



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](http://www.cancun.com)



## The Dominican Republic

A Caribbean Adventure

By Lodymyer 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.

Dominican Republic is a place where adventure seekers will satisfy their appetite for an exotic vacation.

Source: [www.travelnewyorktimes.com](http://www.travelnewyorktimes.com), [www.gocaribbeanabout.com](http://www.gocaribbeanabout.com)



## California

Take a break

By Lodymyer 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](http://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 Barcelo Hotel. Furthermore remember, if you're looking for a spring break full of well rounded activities, Costa Rica is the place to go.

Source: [www.tourism-costarica.com](http://www.tourism-costarica.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.



Source: [www.visitflorida.com](http://www.visitflorida.com)

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.



END

## Awaiting Adventure

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 Santamaria



## Aloha 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, aquariums, 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.

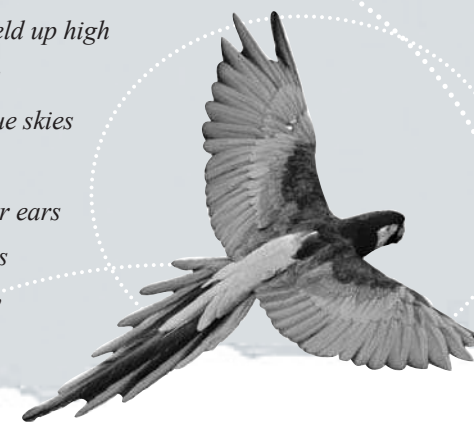
If you're looking for a place to stay, but don't want to break your budget, you can spend a night at the Ewa Hotel Waikiki for only eighty-eight dollars a night. It's very close to the beach and it's a great place to relax for all ages.

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

Source: [www.gohawaii.com](http://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  
Soaring through the night sky  
This life feels like a dream  
Going from place to place  
Shrouded in the moon's bright beams



By Luvi Rosas and Branden Navedo



# The Language of Love

Poetry by Students of Passaic High School

## Valentine's Day Gift

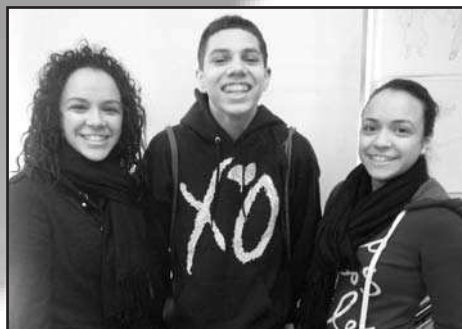
Valentine's Day is the day  
When everyone gives themselves a present.  
Ohh... Look everything is on sale  
Yet nobody gives me anything.  
Chocolates, roses, and bright red colors  
Only bring out my loneliness.  
Why not just send myself a heart-shaped box of chocolates?  
Pretend to have a secret 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

## 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

## Not enough poems to explain it...

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.

## My Broken Heart

The first time  
you broke my heart  
I would forgive you,  
Like they said,  
"Give him a chance."  
The second time  
you break my heart  
I would not trust you with  
secrets I used to tell you.  
The third time  
it would be a waste  
It meant you didn't want to  
be by my side  
You cheated and ruined  
our relationship.

By Elizabeth Nazario

## 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



Kavita Panchal, Riya Gandhi, Payas Rana, Pearl Rana



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

## 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



## 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



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

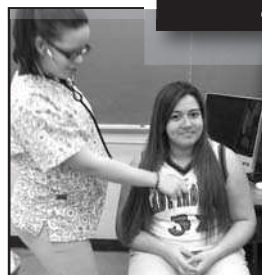


# Dating 101

The Cupids at  
The Hilltop Star  
have some tips  
to help you  
find...  
**THE ONE!**

## Top 10 Do's & Don'ts

on How to Behave on a Date



### From the Love Doctors

- |  |                       |                |   |
|--|-----------------------|----------------|---|
| <b>Do s</b>  | 1 Be on time          | <b>Don't s</b> | 1 bring another person with you, no third wheels            |
|  | 2 Be a good listener  |                | 2 flirt or look at another person other than your date.     |
|  | 3 Dress appropriately |                | 3 complain  |
| 4 Be interested and interesting  |                       |                | 4 talk about past relationships. (or mope 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 Stay positive  |                       |                | 7 be cheap (no fast food)                                   |
| 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.village.com/first-date-dos-and-donts/4-a-284015

## Ask your date...

get-to-know-you questions

- What is their first, middle, and last name?
- Who does this person live with?
- Where do they go to school?
- What hobbies or activities interest them?
- Where did they grow up?
- Are their parents married, widowed, or divorced?
- How many brothers and sisters do they have?
- How does this person get along with other people in his/her family?
- What does their family do together?
- What is their mother or father like?
- How do they feel about their parents?
- How do they feel about his/her childhood?
- Have they had past relationships?
- Does he/she have a religious belief? Do their beliefs conflict with your own beliefs? How?

## How Dateable Are You?

Are you ready to go steady?

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

**Score: 40-30:** This is a strong indicator of your need to establish a stronger sense of 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 you already have a good start in developing your identity and sense of self worth. You will still need to work on creating a complete sense of "self" that will help you have healthier relationships.  
**Score: 19-1:** A score in this range indicates an established sense of security in who you are and a confident perspective about your sense of personal wholeness. This should allow you to have good relationships.  
<http://www.canyoure18.com/how-dateable-are-you>

## Technology Affects Our Lives in More Ways Than One

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 truisim greater than in the world of computing.



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. Therefore, news of technologies that may make our cars safer and more efficient is important to all who drive on our roads.

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 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\_guide/159550/technology/how\_technology\_is\_affecting\_our\_lives.html

## Join the clubs

Continued from page 4

### Interact Club

started is "Valentines for Heroes." The students make hand-made valentines for the little heroes who fight for their lives every day at St. Joseph's Hospital.

The Interact Club offers students the opportunity to do things for others that they wouldn't normally do. Their mission statement is, "Do nice things in the world."

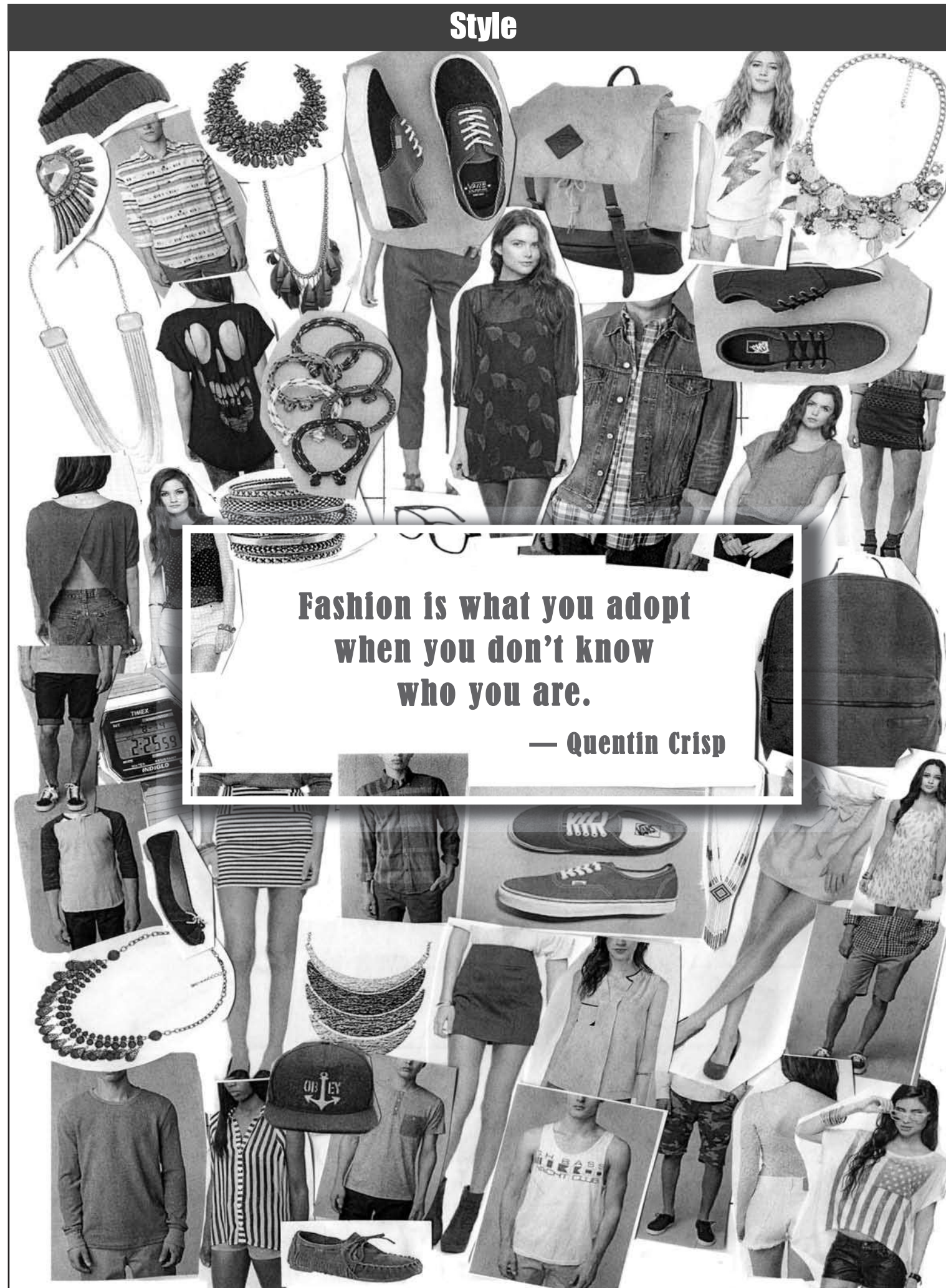
One amazing thing the club does at the end of every year is to donate all money raised during the year to a child in need of an operation. This club is run by Mr. Gilbert and is truly a giving club. (Pictures are on page 10.)

**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, READING.

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 foundation.

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.

## Style



**Fashion is what you adopt when you don't know who you are.**

— Quentin Crisp

Photos from FOREVER21.com, H&M.com, Aldo.com, UrbanOutfitters.com

## 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.          | 15. Jasmine Reynoso    | 31. Malena Almonte    |
| 2. Bhavini Shah       | 16. Jenessy Hidalgo    | 32. Mayuri Rana       |
| 3. Brayan Rivillas    | 17. Jennifer Garcia    | 33. Monica Acevedo    |
| 4. Brenda Flores      | 18. Jennifer Gomez     | 34. Oscar Gutierrez   |
| 5. Camila Murillo     | 19. Jennifer Ruiz      | 35. Paul Duarte       |
| 6. Cristian Nazario   | 20. Jessica Coyott     | 36. Reema Mistry      |
| 7. Daisy Castillo     | 21. Jissel A. Robles   | 37. Roxanna Marroquin |
| 8. David Colon        | 22. Johanna Perez      | 38. Rushil Gandhi     |
| 9. Diana L. Rodriguez | 23. Karina Garcia      | 39. Sade Leandry      |
| 10. Erik Mixcoatl     | 24. Karina Gonzalez    | 40. Shakira Lopez     |
| 11. Felix Zhang       | 25. Karla Rodriguez    | 41. Vidhi Gandhi      |
| 12. Foram Gandhi      | 26. Katherine Vasquez  | 42. William Villeda   |
| 13. Het Patel         | 27. Kevin Modesto      | 43. Yashka Diaz       |
| 14. Ivette Rosas      | 28. Krishna Patel      | 44. Yashkumar Rana    |
|                       | 29. Leona Miller       | 45. Yesenia Ramos     |
|                       | 30. Margaret Miskowicz | 46. Yhalit Leon       |



photo by S. Yedwab

STRIVE teachers with Zero Free students.

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

## BOYS BASKETBALL

### For the Love of Basketball

By Jennifer Rojas and Mabelly Tejada

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, Mack and Brown



Naji Mack and Michael Brown

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 special 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 our beautiful 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.



Photo by M. Tejada



Tykkar Womack and Rinaldy Hidalgo

Photo by C. Soriano

### 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 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 Tykkar 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.

## WINTER TRACK

### A Hot Sport

By Cristal Soriano

Senior student, Miguel Galvez is part of the PHS Boy’s Winter Track Team.

Galvez joined the team because he wanted to do something creative that would add meaning to his life.



Photo by C. Soriano

The fact that his teammates are really competitive makes Galvez even more dedicated. Despite, that they are all very competitive, he still finds time to have fun with his teammates. He plans on trying to break his high school record for the two mile run.

Galvez greatly admires Coach Blues whom he sees as highly competitive. “He always 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 he is,” said Galvez.

Track is not the only sport 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 finishes his homework first.

Galvez feels his teammates are really motivated when it comes to reaching their goals. He said, “The most competitive athlete I have ever run with is Anthony Navarro. He is a really good runner.”

Galvez clearly enjoys competition. He wants others to enjoy his sport. “I encourage everyone to join this sport. You are going to have a lot of fun,” said Galvez.

### 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.



Photo by Sally Flores

“Running is my 24/7,” said Galvez. She’s one dedicated runner and a great asset to her team.

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.

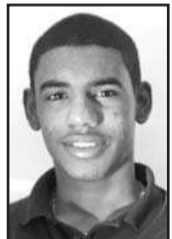
Galvez has her own way of preparing for a meet. She stretches before a game, she eats healthy and makes sure to get a good night’s sleep the night before. Her timings so far are 6:04 in the 1600 meter race and 3:40 in the 1000 meter race. Galvez focuses on trying to beat her times and becoming a better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

## 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 teammates set goals for themselves for this swimming season. Cabrera’s goal was to break his time in each competition and to complete in the 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-

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 always there to listen to us and give us advice about positive things. They both want what is best for me and the team.”

Besides their coaches, these 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.



Photo by Sally Flores

Bellatrix Valdez

## BOWLING

### PHS Bowling Team—Strikes!

By Guadalupe Garcia

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

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

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!

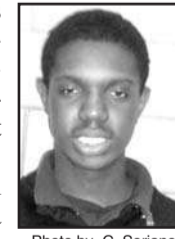


Photo by C. Soriano

David Horton



Ankita Rana

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