

Learn and  
Serve  
Reflections

VTC @ Cobble Hill



**Learn & Serve  
Reflections**

**A Waterways Project  
Publication**

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## Gregory Carpenter

### *Falling down and getting back up*

What's up? My name is Gregory. I attend Cobble Hill Health Center, which is part of the VTC program. Before I came here I was a total waste of life; cutting school, drinking, and just doing nothing with my life.

However, I found out about this program and decided to give it a try. Today I'm learning new experiences working in Cobble Hill. I'm an Occupational Therapist Assistant. So I see people every day with worse lives than mine. I learned to help improve their quality of life and I realized no matter what everything will be all right. Don't give up and just have fun.

# Jamar Gittens-Bey

## *Jobs*

It may sound funny and it may sound dumb,  
but never mess with the man when his strength  
is done.

After a hard day he wants to rest his feet  
but he gets a beep when it's time to go to sleep.  
His body is all hurt and his face is all red.  
He gets on the phone sounding like he's dead.  
By the next day the lesson is so plain:  
Never mess with a man when his strength  
is drained.

So when you see him just slow your roll  
and I guarantee it's the best way to go.  
So remember the lesson and keep it sworn,  
'cause if you don't by dawn you're gone.

# Janai Ward

Jam  
Attractive  
Neat  
Alright  
Intelligent

Exciting  
Better  
Outstanding  
Nasty  
Yellow

Whip  
Assistant  
Rose  
Decent

# Gregory Carpenter

## *Volunteering at O.T.*

Very busy at O.T.

Outgoing to help the residents

Listen to intelligent people.

Unpredictable at times of the week.

Need to have a shot at times.

The best part is when you make residents happy.

Experience I'll never forget.

Experience working with residents who ain't all there.

Rather have more sleep than come in early

At times O.T. got me and others running all over.

The best part of all is going out for a smoke.

Our attendance is always needed to handle residents.

The really great part will be when I get my diploma  
and I'll be all gone.

# Janai Ward

Moody  
Attractive  
Xtraordinary

Married  
Energetic  
Neat  
Dependable  
Excited  
Sexy

# Jamar Gittens-Bey

## *Riddle Me This*

(a) You can sit on me while people lay on me.  
You can sleep on me while others die on me.  
What am I?

(b) You can sit on me while others lay on me.  
Kids jump on me while people fight on me.  
What am I?

(c) You often see me, but rarely hear me. I  
can be minute, but I can be immense. I could  
be afraid, but I could be fearless. What am I?

(a) the floor; (b) the bed; (c) a pest.



## Janai Ward

### *Death*

Death is blind. You cannot see it. Is it coming? Do you know what it looks like? How does it feel? Does it hurt? Can you feel it? Can you see it? When is it coming? How is it coming? Do you want to die or live? You said you want to live for a long time. Look at what kind of life you are living. You are a drug dealer. You sell guns. You shoot at people all the time. You owe people money. You've already killed two people and you want to live for a long time. You must be crazy. You better get your act together. You better ask God to forgive you and you better get a new life.

## Janai Ward

### *The White Lady*

Never run into the white lady.  
It's not a question. It is a warning.  
She's dangerous and very sneaky.  
She'll be on street corners, even in movies.  
She dresses to impress the first person she sees.  
She likes to sell her body in every store in NYC.  
What is she? You tell me, but just stay away  
from the white lady.

### *Oh, Little Me*

Oh, little me, I'm all alone. I'm by myself.  
No one to talk to. No one to play with. I eat  
through a tube and I play with my hands.  
This is all new to me as you can see. I think  
I'm about 10 inches long and my weight is  
about 5 pounds. I swim in water all day long  
and my owner feeds me when I am hungry.  
What am I?

# Janai Ward

## *Mirror, Mirror on the Wall*

A mirror has two faces  
A light side and a  
dark side

A pretty side and  
an ugly side

You can change your face any time you want to. You can have a very nasty face and a very pretty face. It all depends on you. Be happy about yourself

and don't let anybody make fun of you. Be happy about who you are and where you come from and then ask the mirror who is the prettiest of them all.

# Amy Diaz

## *Sitting In My Room*

I'm sitting in my room thinking about the things I did today. The people I met and the places I've been. I tend to do this every day and think what I could have done better. But as I sit in my room, I try not to think about what I could have changed about today, but what I can do about tomorrow. So, as I'm sitting in my room I just will think about the good things to come.

# Janai Ward

## *Losing A Family Member*

Losing a family member really hurts. It's confusion, pain and stress. You don't know what to do with yourself because you are hurting so bad. Some people think that they want to kill themselves. They are going to miss them very dearly. You start to look at an old photograph and think about them more. You start to cry and cry until you fall asleep. You wake up and can't believe that one of your family members is really dead. You say to yourself that you need to take a walk. You go outside and you say you have no one to talk to. You're all alone and you say to yourself that losing a family member really hurts.



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