



October 2019

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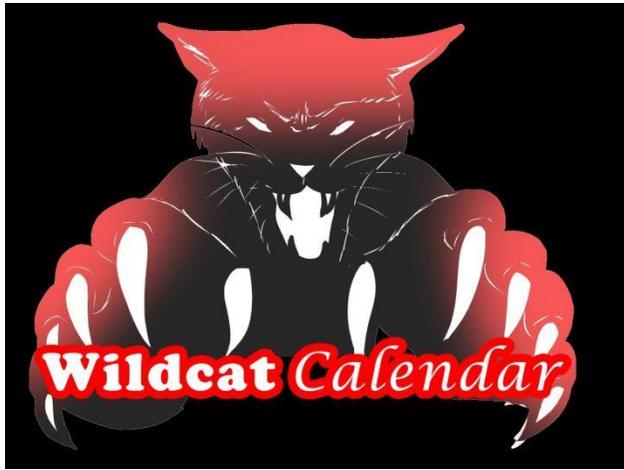
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Jason Torres
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October 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 D-Day Breakfast: Egg & Cheese Breakfast Taco Lunch: Bean & Cheese Empanada School Activities: College Rep Visit	2 A-Day Breakfast: Beef Sausage on Bun Lunch: Chicken Sandwich	3 B-Day Breakfast: Breakfast Pizza Lunch: Grilled Cheese	4 C-Day Breakfast: Cinnamon Round Lunch: Chicken Fajita Pizza	SAT School Activities: V Football
6	7 D-Day Breakfast: Cinnabar Lunch: Popcorn Chicken School Activities: Girls V Tennis Sectionals Girls V Volleyball	8 A-Day Breakfast: Grape Filled Crescent Lunch: Stuffed Cheese Sticks	9 B-Day Breakfast: Egg & Cheese on Bun Lunch: Chicken Cheese Flatbread School Activities: Girls V Tennis Sectionals Girls JV & V Volleyball	10 C-Day Breakfast: Pancakes Lunch: Sloppy Joe School Activities: Boys JV & V Soccer JV Football	No School School Activities: Girls JV & V Volleyball	School Activities: V Football
13	Columbus Day No School	15 D-Day Breakfast: Cherry Frudel Lunch: Pizza Crunchers School Activities: Boys V Soccer Girls JV Volleyball	16 A-Day Breakfast: Beef Sausage on Bun Lunch: Meatball Sub PSAT Testing School Activities: Girls V Tennis City Championship Girls JV Volleyball	17 B-Day Breakfast: Cheese Breakfast Sandwich Lunch: Egg & Cheese Panini Parent Teacher Conferences School Activities: JV Football	18 C-Day Breakfast: Cinnamon Round Lunch: Mexican Pizza School Activities: Girls V Volleyball City Championship	School Activities: V Football
20	21 D-Day Breakfast: Banana Choc Chip Bar Lunch: Popcorn Chicken	22 A-Day Breakfast: Egg & Cheese Roll Breakfast Taco Lunch: Gordita Wrap	23 B-Day Breakfast: Egg & Cheese on Bun Lunch: Cheese Calzone School Activities: Girls V Volleyball	24 C-Day Breakfast: French Toast Sticks Lunch: Hamburger School Activities: Girls V Volleyball	25 D-Day Breakfast: Cherry Vanilla Yogurt Lunch: BBQ Chicken Pizza	26
27	28 A-Day Breakfast: Blueberry/ Pomegranate Oatmeal Bar Lunch: Chicken Nuggets	29 B-Day Breakfast: Egg & Cheese Roll Breakfast Taco Lunch: Bean & Cheese Burrito	30 C-Day Breakfast: Beef Sausage on Bun Lunch: Chicken Sandwich	31 D-Day Breakfast: Breakfast Pizza Lunch: Grilled Cheese Happy Halloween		

October Monthly Horoscope

Aries (March 21- April 19)

Often you act without thinking. Slow down and weigh all options before making a decision. Be sure that all of your decisions end up treating others with respect this month.



Loi McDonald
Wildcat Times
Correspondent

Taurus (April 20- May 20)

You are striving in the right direction – think twice before deciding to give up

Gemini (May 21- June)

You are trying to do too much! To avoid becoming overwhelmed, take one step at a time and, in the future, stop biting off more than you can chew.

Cancer (June 21-July 22)

While past occurrences molded you into who you are today, you are living too much in it. Try not to stick in the past – life is about changing, growing and moving on.

Leo (July 23-Aug. 22)

Don't let situations or others get into your head – you're moving in the right direction so stay on the past.

Virgo (Aug. 23-Sept. 22)

Insecurities are paralyzing you. No one and nothing is perfect but that doesn't mean that you shouldn't always try your best.

Libra (Sept. 23-Oct. 22)

Don't worry about what others think – stay true to yourself and stick with your hobbies, activities and people that bring you joy – your days will be brighter for it.

Scorpio (Oct. 23-Nov. 21)

Give others a chance and quit trying to control everything – plans may not turn out exactly the way you foresee but you may find unintended benefits.

Sagittarius (Nov. 22-Dec. 21)

Life is in constant change – don't take anything or anyone for granted... life is too short.

Capricorn (Dec. 22-Jan. 19)

Comfort is doing what you know but how will you know if you like something if you don't ever try it? Not all new things are bad – take on the world!

Aquarius (Jan. 20-Feb. 18)

Don't be so standoffish, let others help you and meet new people. Most in life want to know you and are willing to help you – let them in.

Pisces (Feb. 19-March 20)

Life is moving by fast – live it to the fullest – don't have regrets about the chances you didn't take in the future.



We Have the Spirit!

October 4, 2019



Josiah Sturgis
Wildcat Times
Correspondent

The Spirit Week started September 23rd and lasted to September 27th here at Wilson Magnet High School.

Monday was the start of spirit week where Wilson students were encouraged to wear their favorite team's jersey. Tuesday was Twin day , Wednesday - Disney, Thursday - Pajama Day and, last but not least, Friday was the Pep Rally (the day of the pep rally was where each class wore their class colors: Freshman - black , Sophomores - white , Juniors - red ,

and Seniors - Gray.

Wilson does the spirit week every year to bring us closer together as a family overall throughout the school. It also allows students to build bonds with not only students but teachers as well.

But what is Spirit Week?

According to Ms. Hollister, teacher here at Wilson, Spirit Week is a, "Building tradition," and adds, "but our Wilson Seniors, class of 2020, say different.

Hollister adds, "Yes, this is the time to celebrate the class of 2020, to welcome new and returning students back to this school year, and influence students to keep going on to complete high school and graduate... but, for the Seniors, it's all about the Spirit Stick!"

But it's not only the seniors—all students and staff truly know the real reason for spirit week is just to get students hype and full of energy for the BIG Homecoming game.

And this year, our Wilson Wildcat Football Team crushed Arcadia 54 to 28.

Yes spirits ran high during the last full week of September here at Wilson... but, underneath all the fun and activities, there is one more thing that the week accomplishes: it is a way to make our mark and to let people know that this is our school.

We are Wilson!



PSAT



October 4, 2019

October 16th is the first city-wide PSAT test day for the Rochester City School District.

Every freshman, sophomore and junior will test, across the city, on this day.

Juniors who take the PSAT can qualify for the National Merit Scholarship Corporation scholarship programs. The National Merit Scholarship Corporation gives out 800 scholarships yearly where the amount averages about \$2,500 a piece.

There is a formula for how the National Merit Scholarship works: National Merit takes your Math, Reading, and writing sub-scores from the PSAT, adds them up, multiplies them by 2, and that number - which falls between 48 and 228 - is your Selection Index (SI). In New York State, in order to qualify as a semifinalist, a student needs a SI of 221.

For reference, the 2 hour and 45 minute test is broken down into three categories: Math which is 48 questions, 47 reading questions, and 44 writing.

After testing, students are given the opportunity to submit additional application materials in order to continue in the competition, including your SAT scores. Out of those applications, around 15,000 Semifinalists move on to become Finalists.

Doing well on the PSAT is not the only thing students have to do in order to receive a National Merit Scholarship. It's also important that scores on the SAT are high as well, good grades are maintained, and careful attention should be used when putting together the National Merit application.

Getting the scholarship is tough but could help students ease some of the stress of paying for college.

Freshman and sophomore students shouldn't be discouraged - they can take the PSAT to prepare for their junior year when it counts. Students are allowed to take the PSAT up to three times.

October 16th is quickly approaching. With practice and studying you might be able to qualify for the National Merit Scholarship.



Leading the Charge

October 4, 2019



Aliya Lazarus
Wildcat Times
Correspondent

“This game runs deeper than just Wilson and West Irondequoit,” Jahkier Moore, former student here at Wilson, said about the game against West Irondequoit - this particular team took the Wilson Wildcats out of sectionals, ending their season, last year so this made the game very personal... and the Wildcat Cheerleaders encouraged our Wilson football players, giving them all the support and motivation they would need, from the side of the field.

Our Wilson cheerleaders were at the game supporting the boys. They cheered loud and proud and the crowd loved them. While it was only seven cheerleaders, they sounded like thirty.

At the very beginning of the game, West Irondequoit scored a field goal that caused Wilson’s Varsity Football team to look slightly discouraged. To support, team leaders Aliya Lazarus and Brielle Collier called a cheer to motivate the boys to turn the game around. Evidently the support from the girls greatly helped the boys.

Not only did the crowd react with louder cheering but the faces of the boys uplifted, knowing they had the support of the Wilson Varsity Cheer team.

The cheerleaders do not just support their school and the football team, they also do many things to help support and motivate each other individually and as a squad. The cheer team found activities to participate in to help make the squad rise and become stronger in preparation for competitions.

“I feel having team bonding helps each individual cheerleader get to know each other on a personal level than just knowing each other as teammate’s,” said former cheerleader Brielle Collier

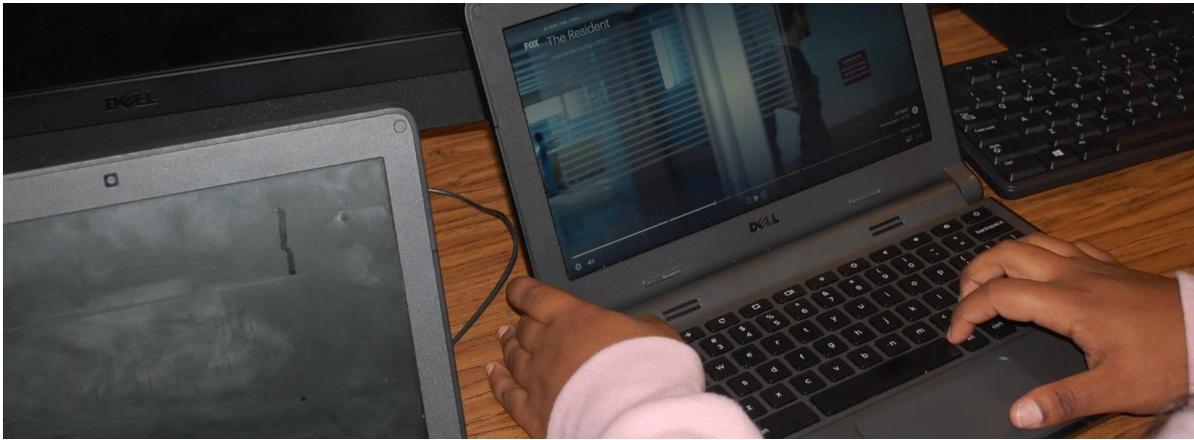
But it’s not all fun and games, cheerleading is a grueling sport. The Wilson cheerleaders have also been preparing for an upcoming competition and have been working very hard in practice.

“Cheerleading competitions are probably the most competitive competition you’ll ever see and it has a lot to do with having confidence in yourself and in your team,” says Coach Maxine Hart.

Between preparing for games and learning new routines from guest choreographers, the Lady Wildcat schedule is hectic and they remain busy. At one point, the cheerleaders did a wonderful job retaining a 2 minute and 30 second routine - filled with multiple jumps, tumbling, cheering, stunts and a cheer dance compacted in one piece - in just three days!

Cheer practices are sometimes long, frustrating, and tiring but Wilson Cheerleaders always up to the task and look forward to their performances.

And their enthusiasm is contagious: Wilson beat West Irondequoit 42-3!



Social Media has a Major Effect on a Teen's Mental Health

October 4, 2019



Latoya Afflick
Wildcat Times
Correspondent

For most teens, the pressure of being “perfect” is an unavoidable reality: whether it’s to be the kid with straight A’s, the star athlete, or even the “perfect” couple. All of these situations can result in someone thinking that they’re not good enough while lowering their self-esteem and their confidence.

Depression has risen over the years mostly because of the illusion of perfection displayed on social media. This can range anywhere from the perfect body image to the perfect life.

Teens mostly see images of people that are always happy and “living their best life” so they try to be exactly like what they see... but some people are just not capable of living up to these expectations.

“Overall, the use of social media is more damaging than helping when it comes to the mental health of teens,” says Wilson’s School Nurse, Mrs. Smith.

Smith adds, “Social media contributes to the constant comparison of one’s life versus another’s. People in common on social media tend to post a public facade showing an illusion of the ‘perfect’ life, clothes etc.... and then teens compare themselves to the false appearance which creates feelings of envy. Comparing ourselves to others put teens at risk for increased depression, anxiety and low self-esteem.”

Although it was never scientifically proven that social media itself made teens depressed, it is commonly agreed that it has an effect on teen depression.

Depression has always been an “invisible illness” but the way that social media encourages young people to interact behind a mask of perfection crates a smokescreen even the most attentive parents and friends often cannot see through. This makes it harder for teens to be able to talk to someone about the problems they are feeling within themselves.

The best way to end the cycle of denial and to keep pressure from becoming too extreme is to help teens manage their online time and identities.

This is a difficult task for most parents who were not raised with social media themselves. They often feel unable to understand what their teen is going through.

Friends and other teens could help see the warning signs because most can see the draws and the dangers of social media.

It is important for teens to understand what is real and what is an illusion – social media does not show you the tedious, boring snippets of everyone’s day... it only shows the best parts.

The reality is that most of the people that you’re following are more like you than social media leads you to believe.

The best way to combat this is to put the phone down and visit real-life friends face-to-face.



Looking for a Good Game

October 4, 2019



Darnell Sutton
Wildcat Times
Correspondent

Outside his responsibilities of being the Security Officer here at Wilson Magnet High School, Mr. Tisa has connected with many of our student-athletes with conversations about sports.

On his off days, Tisa has travelled to many different NBA games... he and his wife are even Cleveland Cavaliers season ticket holders.

Along with basketball, he is an avid baseball fan and attends major league games on occasion.

But his love is for basketball and it doesn't end with professional sports.

His whole family are just as passionate about sports as he is. Both of his sons played basketball in high school and are now high school basketball coaches as adults: one at Brighton and one at Greece Olympia.

His wife is the heart and soul of it all. Mrs. Tisa is also an avid fan who works as a teacher and has had multiple debates with her students about numerous happenings in the world of sports.

Outside of that, their family has a sports store called Tisa Sports.

Tisa shares his love for sports here at Wilson. He routinely talks about heated topics (such as who's better: LeBron or Kobe?) while clearing the hallways and routinely asks players at the school how their team is looking.

He is definitely a huge supporter with our school sports and wishes each athlete the best when it's time for a game. "I love to just come and watch you guys play because it's good to see our kids actually doing something positive."

Before every game, he asks us what we expect the score to be? Who are the best players? How do we feel going into this game? Tisa is just always that person that gives motivation with every conversation.

Like a true lover of sports, he enjoys it at every level.

Being able to tell him a story, or maybe even getting to hear one from him, I just know that whenever I'm in the hallway, I'll be sure to always stop and chop it up with Tisa.