



December 2016

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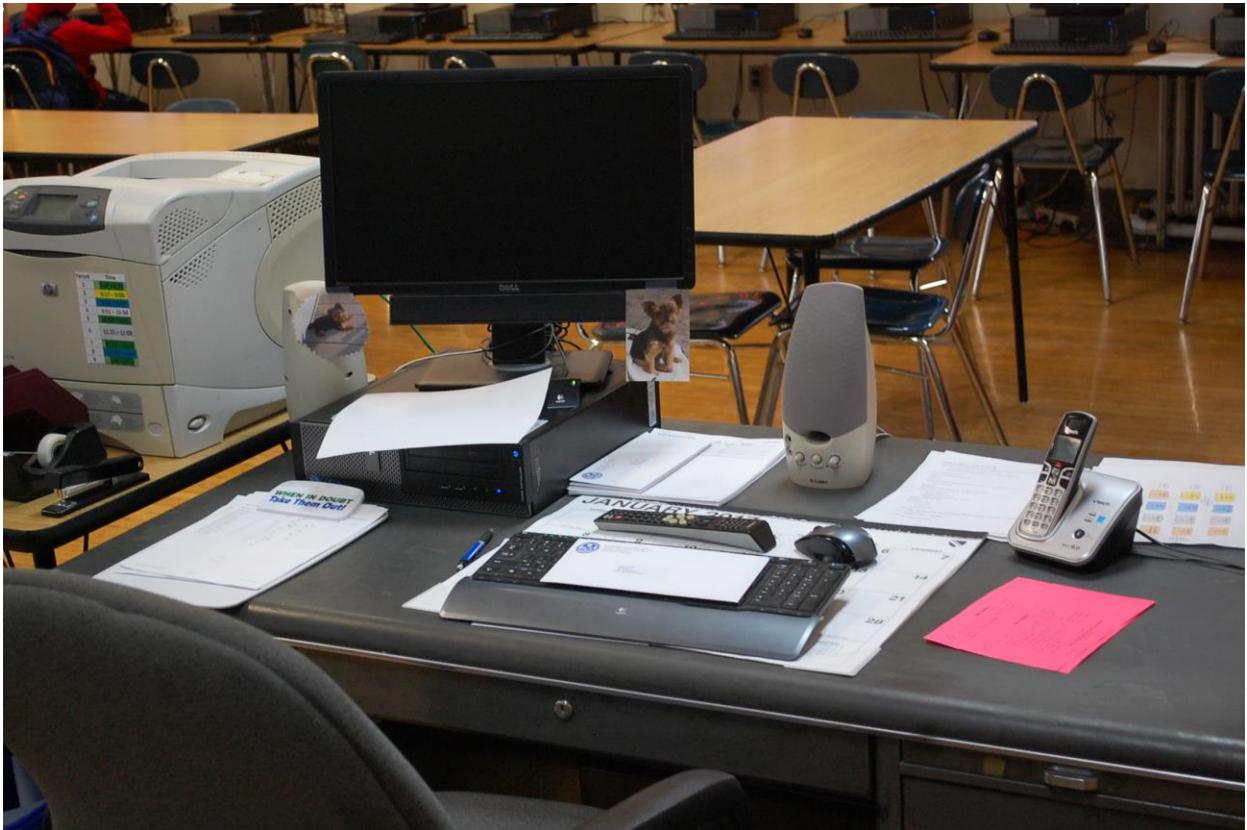
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January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 New Year's Day	2	3 A-Day Breakfast: Pancakes Lunch: Buffalo Chicken Wrap Turkey, Beef, Pepperoni Sandwich	4 B-Day Breakfast: Egg & Cheese Muffin Lunch: Chicken Sandwich Turkey-Ham Wrap	5 C-Day Breakfast: Waffles Lunch: BBQ Chicken Hamburger School Activities: X-Cats Basketball Boys JV	6 D-Day Breakfast: Bagel Lunch: Buffalo Chicken Sandwich Fajita School Activities: Basketball Boys JV & Varsity	7 School Activities: X-Cats Indoor Track V
8	9 A-Day Breakfast: Waffles Lunch: BBQ Chicken Buffalo Chicken Wrap School Activities: Bowling Varsity Basketball Girls JV & Varsity	10 B-Day Breakfast: Sausage & Cheese English Muffin Lunch: Tostitos Scoops School Activities: Basketball Boys JV & Varsity Early Dismissal	11 C-Day Breakfast: French Toast Sticks Lunch: Chicken Flat Bread Turkey-Ham Wrap School Activities: Varsity Bowling Basketball Girls JV & Varsity	12 D-Day Breakfast: Turkey & Egg Sandwich Lunch: Pasta and Meatballs Southwest Wrap School Activities: Basketball Girls JV & Varsity	13 A-Day Breakfast: Yogurt Parfait Lunch: Egg Sandwich Tacos School Activities: Basketball Boys JV Basketball Girls JV	14 School Activities: X-Cats
15	16 No School Martin Luther King Jr. Day	17 B-Day Breakfast: Pancakes Lunch: BBQ Chicken Sandwich Vegetable Wrap School Activities: Basketball Boys JV & Varsity	18 C-Day Breakfast: Sausage & Egg Bagel Lunch: Grilled Chicken Wrap Stuffed Shells School Activities: Bowling Varsity	19 D-Day Breakfast: Waffles Lunch: Chicken Sandwich Egg Sandwich School Activities: X-Cats	20 A-Day Breakfast: Bagel Lunch: Buffalo Chicken Sandwich Turkey Ham & Cheese Sandwich School Activities: Bowling Varsity Basketball Boys JV & V	21 School Activities: X-Cats
22	23 B-Day Breakfast: Waffles Lunch: Buffalo Chicken Salad Chicken Nuggets	24 C-Day Breakfast: Sausage & Egg Sandwich Lunch: Gordita Wrap Midterms: - Global II - Physics - RCT Reading - ELA - RCT Science	25 D-Day Breakfast: Pancakes Lunch: Sweet-n-Sour Chicken Midterms: - Living Environment - Chemistry - RCT USHG - Algebra 2/Trig - RCT Math	26 A-Day Breakfast: French Toast sticks Lunch: Egg Sandwich Grilled Cheese Midterms: - Earth Science - Geometry - Algebra - RCT Writing	27 B-Day Breakfast: Yogurt Parfait Lunch: Tacos BBQ Chicken Midterms: - Algebra II - RCT Global End of 2nd Marking Period	28 School Activities: X-Cats
29	30 C-Day Breakfast: Waffles Lunch: Chicken Nuggets School Activities: Bowling Varsity	31 D-Day Breakfast: Pancakes Lunch: Vegetable Wrap Cheese Sticks School Activities: Basketball Boys Varsity & Girls JV	28	29	30	31



Letter of Recommendation



Shaliyah Whitaker
Wildcat Times
Correspondent

December 23, 2016

In the Wilson community, most seniors are hyped and ready to go to college. Most seniors are driving to have success in the future, so college immediately comes to mind. However, in order to go to many colleges, you must have a recommendation letter.

A recommendation letter is a letter written to a college (of your choice) from a teacher. The recommendation letter assesses the qualities, characteristics, and capabilities of the applicant that are apparent to others.

While schools take into consideration grades, test scores and resumes, colleges would rather have a recommendation letter that gives a personal account of the applicant's work ethic, experience, intelligence and personality.

Letters of recommendation help round out your applicant profile. Most selective colleges and universities require one to three recommendation letters—one is usually written by your guidance counselor and, at least, one other by a teacher.

Recommendation letters are typically submitted electronically through the school specific supplements on The Common Application, a website that helps seniors apply to colleges easier and faster. The Common Application is an easy to get to place that your teacher, or whomever else, can upload your letter of recommendation.

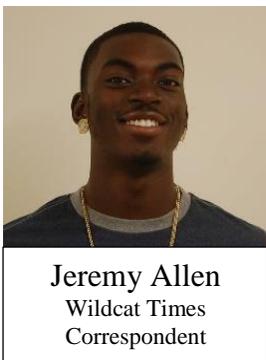
While letters of recommendation are not mandatory, they are helpful when applying to college. Mr. Heilmann, counselor at Wilson Magnet High School says, "Letters of recommendation helps [the prospective college or university's] Admission Officials get the whole picture of an applicant on a more personal level."

So include letters of recommendation with your application—it could be the personal touch you need to get your application approved.



The Importance of Good Hygiene

December 23, 2016



Jeremy Allen
Wildcat Times
Correspondent

Hygiene plays a huge role in a person's lifestyle whether it's a bad thing or a good thing.

Good hygiene is basically keeping the body clean—which decreases the possibility of illness and prevents the spread of diseases and germs.

Poor hygiene can often lead to poor health.

Maintaining a healthy hygiene reduces a chance of infections from bacteria and viruses. Having a healthy personal develops everyday habits such as regularly brushing your teeth, bathing, shampooing hair, and washing hands. These habits help an individual to avoid spreading diseases and infections. Showering frequently often prevents attacks of bacteria, fungus, virus, and parasites.

Improper hygiene puts individuals at risk of many skin conditions such as ringworm, scabies, or abscess.

While cleaning and taking caring yourself on a daily basis, helps people feel more confident about their selves, poor hygiene leads to the building of a low self-esteem. Some people with a poor hygiene do not get the proper needs at home and often become less interested in things and develop less confidence in their selves.

People that care more about their appearance and the way they present themselves to others are often the product of how they were raised. Good hygiene shows a person's character and home training.

Due to circumstances outside an individual's control (such as poverty), some kids do not have the access or resources to keep clean. Taking a shower or a bath on a daily basis in order to stay clean is just not an option.

According to Mrs. Dudek, a health teacher at Wilson High School, students with poor hygiene regularly suffer from many forms of bullying such as being excluded from group activities or constantly being pick on because of their cleanliness or odor.

So develop proper hygiene habits such as showering, brushing your teeth and flossing. The positive effects it has on everyday life are countless.



Practice Makes Perfect

December 23, 2016



Keonshae Grayson
Wildcat Times
Correspondent

A team can't be good without all players being active and up to skill.

Wilson Magnet High School's Girls' Basketball Team is for Junior Varsity and Varsity girls who are capable of keeping up their grade point average, behavior, and basketball skills.

Wilson, Early College, and World of Inquiry has a combined Girls basketball team at Wilson Magnet consisting of players from ninth through twelfth grades.

Coach James Taylor and Wilbert Surphlis have been coaching these girls the fundamentals of Basketball as-well-as supporting and improving the girl's skills and weaknesses for the past four years.

In order to stay qualified for the team, each player is expected to have a GPA of 2.0, a run around sheet from teachers with letter grades, and good behavior.

The team believes that the individual's behavior, on and off the court, reflects on the team as a whole. Each player is expected to follow all school rules, coach's rules, and the rules of the Athletic director.

Practice is held every day for the improvement of the girls. Surphlis is a coach who pushes his players to become as good as he knows they can be. During practices these young athletes are being trained in drills, defensive and offensive skills, and communication on the court. These girls practice to incorporate their verbal along with their physical skills so they can better work together as a team.

Each day the girls have the same drills including the three-man weave, two on three defense drill, and a lot of running to give them speed and endurance while playing in a game.

The girls scrimmage each other to better themselves in real-time decision making and all-around skills.

A senior Wildcat who's been playing basketball for Wilson for the last five years stated, "Practice is hard because it takes a lot of time to better yourself but, in the end, it also pays off."

Motivation in practice supports players to become better in games. With each player supporting the other, the play improves, the energy level improves, teammates begin to trust each other, and team wins will surely follow.

But being able to play a sport for your high school is a privilege...with team play, high energy and hard work on and off the court, these Wildcats are up to the challenge and a force to be reckoned with here at Wilson.



I Can't Get No Sleep

December 23, 2016



Courage Nou
Wildcat Times
Correspondent

Students tend to come to school tired because they do not get enough sleep for their brain to recover from the day. Work is not completed, students struggle to pay attention during their lesson, and many fall asleep in class.

According to Mrs. Dudeck, health teacher at Wilson Magnet High School, teen students should have a recommended eight to ten hours of sleep a night.

Wilson students average 6 hours of sleep before waking up and coming to school.

When a person is asleep, their brain and the body recovers for the day. This is when the brain decides where to put memories—in the short-term or long-term memory. This is when the brain decides to either keep the memory or throw it away. Lack of sleep does not allow the brain to process all the new lessons that were taught in school the previous day. Instead, the brain throws them away.

Many students stay up late browsing or texting on their phones. On top of that, many sporting events start around 8:30 pm and end around midnight. This leaves, at the most without overtime, 5 hours of sleep.

Mrs. Dudeck says that lack of sleep effects, “being tired and having cognition of memory.” Cognition is the process of thinking that a person has when they are learning something new. Since a student has less hours of sleep, they lack the cognition of learning the new lessons that were given to them in class.

As a result, the student’s sleep habits would have a major effect on their grades because they would struggle to remember what they had learned in school that day. Students come to school tired and tend to fall asleep in class. And, for those that are awake, their sleep habits may cause a lack of participation in class.

So the next time you ask a teacher, “Why am I failing?” ask yourself, “What time did I go to sleep last night?”



Army Requirements and Benefits

December 23, 2016



Joelee DiGiacco
Wildcat Times
Correspondent

Many individuals want the honor and benefits of military service but are unsure of the many requirements needed to join.

There are many advantages to serving in the military. Aside from the sense of pride and accomplishment felt for serving and protecting your country, servicemen have many special opportunities open to them.

If an individual joins the Army, they would have many opportunities and benefits open to them. Depending on the commitment, an individual could receive up to \$1509 a month towards college, after an initial \$1200 dollar buy-in with the Montgomery GI Bill. This money could also be transferred to another family member because most soldiers use the Post 9/11 GI Bill, that covers all of an individual's tuition expenses, upon exit from the military.

Also, while serving, you can further your education. The Army will foot the bill if you get a 3.0 or above and maintain a C average.

Or you could collect Army Reserve pay while attending college.

On top of education, other benefits include thirty days of vacation, complete medical and dental care, leadership skills, specialized army training, and camaraderie.

The Army has over 150 jobs including engineer, mechanics, transportation, human service, medical, and so much more to choose from.

To be considered, an individual must be between the ages of 17-34 and score a minimum score of 31 on the Armed Services Vocational Aptitude (or ASVAB). Also, the individual must have a high school diploma and pass a physical medical exam.

There are a few things that may disqualify an individual from joining the Army such as visible tattoos, having a criminal record, or if you're not a U.S. citizen (for some, individuals may be allowed to make their Oath of Citizenship before the end of Basic Training).

After an individual's service, the training and experiences help aide when finding jobs after the military. Along with the learned skills, the Army helps soldiers transition back into their daily lives with programs like Army Career and Alumni, helping them prepare for their future.

There are other benefits available that can help find a job, buy a home and so much more.

The competition in joining the Army is very stiff so it's important to do some research. Talk to a recruiter and make sure you meet all of the requirements and maybe you can become "Army Strong."



You Down with LPP? Yeah, You Know Me



December 23, 2016

L.P.P. (Liberty Partnership Program) is a program that provides academic and personal support services to at-risk youths in grades 7-12 attending the Rochester City School District (RCSD).

L.P.P. can help students based on their desired goals. For example, if somebody wanted to become a computer engineer, L.P.P. would focus on taking the interested student to colleges that have computer engineering programs and notify the prospective student when related events, workshops, or programs take place.

L.P.P. also has job-readiness skills training, time management and organizational skills seminars, conflict resolution and anger management workshops.

Another skill that they teach is the seven habits of highly effective teens curriculum. These seven things are to be proactive, begin with the end in mind, put first things first, think win-win, seek first to understand, then to be understood, synergize, sharpen the saw.

Susan Gunther, Program Director at L.P.P., states, “L.P.P. services are to help students be successful in high school, college and the remainder of their life.”

Gunther says that L.P.P. provides after school tutoring, college tours, and career exploration.

The L.P.P. cares about their students and tries to motivate their students to graduate high school and go to college.

L.P.P. staff members reach out to students to see their grades and to keep up to date with their progress.

In the last five years, 85% of students that attend L.P.P. graduate from high school while an even higher percentage has gone on to college.

You may ask yourself: why should a person go to L.P.P.?

L.P.P. focuses on the student’s goals for their future and assists them in their efforts.

So I ask you: why aren’t you involved with Liberty Partnership Program.



Winter Depression

December 23, 2016



Tatiana Colon
Wildcat Times
Correspondent

Twenty percent of Americans are affected by Winter Depression, also known as Seasonal Affective Disorder, which is an illness where many people become depressed only in the winter.

Most of the time, people aren't able to end winter depression until the warmer and brighter months are back again. Wilson's health teacher, Mr. Wilson, says that winter depression is a mood disorder within people that have normal mental health.

Anybody has a potential risk of getting winter depression.

Wilson states that having less sunlight available is a common occurrence when you live in a place like Rochester. When your body gets less sunlight in the winter and fall your brain makes less serotonin. Serotonin is a chemical linked to brain pathways that regulate your mood. When the nerve cell pathways don't function normally you begin to have symptoms that mimic clinical depression.

The main difference between clinical depression and winter depression is when people are depressed. People who have winter depression struggle with depression only in the colder and darker months. While people with clinical depression struggle with it all year round.

For students at Wilson, becoming depressed in the winter is a major possibility. The issue for students is waking up before dawn and getting out of school and having only a couple hours of sunlight.

On top of the less sunlight, students tend to stay indoors for afterschool activities. Also, they simply go home and stay warm in the house rather than hanging out in the cold.

Mr. Wilson highly advises students to consume more Vitamin D in their diets. Consuming Vitamin D will make up for some of the vitamins that you would receive in the summer months that you don't get in the winter months. One main drink that helps to cope with or prevent winter depression is Vitamin D milk.

Most importantly, individuals need at least 10 minutes of direct sunlight on your skin several times a week.

So if you're feeling down or blue during these winter months, you're not alone—winter depression could affect anyone. But with a few healthy steps, you can manage or protect yourself from this seasonal illness.