



October 2015

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November 2015

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Daylight Saving Time Ends	2 Day D Breakfast: - Waffles - Cereal -Apple Juice -Orange Lunch: -Popcorn Chicken w/Dinner Roll -Southwest Vegetable Salad -Soybutter and Jelly Sandwich - Side Salad	3 Day A Breakfast: -Sausage and Cheese Biscuit Lunch: -Buffalo Chicken Salad -Pasta and Meatballs -Veggie Wrap	4 Day B Breakfast: -French Toast Sticks -Apple Juice -Banana Lunch: -Chicken Sandwich -Southwest Vegetable Salad -Turkey Hot Dog	5 Day C Breakfast: -Turkey Ham, and Cheese Biscuit Lunch: -Chicken Sandwich -Italian Vegetable Salad -Cheese Sandwich	6 Day D Breakfast: -Yogurt Parfait Lunch: -Asian Vegetable Salad -Buffalo Chicken Pizza -Soft Tacos -Tuna Salad Sandwich Deadline for ACT Last Day MP 1	7 SAT
8	9 Day A Breakfast: -French Toast -Apple Lunch: -Buffalo Chicken Salad -Chicken Nuggets -Cheese Sandwich Winter Sports Tryouts	10 Day B Breakfast: -Pancakes Lunch: -Asian Vegetable Salad -Soybutter and Jelly Sandwich -Stuffed Turkey and Beef Pepperoni Sandwich ACT Score Release Outdoor Club meeting: Room 302	11 Veterans Day NO SCHOOL!	12 Day C Breakfast: -Waffles Lunch: -BBQ Bean Salad -Chicken Parm Sandwich -Soybutter and Jelly Sandwich	13 Day D Breakfast: -Bagel -Cream Cheese -Jelly Lunch: -Chicken Fajita Wrap -Mexican Specialty Pizza -Southwest Vegetable Salad -Tuna Sandwich	14
15	16 Day A Breakfast: -Waffles Lunch: -Italian Vegetable Salad -Popcorn Chicken -Soybutter and Jelly Sandwich	17 Day B Breakfast: -Sausage and Cheese Biscuit Lunch: -Hamburger -Southwest Vegetable Salad -Triple Decker Cheese Sandwich ACT Score Release	18 Day C Breakfast: -Pancakes Lunch: -Italian Vegetable Salad -Meatball Sub -Soybutter and Jelly Sandwich	19 Day D Breakfast: -French Toast Sticks Lunch: -BBQ Chicken Sandwich -Southwest Vegetable Salad -Soybutter and Jelly Sandwich	20 Day A Breakfast: -Yogurt Parfait Lunch: -Asian Vegetable Salad -Chicken Salad Sandwich -Pizza, Veggie Supreme -Soft Tacos Late Deadline for ACT	21
22	23 Day B Breakfast: -French Toast Sticks -Apple Cinnamon Cheerios Lunch: -Grilled Chicken -Mashed Sweet Potatoes -Steamed Corn School Picture Day! Late deadline for SAT	24 Day C Breakfast: -Pancakes -Apple Cinnamon Cheerios Lunch: -Popcorn Chicken -Southwest Veggie Salad -Triple Decker Cheese Sandwich School Picture Day! Outdoor Club meeting: Room 302	25 Thanksgiving Recess No School!	26 Thanksgiving Day No School!	27 Thanksgiving Recess No School!	28
29	30 Day D					



Photo By Brianna Patterson

Thank You Officer Felton

October 30, 2015



Brianna Patterson
Wildcat Times
Correspondent

Rochester Police Officer, Officer Felton, is moving on after a long career here at Wilson High School.

Officer Felton loves this job because it is a rewarding career. He gets to meet a lot of different people and enjoys helping the people that need it (and arresting the bad guys).

If Felton was not a cop, he would have loved to be a school counselor because he loves to work with kids. Before he went to school for criminal justice he wanted to get his master's in education.

Felton said that the Rochester crime rate being so high is discouraging because he feels helpless and doesn't think it will get any better for our city. He stated that the kids don't really care about their education and there is a lot of hopelessness that leads to a life of crime.

Felton acknowledges that police brutality happens but it's terrible. He feels that no one should have the right to abuse a person: no matter who they are or what they do.

One of the worst calls Felton responded to was a domestic violence call. When he walked in, there were two small children crying, saying, "Help my daddy." Felton looked down and saw a man lying there with a knife in his chest, dead.

Another terrible call he had responded to was a car accident. There was a fourteen year old girl in the back seat crying for help. He held her hand, saying the ambulance was on the way. But when they got there, one of the paramedics told him to let go of her because she was dead.

The worst part of Officer Felton's job is trying to help people that don't want to help themselves.

The best part about the job is when he sees people succeed. Years later, he loves to see the kids with degrees, married with kids of their own, and doing well.

Thank you Officer Felton and good luck!



Homecoming

October 30, 2015



Emily Delacruz
Wildcat Times
Correspondent

During the week of October 13th - 17th, Joseph C. Wilson had their annual spirit week, involving in a pep rally where a representative from each fall sport spoke about their team, ending with the Homecoming Football Game where the Wildcat boys faced Cardinal O'Hara.

At 5:00 pm October 17th, Wilson Wildcats got ready to play their most exciting game of the year. On a cold Saturday, the boys readied to bring home a W but it was not easy. As the game, began snow began to fall, foreshadowing an unusual game for an October afternoon.

With participants excited and anxious to play, the game began. Footballs flying in the air and there goes the first touch down for O'Hara. By the end of the second quarter Wildcats were down. But it wasn't a long time until they came back up and were winning.

Snow still falling and fans still cheering, everyone was ready for Wilson to get a touchdown.

With the Wildcats still fighting, the fourth quarter began. Fans were on their feet cheering for Wilson but, with a couple seconds to go, O'Hara scores again. The game ended with O'Hara up 29 -22.

Disappointed and angry, the Wildcats left the field after losing their homecoming game. But it wasn't a total loss. The Wilson players battled in a hard fought game.

While the game was lost there's hope that the team will carry-over this fighting spirit into sectionals.



Diabetes

October 30, 2015



Luther Smart
Wildcat Times
Correspondent

Diabetes is one of the world's most silent killers. According to the American Diabetes Association, as of 2010, diabetes remains the seventh leading cause of death with a total of 234,051 death certificates stating diabetes is an underlying cause of death.

Twenty one million people are diagnosed and treated for diabetes, where an outstanding 8.1 million people go undiagnosed and untreated for this condition.

In 2012, approximately 29.1 million American children and adults had diabetes. This includes the 1.25 million American children and adults that have been diagnosed with type 1 diabetes.

According to Nurse Gina Basham, R.N., there is a distinct difference between type one and two diabetes. Type one diabetes is insulin dependent and most commonly found in children and young adults. Type two diabetes is non-insulin dependent.

Peggy Smart, a local Rochester resident with type two diabetes, said that she hadn't given much thought to how she felt having to test her blood glucose level every morning and evening. When asked about any advice for anyone currently with type one or two diabetes, she said, "Don't eat a lot of sweets, exercise constantly, and most of all, and keep all of your doctor's appointments."

The ADA states that in 2012, approximately 208,000 Americans were diagnosed with pre-diabetes, an early stage of diabetes. In between 2008 and 2009, over 18 thousand youth have been diagnosed with diabetes.

The American Diabetes Association also states that diabetes is most common in American Indian or Alaskan Native males and females with about 15.9% of them being affected.

As of 2012, 86 million Americans have been diagnosed with diabetes. There has been an increase of seven million since 2012.



Driving Rules for Teens

October 30, 2015



Xiomara Figueroa
Wildcat Times
Correspondent

National Teen Driver Safety Week brings attention to the fact that car crashes are the leading cause for teen deaths in the country.

AAA Foundation for Traffic Safety conducted a study to see what causes these moderate to severe car crashes amongst teen groups. Besides impaired driving and cellphones, 6 out of 10 crashes are due to distractions.

Distractions are anything that takes your focus off the road and turns it to whatever is in your car. Most of these distractions are small. According to AAA research these distractions are everyday tasks gone wrong.

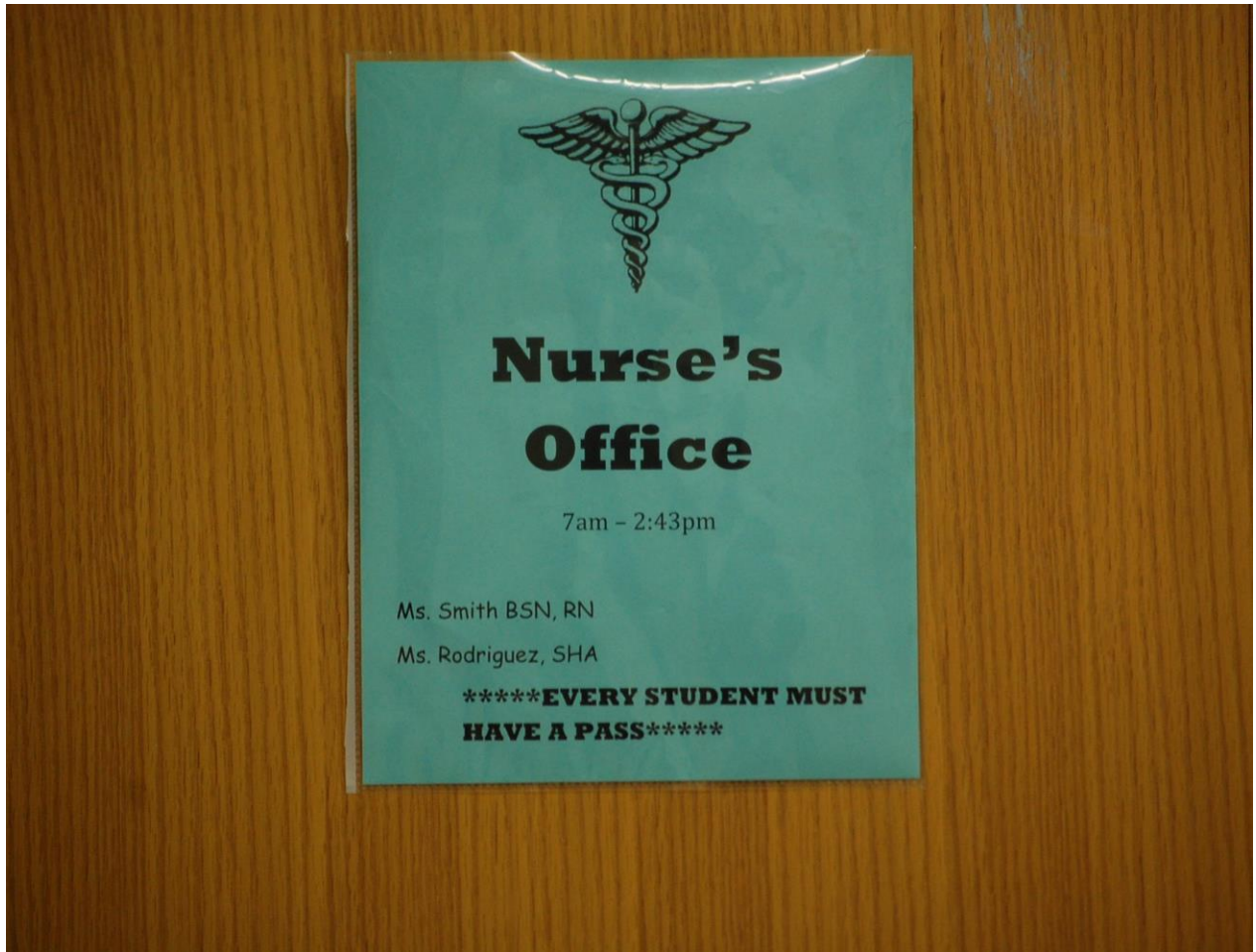
Reaching for an object-6%	Grooming-6%
singing-8%	Dancing-8%
looking at something outside the car-9%	Looking at Something Inside the Car-10%
cellphone-12%	interacting with passengers- 15%

Cell Phone usage came in second to interacting with passengers for the leading causes of crashes. Most teens invite their friends to ride in the car and conversations or posts on social media cause distractions in the vehicle.

AAA created a Start Smart Checklist. Parents can become more involved in their child's driving life. The checklist provides teens with certain guidelines to follow to avoid crashes based on research. It tells when a teen should have someone in their car or when they should start driving at night based on the months of experienced driving.

National Teen Driver Safety Week, which occurred October 18th – 24th, reminds parents and teens to be safe behind the wheel. "I think safety week is very important for having teens like me know what to do during the first few months of driving. When we drive, we don't only put our lives in danger but others too. There is always a possibility that an accident can occur if we are not careful," says Nataliyah, a driver who attends Wilson Magnet.





STDs

October 30, 2015



Kamaria Shabazz
Wildcat Times
Correspondent

More than half of all people will have a Sexually Transmitted Disease (STD), an infection transmitted through sexual contact which is caused by bacteria, viruses, or parasites, at some time point in their lifetime.

Chlamydia is the most common STD in the United States today. Each year there are almost 3 million new cases of chlamydia according to the National Institute of Health.

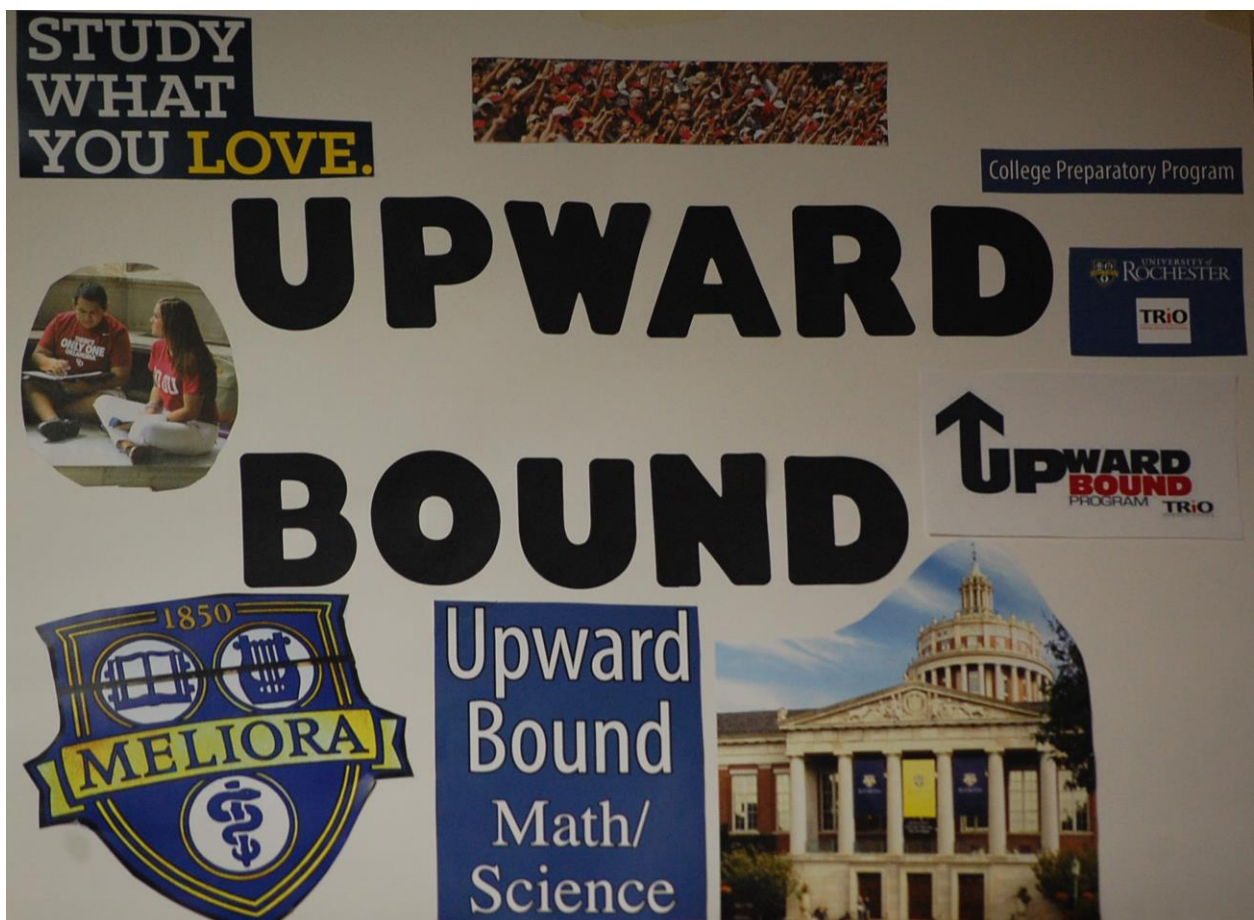
STD prevention consists of the use of condoms and abstinence (condoms only being 88% affective). 36.9 million People in the world are infected with HIV each year and 1.2 million people die from aids. According to the Mayo Clinic, the Symptoms of HIV consist of:

- Fever
- Fatigue
- Swollen lymph nodes
- Diarrhea
- Weight loss
- Oral yeast infection
- Shingles

According to Ms. Basham, school nurse here at Wilson, there are is an average 30 to 40 cases reported each year.

Basham states that there is a condom availability program at Wilson that sexually active teens can sign up for. It's a program where students can receive free condoms.

Her advice for those who might have an STD is to get treated as soon as possible and practice safe sex so no one else is at the risk of catching these diseases.



Upward Bound

October 30, 2015



Alaysia Faison
Wildcat Times
Correspondent

Upward Bound is a college prep program that helps students at Wilson High School.

The Upward Bound program helps better students that are struggling with their school work and encourages them to improve their grades. The program has a tutoring system that specializes in math and science—two subjects students struggle with.

The program targets sophomores and juniors because they want to prepare the students before their senior year. Being a sophomore or junior, students would have a year or two before they have to decide what colleges they would like to apply to, improve their grades, and improve their GPAs in an effort to get in to their dream colleges.

Mr. Ferguson, one of the counselors at Wilson HS, encourages students to join the program. He believes that the main purpose of the program is to help support students that are preparing themselves for college.

The Upward Bound program is linked to MCC, U of R, GCC and any other local Rochester colleges. The program can give you information on any of these colleges and help you apply to them.





Wilson Wrestling Team

October 30, 2015



Lamon Ragland
Wildcat Times
Correspondent

Wrestling is the best sport here at Wilson. It is grueling and a lot of hard work.

Amateur Wrestling is to physically dominate an opponent, keeping his shoulders on the mat for 5 seconds to get the win.

In practice, repetition of moves and technique is key. Wrestlers have to keep performing them over and over until he can react without thinking and win some matches.

A wrestler has to give his all in this sport because how you practice is showcased in your match. When a wrestler has to do stairs or cardio, he has to have the mental strength to keep pushing himself, making sure his cardio is up and his lungs are strong because his preparation is the only thing he has to depend on in his match.

Cutting weight is important so that a wrestler can compete at his weight class. With a few pounds over, the wrestler shouldn't eat—just keep running and exercising and working out so that he can make his weigh. It's hard depriving yourself of food but it's worth it to make weight for your team and to get out there and compete.

The life of a Wrestler takes a lot. The day starts at 6:00 am sometimes ending, after a late tournament, at 10:00 PM.

It's like a brotherhood because being around each other all day like that creates a friendship that lasts a long time.

Sometimes there are all day tournaments where a wrestler has more than one match depending on whether he wins or loses.

Mr. Lazarek & Coach Williams make it a really fun time. With their leadership, the wrestlers push each other to keep going and improving, even through long cardio sessions, creating a special bond.



Questions or Comments?

E-Mail them to Don.Burns@rcsdk12.org (please put letters to the editor in the subject line). Your letter may end up in future editions of the *Wildcat Times*



Mariah Rucker
Wildcat Times
Correspondent

**Attention: Poets, Photographers,
Writers, & Artists**
**Wilson's Literary Journal is looking
for YOU!**
Gather up your original writing, artwork, and
photographs and submit to
Room 200
For inclusion into the 2015-2016 Literary
Journal

Attention Juniors & Seniors!
Would you like to take College Trips?
Easy employment opportunities? Scholarships?
Or trips to Sky Zone and Dave and Busters?
**Stop in the Hillside office (located in
the lunchroom) to speak with a
Hillside advocate today!**

Attention Students!
Are you interested in joining the Outdoor
Club?
They take trips to Stoney Brook,
Letchworth Park, Hunt Hollow ski resort
and camping trips!
There's no signing up! Just stop in (room
320) to speak with Mrs. Dow after school.
Outdoor club crew meets the 2nd and 4th
Tuesdays of every month!