



May 2016

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May 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 A-Day Breakfast: French Toast Cereal Lunch: Chicken Nuggets Pizza	3 B-Day Breakfast: Pancakes Cereal Lunch: Buffalo chicken Wrap Pizza Vegetable Wrap School Activities V Baseball V Softball	4 C-Day Breakfast: Egg & Cheese Sandwich Cereal Lunch: Hamburger Pizza Turkey-Ham Wrap School Activities V Golf V Baseball JV & V Softball V Tennis V Track	5 D-Day Breakfast: Waffles Cereal Lunch: Breaded Chicken Sandwich Pizza School Activities V Golf V Baseball JV Softball V Tennis	6 A-Day Breakfast: Bagel Cereal Lunch: Buffalo Chicken Sandwich Pizza School Activities JV & V Softball V Tennis V Track	7
8	9 B-Day Breakfast: Waffles Cereal Lunch: Wrap Popcorn Chicken Pizza School Activities JV Golf V Baseball JV Softball	10 C-Day Breakfast: Sausage and Cheese Sandwich Cereal Lunch: Sloppy Joe Pizza School Activities V Golf V Baseball V Softball V Tennis	11 D-Day Breakfast: French Toast Cereal Lunch: Pizza Turkey-Ham Wrap School Activities V Golf V Baseball V Tennis	12 A-Day Breakfast: Turkey, Ham, & Egg Sandwich Cereal Lunch: Cheeseburger Pizza School Activities V Baseball V Softball V Tennis	13 B-Day Breakfast: Yogurt Cereal Lunch: Tacos Pizza School Activities Prom Night	14
15	16 C-Day Breakfast: French Toast Cereal Lunch: Chicken Nuggets Pizza School Activities V Track	17 D-Day Breakfast: Pancakes Cereal Lunch: Pasta w/ Meatballs Pizza School Activities V Tennis	18 A-Day Breakfast: Sausage & Egg Bagel Cereal Lunch: Cheeseburger Buffalo Chicken Wrap Pizza	19 B-Day Breakfast: Waffles Cereal Lunch: Breaded Chicken Wrap Pizza School Activities V Golf	20 C-Day Breakfast: Bagel Cereal Lunch: Pizza School Activities V Track	21
22	23 D-Day Breakfast: Waffles Cereal Lunch: Popcorn Chicken Pizza School Activities V Tennis	24 A-Day Breakfast: Sausage and Cheese Sandwich Cereal Lunch: Pizza	25 B-Day Breakfast: Pancakes Cereal Lunch: Wrap Beef Chili Pizza	26 C-Day Breakfast: French Toast Cereal Lunch: Pizza	27 D-Day Breakfast: Yogurt Cereal Lunch: Tacos Pizza	28
29	30 Memorial Day No School	31 A-Day Breakfast: French Toast Cereal Lunch: Tacos Pizza School Activities V Softball				



High School Stress

April 20, 2016



Ariam Alomar
Wildcat Times
Correspondent

High school students are overly stressed as the end of the year approaches. With June and Regents exams upcoming, students are struggling with handling all the stress that's building up.

Many students stress because they are pressured to get a lot of work done in a short period of time.

Jalen Berry, a current senior at Wilson High School, states that students mostly stress over keeping up with their school work and because of their grades. He feels that "one minute it's September the next, before you realize it, it's May."

He also says that "stress starts to build at home and continues in school."

Lamon Ragland, another senior at Wilson High School, states that once students begin to fall behind, they stress more. This is noticeable each marking period. Students start strong then fall behind towards the middle. As the marking period nears its end, students are stressed about getting their assignments in on time to at least pass their classes.

Both of them agreed that, depending on outside pressures, a lot of things add up to stress students such as keeping up with their school work, working a part time job, and trying to balance their responsibilities.

Many students feel like there is no one that they can turn to for help.

Some students turn to a friend, a counselor, or a teacher... someone that they trust will listen and help them let some stress out.

There are many ways to help with the pressure of high school. Try to do something fun to get your mind off of it. Work out, listen to music, hang out with your friends or just talk to someone that you trust.

Stress can't be avoided, but it can be reduced with positive thinking and actions.



The New Twenty

May 12, 2016



Xiomara Figueroa
Wilson Times
Correspondent

Harriet Tubman is set to replace former President Andrew Jackson on the new twenty dollar bill.

The change is to prevent fake currency from circulating the streets and to recognize women's achievements.

The decision was announced April 20th by Jacob Lew of the U.S. Treasury.

Harriet Tubman was chosen because of her achievements in her lifetime. She is a historical figure because of her involvement with the Underground Railroad where she risked her life saving over 300 slaves, a Civil War hero, and her support for the woman's suffrage movement in her later years.

During the time of the Civil War, Tubman served in the Union as a cook, nurse, and spy. She was also the first woman to lead a military expedition where she helped to free hundreds of slaves.

The U.S. Treasury decided to change the twenty because of Andrew Jackson's Indian Removal Act and his involvement with the Trail of Tears.

According to Lew, there is no other person that would represent the bill better than Tubman. "What she did to free people on an individual basis. That's a legacy of what an individual can do in democracy".

The bill is set to release in 2020 to represent the 100th anniversary of the 19th amendment—granting women the right to vote.

Malik Thompson, a participant at the Gandhi Institute, thinks it's about time, "Not only women but women of color should be recognized."

Thompson likes that Harriet will be the face of the twenty because she is seen as a hero in many different ways. "She helped shape our country and culture."

Thompson is anxious to seeing what the new twenty will look like in 2020.

While unexpected, this is a welcome change to honor the well-deserved icon Harriet Tubman.



Depression

May 12, 2016



Chyna Odum
Wildcat Times
Correspondent

Depression is a mood disorder that can affect a person mentally, emotionally, and physically.

Depression doesn't discriminate. Whether a high school student or celebrity, anyone could become depressed.

One student here at Wilson, Maria*, became aware that she was suffering from depression in middle school. While it's been diagnosed, it still follows her till this very day.

Depression has had its effects on her. Maria has many symptoms like lethargy, anger, anxiety and, one time, she even had a breakdown. Many days, she doesn't even feel like getting out of bed.

These symptoms are not typical. Depression can show itself in many different ways.

Maria believes that many people are ignorant to the issue. Since people hadn't had the experience, they'd rather push the issue under the rug. Maria says, "They say they know but they really don't."

While depression is crippling, there are ways to fight it. Maria says to, "Talk it out, write it," then adds, "I sing it out or go to work. Those things are what make me happy."

Remember, if you are suffering from depression, you're not alone. Celebrities Freddy E and Simon Battle both battled depression before tragically taking their own lives. Before his death, Freddie E tweeted, "...it's cold and ill rather die than live alone."

The fact is, untreated, depression can be very dangerous.

At Wilson, there are many persons to "vent" to. One in particular is social worker Carol Lurye. Lurye has dealt with many students with depression and believes that everyone should, "Stop telling people to be quiet about it."

Depression is something serious. The seriousness often tends on how much control that individual lets it control their life.

When it comes to depression, no one should hide it.

Lurye estimates that 10% of Wilson students suffers from long term while 25% suffers from short term.

If you are suffering from depression, you don't have to do it alone. Search for people around you that will listen. If needed, contact Lurye (her cellphone number is 585-489-3315) or contact a professional therapist.

* Student's name has been changed



Mrs. Musinger

May 12, 2016

Mrs. Musinger is a Wilson High School counselor, college coach and family service coordinator.

She has been working at Wilson for two years after working at Edison High School, the School Without Walls, School 58, and the Youth and Justice Program.

Musinger says her occupation is, “to give advice and help students with the college application process and facilitate peer mediations and peace circles.”

Her job is not slow-paced. Musinger states that it gets complicated, “especially because I care for all students. Seeing them not able to work out conflicts and hold grudges throughout the school year creates a lot of tension in the classroom setting.”

Iesha Brown, a Wilson High School senior, says, “I have been close to Mrs. Musinger ever since she came to Wilson. Whenever I need good advice, or help with anything personal, I’m always able to go to Mrs. Musinger.”

Mrs. Musinger is a good source here at Wilson. From help with college applications, getting good advice or even just to have a good laugh with, Mrs. Musinger is always ready to listen and eager to help.

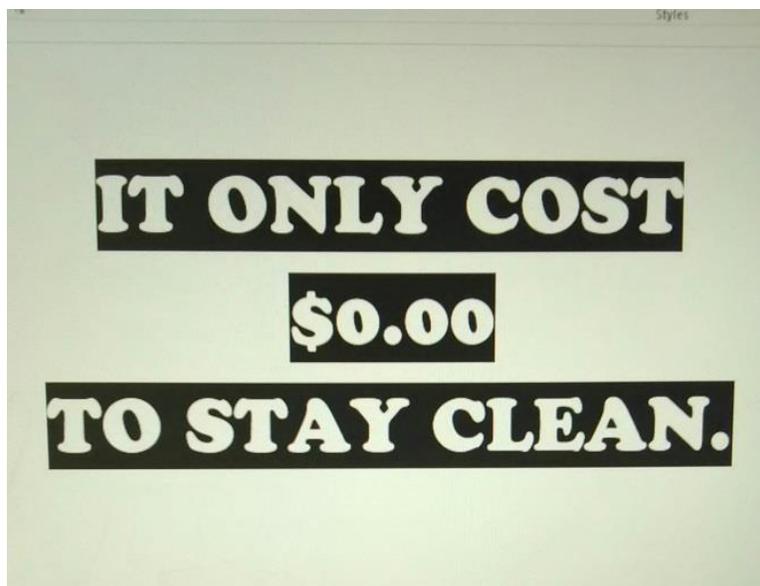
If you need help, advice, or just want to say hi, come down to the basement and stop by room 21 (or you can e-mail her at Margery.Musinger@rcsdk12.org).

The best time to visit is during your advisory or lunch period.



Marianna Pyatt-Ramos
Wildcat Times
Correspondent





Meningitis vs. College Students

May 12, 2016



Julisa McGuire
Wildcat Times
Correspondent

Living with another person as a roommate in a dorm can be fun and all until you notice little things that could become your worst nightmare. Think twice about sharing cups, plates, and silverware with your roommate. Even sharing a cigarette could be dangerous because of meningococcal disease.

Meningococcal disease is a serious illness caused by bacteria. It can cause meningitis, an infection of the brain and spinal cord, or it can cause blood infections.

Bacterial meningitis can cause hearing loss, brain damage, other disabilities, and can even kill an infected individual.

The disease is spread by contact with secretions from the nose and throat; in saying so, College freshmen living in dorms are at increased risk.

The majority of students that make up the Class of 2016 are not aware of the health hazards that accompany living on campus. Lamon Ragland, a current Wilson High School Senior, and he had no knowledge of this infection. Ragland says, "I plan on living on campus when I go to MCC. But I'm going to have to be very cautious.

The biggest disadvantage of living on campus is that you may not know the person you're rooming with. All you can do is hope that the person cleans up after them self and cares for his/her living space.

A good idea is to get to know the person beforehand and agree on what cleanliness is before moving in.

Symptoms of meningitis are fever, severe headaches, stiff and painful neck, vomiting, confusion, decreased level of consciousness, and seizures.

If infected, it is important to see a doctor right away for antibiotics or other options.

Vaccination is one of the most effective ways to prevent most meningococcal disease.

Just as important, you shouldn't share personal items, keep away from sick people, and by washing your hands. It's also important to give your immune system a boost by staying away (or drinking in moderation) from alcohol, not smoking, exercise, keep a healthy weight, maintain a healthy diet, control blood pressure, and keep a good sleep schedule.

Going away to college is an exciting time but it can be also be very dangerous. Be aware of the dangers and take steps to protect yourself to keep your college experience fun and productive.



Huaraches



Dkyani Odum
Wildcat Times
Correspondent

May 12, 2016

Huaraches are a popular shoe according to Wilson Students. Huaraches are a style of shoes created by Nike. They were first created in 1991 as a running shoe. But, as times change, so did the sneaker. There were many different designs of Huaraches starting in the early 90's and leading up to the most popular style worn in 2016.

Huaraches are made with a thick strap in the back for support. The front of the shoe is made with a certain material that allows your feet to breathe while the soles are thick for height and support while walking. The bottoms are not hard but, instead, flexible making them even more comfortable.

Huaraches come in many different colors. In most cases, boys wear the plain colored ones while girls wear ones with more colorful designs.

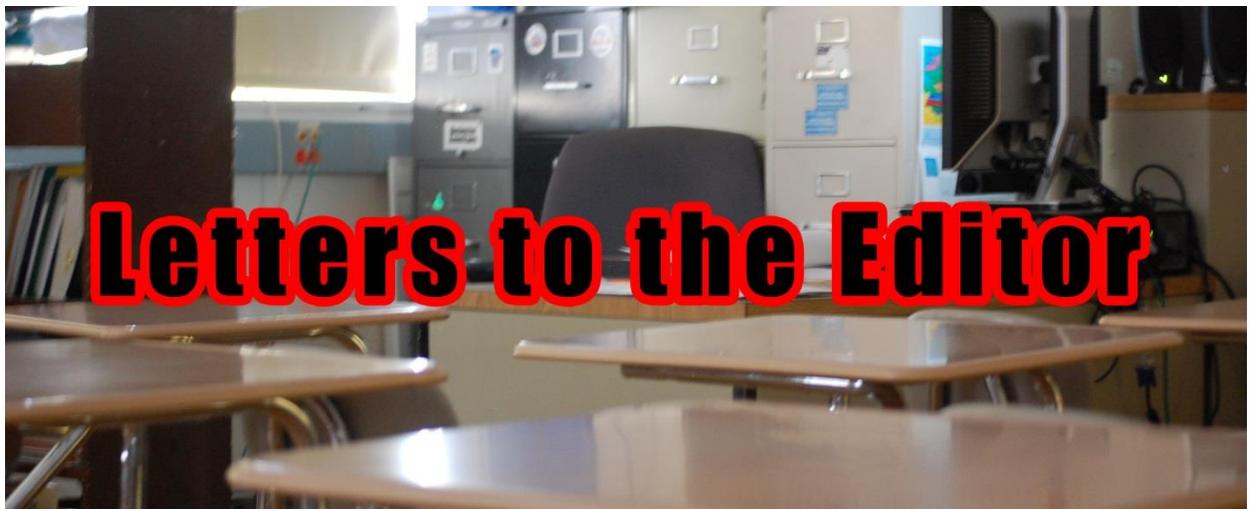
Marianna Pyatt-Ramos, a student at Wilson High School, stated, "The shoes are very comfortable," and that Huaraches, "are not very expensive but last a very long time."

Huaraches are shoes that are easy to clean and take care of. Pyatt-Ramos recommends this shoe to anyone—especially to active people that are always on their feet. Because Huaraches are so comfortable, she believes that they will stay in style. They might even evolve into something even better in time.

Depending on the size and the store, the prices of a pair of Huaraches can range from \$85-110.

So if you want a comfortable pair of shoes, that are sure to stay in style, try a pair of Huaraches.





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*



Eriyana Moye
Wildcat Times
Correspondent

Devon Riggins
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 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!

Attention All Students
EXTENDED DAY

Subjects:

- English I,II,III (room 200 or 208)
- Spanish (room 120)
- Chemistry (room 026)
- Living Environment (room 304)
- Math (room 220)
- Global/Us (room 106)
- Personal Project/Comp. Sci (room 330)

Tuesdays and Thursdays
 students can stay after
 from 2:45 to 3:45 to get
 the extra help they
 need.

**SIGN UP IN THE
 MAIN OFFICE**

Saturday School
 8am - 12pm

All Subjects

A+

**Breakfast Provided
 8:00 - 8:20**

**All Remaining
 Saturdays
 Until Exams**

SIGN UP NOW!

**Community
 Service**



**Due
 5/16**



**See
 Mr. Giardina**