



## January 2017

### Contributors

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Nyasia Jackson  
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# February 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>Breakfast:</b> Pancakes <b>Lunch:</b> Buffalo Chicken Wrap Turkey, Beef, Pepperoni Sandwich	<b>1 A-Day</b> <b>Breakfast:</b> French Toast Sticks <b>Lunch:</b> Chicken Sandwich Turkey-Ham Wrap <b>School Activities:</b> X-Cats	<b>2 B-Day</b> <b>Breakfast:</b> Pancakes <b>Lunch:</b> Buffalo Chicken Sandwich Hamburger	<b>3 C-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> Chicken Fajita <b>School Activities:</b> Basketball Boys JV & Varsity	<b>4</b> <b>School Activities:</b> X-Cats
5	<b>6 D-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> BBQ Chicken Buffalo Chicken Wrap Chicken Parmesan	<b>7 A-Day</b> <b>Breakfast:</b> Sausage & Cheese English Muffin <b>Lunch:</b> Pizza Crunchers <b>School Activities:</b> Basketball Boys JV & Varsity	<b>8 B-Day</b> <b>Breakfast:</b> French Toast Sticks <b>Lunch:</b> Chicken Flat Bread Turkey-Ham Wrap <b>School Activities:</b> X-Cats	<b>9 C-Day</b> <b>Breakfast:</b> Turkey & Egg Sandwich <b>Lunch:</b> Pasta and Meatballs Italian Chicken Sandwich <b>School Activities:</b> Basketball Girls JV & Varsity	<b>10 D-Day</b> <b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Buffalo Chicken Sandwich Tacos <b>School Activities:</b> Basketball Boys JV & Varsity	<b>11</b> <b>School Activities:</b> X-Cats
12	<b>13 A-Day</b> <b>Breakfast:</b> French Toast <b>Lunch:</b> Chicken Nuggets	<b>14 B-Day</b> <b>Breakfast:</b> Pancakes <b>Lunch:</b> BBQ Chicken Sandwich <b>School Activities:</b> Basketball Boys JV & Varsity	<b>15 C-Day</b> <b>Breakfast:</b> Sausage & Egg Bagel <b>Lunch:</b> Grilled Chicken Wrap Stuffed Shells	<b>16 D-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> Breaded Chicken <b>School Activities:</b> Red Cross Blood Drive	<b>17 A-Day</b> <b>Breakfast:</b> Bagel <b>Lunch:</b> Buffalo Chicken Sandwich <b>School Activities:</b> Black History Month Celebration Black Lives Matter Demonstration	<b>18</b> <b>School Activities:</b> X-Cats
19	<b>No School</b>  <b>Presidents' Day</b>	<b>No School</b>  <b>Winter Recess</b>	<b>No School</b>  <b>Winter Recess</b>	<b>No School</b>  <b>Winter Recess</b>	<b>No School</b>  <b>Winter Recess</b>	25
26	<b>27 B-Day</b> <b>Breakfast:</b> French Toast Sticks <b>Lunch:</b> Chicken Nuggets Mac & Cheese	<b>28 C-Day</b> <b>Breakfast:</b> Pancakes <b>Lunch:</b> Gordita Wrap	28	29	30	31



# Transitioning From High School to College

January 31, 2017



Richard Pratt  
Wildcat Times  
Correspondent

Often when high schoolers think of college they think of studying, debt, and college parties.

Life after high school is very different than what television shows—recent high school graduates describe their college life as better than it was in high school with less social pressures.

Life does not begin in high school or college... what you do with your opportunities is what brings value to your life. Forgetting the childish standards from high school and becoming an adult is what most talk about when transitioning into college.

Adante Seay, a RIT student who graduated from Wilson last June (2016), said, “To be honest, I stay to myself when I’m around other students because I see them as distractions...when I’m around the people I see as friends and family, we still have a good time and have fun; however, when it comes to dressing—I usually just throw on something comfortable and less flashy when I go to class.”

The most important objective when transitioning to college is to know that you can not do what you did in high school. High schoolers normally have some way to get by while being irresponsible and carefree, aiming for the bare-minimum to pass a class.

Seay said, “College is harder If you don't have independence skills. In college you basically make your schedule for eating, homework, studying, class and sleep.”

Some people are unsure about going to college because of the workload. The classwork and other activities causes the average college student to only average between six to seven hours of sleep a night causing sleep deprivation.

Being sleep deprived during any years of school your GPA will suffer due to poor academic performances. Without proper rest, memory, decision-making, and overall coordination may decline.

While high schools normally offer free classes, colleges charge a tuition. On top of that, while high school text books are free, it is the student’s responsibility to buy their required texts in college. Add transportation to school to the mix and it’s very easy to skip or miss classes in college. But the consequences are a lot more severe.

In college, tuition may cost thousands of dollars with full tuition due all at once. While missing a high school class will only give you a slap on the wrist, missing college classes will give your wallet and your credit score a beating.

Because of the expense, most students can’t afford to attend college on their own. Thus, not going to class or studying may not only hurt the student. A student’s inability to buckle down could affect their parent’s financial stability.

In the end, high schools over and it’s time to grow up. Do your work and manage your time so that you can be successful in college.

# Completing FAFSA Can Save You Money



T'Shoma Bourne  
Wildcat Times  
Correspondent

January 31, 2017

High school seniors that have a desire to attend college after graduation will have many applications and requirements to complete in preparation for attending their first year. Among those many applications is FAFSA, also known as Free Application for Federal Student Aid, which helps many students attend college with a lower tuition cost.

FAFSA assists many students each year that are planning to attend college by providing federal money to students in need of financial help. In other words, students that are unable to afford college on their own.

Although many students use FAFSA, it is not a requirement. It is solely the choice of the applicant to apply for it. And only certain students qualify for this assistance from the government.

Whether a student's qualifies for FAFSA or not depends on the overall income of the household—the income of the parent and the child that is preparing to attend college is taken into account. While the applicant may be employed but, if they still live at home, they are considered a dependent student. A dependent student's income will still be calculated into the overall household income.

Each year the income threshold changes. Currently the overall income of the household has to be under to 50,000 dollars to be eligible for the PELL grant. The PELL grant is federal financial assistance, created in 1965 by the higher education act, named after Senator Claiborne Pell of Rhode Island.

Many students think FAFSA is entirely about applying for financial aid but that is not the case. Even if a student may not be in need of government financial assistance, if they do not apply for FAFSA, they will not receive any scholarships they may be eligible for or that might be offered to them by the schools of their choice.

Students do not need to deal with the stress over how they will apply for FAFSA. There are FAFSA Fests that are held at multiple local high schools where students may attend and get assistance with the application process.

The next FAFSA Fest will be held at Frederick Douglass R Center on Saturday February the 11th.

Melanie Williams, academic counselor here at Wilson Magnet High School, states, "by the end of February their FAFSA should be done."

Make sure to sign up for FAFSA. Whether you're looking for tuition assistance or scholarships, college is expensive and every little bit helps.



Rochester College Access Network presenta:

# 2017 FAFSA FEST

Obtenga dinero para la Universidad

MIER., 1/18: Wheatley Library • 5-7 pm • 33 Dr Samuel McCree Way  
DOM., 1/29: East High College Goal Sunday • 1-3 pm • 1801 E Main St.  
MAR., 2/7: Wilson High • 5-7 pm • 501 Genesee St.  
SAB., 2/11: Frederick Douglass R-Center • 12-2 pm • 999 South Ave.  
MAR., 2/21: Maplewood Library • 5-7 pm • 1111 Dewey Ave.  
SAB., 3/4: Franklin High School • 12-2 pm • 950 Norton St.

¿QUE DEBES TRAER?

La Solicitud Gratuita de Ayuda Federal para Estudiantes (FAFSA) se puede hacer en línea el día del evento. Se le pide a cada estudiante que traiga un padre o tutor legal.

Estudiante y ellos(los padres) deben traer sus declaraciones de impuestos del estado de NY del 2015 o 2016.

Todos los estudiantes son bienvenidos - asistencia para circunstancias especiales estará disponible.

- Ayuda para llenar el formulario FAFSA
- Respuestas a sus preguntas sobre ayuda financiera
- Alimentos y refrigerios gratuitos

Visite a [RochesterCAN.org](http://RochesterCAN.org) para información y detalles de los eventos!  
O póngase en contacto con la Fundación de Educación de Rochester al 271-5790 o [info@rochestereducation.org](mailto:info@rochestereducation.org)

Logos: REF, ESL, PAFCHEX, hrl, etc.



# Boys and Girls Club

January 31, 2017



Keonshae Grayson  
Wildcat Times  
Correspondent

One of the many Boys and Girls Club is located on Genesee Street, providing opportunities for children and teens to engage in activities in the community. This program is available for youth ages six to eighteen, Monday- Saturday so young people can be involved with new skills and qualities to become a leader.

The program's mission is to inspire and enable young people of all backgrounds to realize their full potential as productive, responsible and caring citizens.

Staff at the Boys and Girls Club demonstrates the ability to overcome negative energy, and to move towards fulfilling youth dreams. This programs supports youth to develop their character and learn everyday skills.

There is a tuition of \$11.00 a year per child. Without a doubt this is beneficial because that fee includes lunch, art classes, dance studios, video games, basketball court, teen room, tutoring, computer room... many different programs and activities!

As the children become teens, they can become junior staff and work at the Boys and Girls Club. With this experience, they began to participate in making money, staying positive, become a leader, discovering the importance of community service, and participating in career development activities.

Throughout the summer, the Boys and Girls Club provides a safe and a learning environment for youth to grow. It is stated that the Boys and Girls club "is the place where great futures are started each and every day."

Within years, the program had grown in both quality and number. The rebuilding of this program has engaged important people such as the Mayor to watch youth in activities such as the Sweet Dancers. The number of youth has increased making it beneficial for the number of youth in the community to become more active in productive activities.

The Boys and Girls Club has been an impact on youth life in this community. Many of the scholars who attend Wilson have been members or are currently junior staff at the Boys and Girls club.

There is always something productive going on at the Boys and Girls club whether it is a program, a field trip, or visit from local community groups or sports team.

The Boys and Girls club shows youth how to better themselves and how to engage with positive things, to become a more successful person in life and to become a better you. With the support from staff, the opportunity for youths to fulfill their dreams is in great hands!



# Wilson Pearls



Shaliyah Whitaker  
Wildcat Times  
Correspondent

January 31, 2017

The Wilson Pearls are a group of young women that formed a step team to represent Wilson Magnet High School and show what motivation, dedication and sophistication looks like.

To be a part of the step team, each member must have a good GPA, high energy and be capable of learning new things at a fast pace.

High energy is needed because these young women, and their coach, put in hard work. Practice is from Monday through Thursday after school at 3-5 pm.

During practice, the women create their team's style through their routine consisting of complex moves making a sophistication that is all their own.

Along with practice, the young women perform routines at competitions throughout the New York area and sometimes out of state.

Their advanced, high-energy routines produce a confidence in the Pearls and their pride shows. They're not just shouting, stomping and clapping, these young women give their all when they compete.

Jamayne Fleming, coach of the Wilson Pearls, states, "These girls work hard every day without no hesitation."

The Pearls motivate others to become their best possible selves while staying focused no matter the problem. They inspire with their dedication when practicing hard on a daily basis.

"Dedication is really a big part in becoming a member of the step team," says Anquinetta Williams. "It takes commitment and seriousness."

The Wilson Pearls have good posture, team membership, and show great leadership. It takes time to make perfection happen but, when it happens, it is awesome.



# Wilson Students at Wegman's

January 31, 2017



Courage Nou  
Wildcat Times  
Correspondent

Wegman's is the number one recommended store for students to work at and employs many of our fellow classmates.

Wegman's is arguably the top grocery store in the Rochester area. On top of that, it is routinely votes as one of the best places to work.

But what makes Wegman's such a great place to work?

Tatiana Colon, a Wilson High School senior, said that working at Wegman's is an educational and eye-opening experience. The biggest benefits were the improvement of her people skills and time management. She learned how to be prompt and be on time by arriving a little early in order to get settled before clocking-in to her shift.

While being well-known for having good customer service, Colon found during her time working that Wegman's also takes good care of its employees.

Students would need to work hard at school to keep working at Wegman's. They will need a GPA of 2.05 to keep working at Wegman's—if their GPA drops below 2.05, Wegman's won't let the student work until the next report card where, hopefully, the student had raised their average.

When there is an important test or exam coming up, students can take a day off to study for them. Wegman's will let students schedule days that they need to take off to study. By giving days off, the students will be able to focus on studying at home and focus on work when they return to their job.

While Wegman's routinely promotes from within, most students feel that their jobs are temporary. While it may not be permanent, Wegman's helps the student get the understanding of having a job and build up from what they had learned while working there. Wegman's is just a base for the student to build off of.

Working at Wegman's also prepares students for their future. With the added responsibilities, future job interviews do not seem as scary. Colon noted that her social skills have improved since working at Wegman's and now feels like it's easier to talk to people that she doesn't know.

Wegman's is filled with opportunities. Whether they plan to make it a career or move on to other fields, students can take the lessons in social skills, customer service, and the patience in working with others, and apply them to their later opportunities in life.



# Cheerleading

January 31, 2017



Tansanika Moody  
Wildcat Times  
Correspondent

Besides the fans that shout and scream from the bleachers, the varsity basketball players also have their number one supporters: Wilson's cheerleaders.

At each home game, the cheerleaders come out with big smiles and loud, enthusiastic energy. Their cheers hype the crowd—especially their signature cheer, “Wildcat Beat.”

When becoming a cheerleader, tryouts usually last up to a week where you learn a cheer, sideline and dance. Tryouts is an opportunity to showcase how quickly you can catch-on and perform under pressure. Of course, practice at home is a must but tryouts get your foot in the door.

Once on the team, team practice is mandatory each day because there are so many new things to learn. Practice is based on what events are coming up.

Safety is also extremely important. Jewelry should never be worn and hair should always be in a ponytail—with all of the moves and excitement, loose objects can easily be snagged and can injure the cheerleader.

Being a cheerleader is a fun experience in high school. It's a great way to meet different, diverse people and learn things that you never thought you could do.

This year's cheer squad has an added weight at the start of this season—the sudden death of their beloved coach Kenisha. Everything was so unexpected as they were wrapping up the end of the season. Many of the cheerleaders left school early because they didn't know how to deal with the loss of someone they have gotten close with.

Their coach's death changed this season. It was hard to get motivated being that they had to meet a new coach and start all over to create a bond. It was hard to come and begin practice without her presence.

Although the girls lost their cheer coach from last year they still work hard to do their best. Varsity cheerleader, Unique Black, says that their new coach is just as hard as coach Kenisha. Black says, “If we want to win, we will have to work hard for it.”

The girls are trying their best to come to grips with their feelings and still strive for the best. Since most of the girls are seniors this season, it is very important to them. They are working together to stay motivated and win all the competitions they have this season and also continue to show their school spirit at each game.

Go and support the varsity cheerleaders or send your wishes as the season carries on.





## Better Shape, Better Grades

January 31, 2017



Samantha LaBarge  
Wildcat Times  
Correspondent

Struggling students should consider trying out for the spring sports season (baseball, softball, or track) to get back on track for graduation.

Do not be mistaken and think, “if I join this sports team my grades will automatically get better,” because it does not work in that manner. One of the most valuable lessons taught through sports is that hard work and dedication on the field/court will help even the worst achieve greatness—the same lesson that coaches encourage students to apply to their schoolwork.

In the Rochester City School District, there is a minimum grade point average of 2.0 in order to be eligible to play any sport. The district eligibility agreement states, “You are eligible: ...If you maintain a C average in all subjects, maintain 90% daily class attendance, and demonstrate good citizenship,” and each standard is upheld by the coaches and the athletic director.

With fear of not being eligible to play, student athletes tend to do what is necessary in order to get back on track. The eligibility check comes from the athletic director, Ms. Morales, who is known to be stern AD.

To pass an eligibility check, the student must use a “run-around sheet” provided by Ms. Morales. The students’ teachers use the sheet to share student’s progress in the classroom.

Mr. Mortier, physical education teacher at Wilson, also coaches football and softball. He states, “...we [Wilson] consistently graduate over 90% of our senior football players...If you look at the district average we are way above it.”

The RSCD graduation rate is at 39% for black males, so a 90% grad rate composed of mostly black students is a great success for Wilson.

According to The Atlantic.com, a study completed by the University of Kansas has shown proof of higher graduation rates in athletes than non-athletes: an 8% difference to be exact. This has been disputed many times with the assumption of “easy pass teachers” that give student athletes the benefit of the doubt when it comes to missing classes or projects solely because that student plays a sport. With the ethical teachers we have here at Wilson, that assumption is just as fake as the “dumb jock” stereotype everyone has seen in the movies.

The standards set by the school district are the standards that the athletic department strives to meet.

And the standards that the student body and staff here at Wilson tend to surpass.



# Loveless's Love for Snowshoeing

January 31, 2017



Joelee DiGiacco  
Wildcat Times  
Correspondent

Wilson High School students may know Mrs. Loveless as our art teacher but may not know that she pursues an interest in snowshoeing outside of her classroom.

Snowshoeing is where one travels wearing snowshoes--these are wide foot gear that disperse the wearer's weight, allowing them to be able to walk on deep snow without sinking.

Loveless generally likes the outdoors and enjoys snowshoeing because it is a time where she can spend with her family without any distractions.

Snowshoeing makes her understand and appreciate the outdoors because she now knows that it is a good opportunity to relax and enjoy herself.

Loveless added that she no longer dreads exercise during the wintertime. With the availability of snowshoeing, she now has a good exercise routine.

Snowshoeing provides a cardio workout, while also building strength, balance, and endurance.

Loveless loves the fitness aspect of snowshoeing because it is a way to go outdoors and enjoy the environment while getting an intense workout. She states, "You can't beat the scenery and peacefulness that comes with snowshoeing."

In the summer, Loveless finds trails that are used for hiking and then comes back in the winter to use those same trails for snowshoeing.

This activity is useful all year for her, which is beneficial because it helps her relax and get her mind off stressful situations.

Loveless uses snowshoeing as a way to reconnect with nature and have that exposure to everything the outdoors has to offer. With the experiences that she has shared while being in the environment, she feels like a more grounded person.

Loveless recommends that everyone should try snowshoeing at least once in their lifetime to gain a new perspective of what the outdoors can really be like.