



October 2016

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November 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		1 B-Day Breakfast: Pancakes Whole Grain Cereal Lunches: Buffalo Chicken Wrap Pizza Activities: OC	2 C-Day Breakfast: Egg and Cheese Muffin Sandwich Whole Grain Cereal Lunches: Pizza Turkey-ham Wrap	3 D-Day Breakfast: Waffles Whole Grain Cereal Lunches: Pizza BBQ Chicken Salad SAT Registration Deadline	4 A-Day Breakfast: Whole Grain Cereal Bagel Lunches: Pizza Buffalo Chicken Sandwich End of first Marking Period College Fridays: Suny Brockport Visit	SAT Test
6	7 B-Day Breakfast: Waffles Whole Grain Cereal Lunches: Pizza Taco Activities: Winter sports begin	8 C-Day Breakfast: Sausage & Cheese Whole Grain Cereal Lunches: Pizza Chicken Nuggets Turkey Hot Dog	9 D-Day Breakfast: French Toast Sticks Whole Grain Cereal Lunches: Pizza Turkey Ham Wrap	10 A-Day Breakfast: Whole Grain Cereal Egg Sandwich Lunches: Pizza Pasta and Meatballs	11 VETERAN'S DAY NO SCHOOL	12
13	14 B-Day Breakfast: French Toast Whole Grain Cereal Lunches: Pizza Chicken Nuggets BQQ Bean Salad	15 C-Day Breakfast: Pancakes Whole Grain Cereal Lunches: Pizza Mashed Sweet Potatoes	16 D-Day Breakfast: Egg Sandwich Whole Grain Cereal Lunches: Pizza Stuffed Shells	17 A-Day Breakfast: Waffles Whole Grain Cereal Lunches: Pizza Breaded Chicken Sandwich	18 B-Day Breakfast: Bagel Whole Grain Cereal Lunches: Pizza Buffalo Chicken Sandwich College Fridays	19
20	21 C-Day Breakfast: Waffles Whole Grain Cereal Lunches: Pizza Popcorn Chicken	22 D-Day Breakfast: Egg Sandwich Whole Grain Cereal Lunches: Pizza Gordita Wrap Picture Day	23 THANKSGIVING RECESS NO SCHOOL	24	25	26
27	28 A-Day Breakfast: Whole Grain Cereal Lunches: Pizza	29 B-Day Breakfast: Whole Grain Cereal Lunches: Pizza	30 C-Day Breakfast: Whole Grain Cereal Lunches: Pizza			



Neighborhood Safety

October 31, 2016



Jeremy Allen
Wildcat Times
Correspondent

In the last couple years, many violent events have occurred in the area around Wilson, that resulted in the deaths of a number of young people, which leaves Wilson students to ask: What have authorities done to better the safety of our community?

It's been a hard road—three years ago, the students of Wilson were put at risk when a shooting happened during dismissal right outside that led to the death of a student from another school. While administrators and teachers took immediate action by putting the school on lock down, where no one could enter or exit, students were outside, waiting for their busses.

There was also a mass shooting at the Boys and Girls Club last year that cost three more innocent bystanders their lives.

Since these incidents, there are still gangs standing on the corners, violence in the area, and students are wondering what has been done to protect them.

While these incidents happened off of school grounds, the aftereffects have been felt by the students.

Mr. Fischpera, Vice Principle at Wilson High School, stated that the students have become more aware of their surroundings and what goes on around the area. Students are more aware of bus routes and places to avoid in the neighborhood.

Fischpera adds that the Rochester City School District has installed new cameras around the school, as-well-as added more staff to the facility, to watch and document crime on and around school property. These new additions help to keep the students inside the school, as well as the surrounding area, safe.

The Rochester Police Department has also taken a role to keep the students safe. Officer Sedita, Resource Officer assigned to Wilson High School, said that the Rochester Police Department has made improvements in preventing violent crimes by having officers patrol the area around the school and placing city cameras on the corner of Genesee Street and Hawley. These two measures have aided in stopping local gang members from standing on the corners.

The Rochester Police Department also has a long standing relationship with Pathways to Peace, an organization that helps the youth of the community get on a track to a better life style and helps to maintain the lives of neighborhood youth. Pathways to Peace routinely prevents potentially violent situations around the area. Sedita says, “This is a chance to have a positive encounter. An effort to gain the trust of the people in the community.”

While violence is a present fear in many of our city neighborhoods, the Rochester City School District, The Rochester Police Department, and many neighborhood programs have been working tirelessly behind the scenes to make our students safe.



Germs Make Me Retch

October 31, 2016



Tansanika Moody
Wildcat Times
Correspondent

With the start of flu season upon us, reminders to get your flu shot at grocery stores, clinics and even on the news, are everywhere. With 36,000 people dying each year from the flu, is this something that should be put-off until later?

November is a time where the weather begins to change. While most of us bundle up and dress accordingly, the weather is not the cause of all the sneezes and itchy throats. While the weather does play a role in weakening our immune systems, the actually cause is our bodies being exposed to germs.

The best way to protect yourself from getting the flu is to get this shot. This vaccine is annually because the strands of this virus change each year. The vaccine lasts up to one year but takes about two weeks to kick in.

Some say they have gotten sick right after they have received the flu shot but the flu shot is only antibodies that protect us from infections in the virus. Mrs. Dudek, health teacher at Wilson Magnet High School stated, “I don’t believe the flu shot gets you sick. I get my flu shot every year—In fact I got my vaccine already for this year’s protection.”

Dudek adds, “I recommend the shot because it keep from being seriously ill and dying. You can also protect your family members by recommending this shot.”

The shot doesn’t get you sick. There are other possibilities within that two week range while the vaccine is kicking in. You may have already been exposed to the virus before you were vaccinated or even may have another illness.

Many people prefer not to take the advice of doctors and will not get vaccinated due to the widespread rumors of those who say that you could get the flu from the shot.

Doctors advise to get the flu shot only to keep people protected. Not only does the flu make you feel drained of energy and stuffed up but the virus can lead to death. Each year there are many cases with people being hospitalized or dying after catching this flu.

Doctors are doing their best to keep the flu rates down in the United States. While the virus is commonly caught by young children and the elderly, even the healthiest people can catch the flu.

Your insurance should cover the cost but, if you don’t have any, it costs about thirty to forty dollars for this dose of protection.

Get the shot as soon as possible. Not only will you prevent sick days from work, you could help to decrease the rate of deaths from this virus. It is never too early to go get it. Receive the vaccination now and encourage others.



Teen Empowerment

October 31, 2016



Jah'meir Robinson
Wildcat Times
Correspondent

Teen Empowerment is an organization that is located in 3 different locations: Roxbury, Dorchester, Somerville, MA and Rochester, NY. that provides job opportunities, and enables community involvement, for teens.

The goal Teen Empowerment, including all of its employees, is to focus on building a sense of unity between youth and adults.

The age group that Teen Empowerment looks to hire are fourteen to twenty-one-year-olds. The teens may work up to ten hours a week during the school year and twenty during the summer.

To try to stop the violence that is occurring around the neighborhood, Teen Empowerment looks to have rival neighborhood leaders and gangs come together so that they can discuss their differences and problems. The open communication is better than individuals trying to solve differences physically.

Teen Empowerment also tries to connect the youth with law enforcement to try and come to an understanding of what has been going on around the world and in the local Rochester community.

YPUP, short for the Youth Police Dialogue Project, is an event that Teen Empowerment employees participate in. YPUP is where teens and officers of the Rochester Police Department come together to listen to each other's opinions on many different events that have been happening recently. Instead of accusations and finger pointing, YPUP looks to build relationships with the Police and the citizens by emphasizing how they are similar and what common vision they have for their neighborhoods.

"I've been working for Teen Empowerment for a year now and it has taught me many things like public speaking," says Michaeyla Perdue, senior at Wilson Magnet High school and employee at Teen Empowerment. Perdue adds, "It has helped me come out of my shell and become very active in the community."

Perdue feels that being an employee of this program has helped her in school and in the outside world. At one point, she was too shy to be in front of people but since joining Teen Empowerment, Perdue regularly shows off her dance skills at community events.

Teen Empowerment also holds many different types of events around Rochester throughout the year: community luncheons, cookouts, poetry slams and talent shows—some of the events, such as the talent show, are held here at Wilson Magnet High School.

"Making you come out of your shell is what Teen Empowerment does best. They are all very understanding," said Perdue. She adds, "Everyone should join because it is very helpful for you and your future. You won't regret what you have learned during your time working there."

The Teen Empowerment site in Rochester, NY is located at 392 Genesee St at the intersection of Genesee Street and Arnett Boulevard.



The Effects of Fashion in Society

October 31, 2016



Joelee DiGiaccio
Wildcat Times
Correspondent

Fashion is represented by cultural changes that transpire every year. With each new trend comes the responsibility for teenagers to fit the mold that fashion creates.

In High School, students feel the responsibility to transform themselves to whatever fashion is considered cool to fit in with their peers. Whether it be shoes, name brand clothing or makeup, teens tend to feel that what they have isn't good enough.

A trend that some kids tend to follow is buying the latest pair of shoes, once a new pair of shoes is out it seems that most people want to get their hands on them because of the shoes' popularity.

A popular brand of shoes that kids tend to gravitate towards are Jordan's. Once a new pair of Jordan's is released, hundreds of kids spend hours waiting in line to buy a pair.

Shoe trends can effect society because some kids might not be able to afford the shoes that everyone else has and may get made fun of because of it. This may create self-esteem issues because the most popular shoes are usually expensive, making some people feel that what they have on their feet isn't good enough, keeping them from fitting-in with society.

Fatuma Osman, Wilson High School senior, stated that, "shoe trends in high school should not be the main focus. Kids make fun of others who don't have the newest pairs of shoes that everyone else has because not everyone can afford to buy new shoes." At least some students are not fitting into the conformity that high school creates, creating their own fashion—aside from what everyone else feels is trendy.

Fashion isn't about wearing the latest trends or copying what everyone else is wearing, it's about utilizing one's own creativity and being confident while doing so.

It is important for young individuals to pursue their own styles because it helps shine their personality, helping them to be themselves and try not to conform with the latest trends.

It's about being comfortable about who you are... not what you're wearing on your feet.



Ms. Rice's Inspiration

October 31, 2016



Tatiana Colon
Wildcat Times
Correspondent

This year at Wilson, there are over 90 students that have come from different places from around the world, such as Africa, the Middle East, Latin America, Europe, and many other places, that have come to the United States for many reasons—some come by choice but, for others, it was a necessity.

The students often times have to come as a refugee to gain better lives. Their homes were bombed, their families murdered, wars in their backyard, and, to feel safe, their families fled (or sometimes just sent their children) to safer country.

Other students come over as immigrants. Many of these students feel that they will have more opportunities in the United States and want better things for themselves.

Some of the student's lives are very difficult before immigrating to America. One student in particular was more than willing to let Ms. Rice, one of Wilson's English for Speakers of Other Languages (or ESOL) teachers, tell his story. This Young Man's name is Geoffrey.

Geoffrey had to come to America after he was kicked out of his home in Honduras for defending his mother from her abusive partner. This had led him to spend his middle school years in a homeless shelter.

Shortly after, he decided that he wanted a better life for himself and came to United States. He came here through the Mexican border spending days traveling on the top of trains, walking through the dessert, and braving a deadly river.

Once he entered the United States, Geoffrey turned himself into immigration. From there, he was put in the "Ice Box." According to Rice, "They put minors in the "Ice Box," they call it the "Ice Box" because people say it's a freezing room, until a background check is made to make sure they aren't dangerous." Once everything checks out with a minor, immigration place them in foster care.

Once placed, Geoffrey took a test called NYSITELL—a test designed to judge him on his English. Based on the score, Geoffrey was placed into ESOL at school.

ESOL is a class/program that helps non-native speakers learn English. Rice describes her ESOL class as, "a class that the kids depend on for support. It's not one of those classes you stay in for a year and say bye—kids take it throughout all four years of high school."

ESOL does a lot to help the students. Geoffrey came into America with only a second grade education in Honduras and, this past August, graduated from Wilson. Stories like these show the strength and perseverance and can easily inspire others.

Rice says, "The ESOL kids are my Heroes." And it's easy to see why.