



**April 2017**

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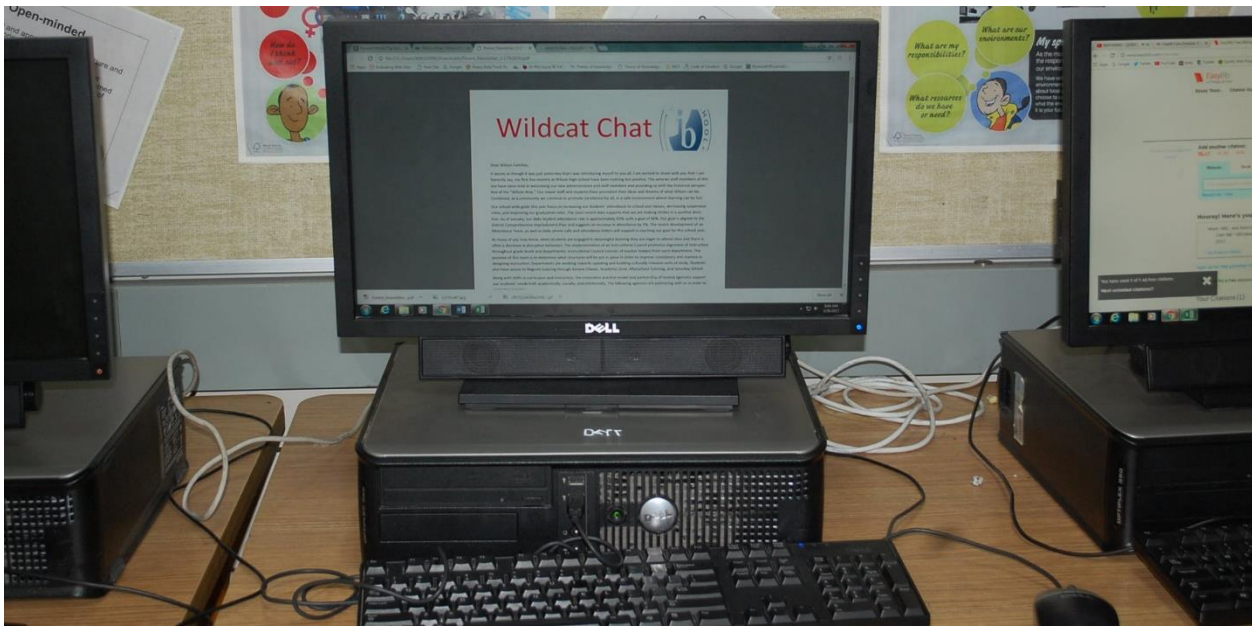
**March 2017 Edition**



Janetta Cook  
Wildcat Times  
Correspondent

# April 2017

| Sunday                     | Monday   | Tuesday  | Wednesday   | Thursday  | Friday  | Saturday   |
|----------------------------|--|--|---|---|---|--|
| 2                          | 3 C-Day<br><b>Breakfast:</b><br>French Toast<br>Sticks<br>Cereal<br>Lunch:<br>Pizza<br>Chicken nuggets<br><br>School Activities:<br>V- Tennis  | 4 D-Day<br><b>Breakfast:</b><br>Pancakes<br>Cereal<br>Lunch:<br>Buffalo Chicken<br>Wrap<br>Pizza<br><br>School Activities :<br>V- Baseball<br>JV- Softball   | 5 A-Day<br><b>Breakfast:</b><br>Egg & Cheese<br>Sandwich<br>Cereal<br>Lunch:<br>Chicken sandwich<br>Pizza<br><br>School Activities:<br>V-Outdoor Track<br>V- Tennis<br>V- softball<br>Jv- softball<br>V- Baseball | 6 B-Day<br><b>Breakfast:</b><br>Waffles<br>Cereal<br>Lunch:<br>BBQ Chicken<br>romaine<br>Pizza<br>Hamburger<br><br>School activities:<br>Ib Art Show<br>V-Baseball  | 7<br><b>Conference Day</b><br><b>No School</b><br><br>School activities:<br>V-Tennis<br>V-Softball<br>JV-Softball   | 1<br><br><br><br><br><br><br><br><br><br><br>8   |
| 9                          | 10 C-Day<br><b>Breakfast:</b><br>Waffles<br>Cereal<br>Lunch:<br>BBQ Chicken<br>romaine<br>Chicken<br>parmesan<br><br>School Activities:<br>V- Tennis<br>V-Softball<br>V-Baseball<br>NYSESLAT | 11 D-Day<br><b>Breakfast:</b><br>Sausage & Cheese<br>Sandwich<br>Cereal<br>Lunch:<br>Pizza<br>BBQ Bean Salad<br><br>School Activities:<br>V-Tennis<br>V-Softball<br>JV-Softball<br>V-Outdoor Track<br>NYSESLAT           | 12 A-Day<br><b>Breakfast:</b><br>French Toast<br>Sticks<br>Cereal<br>Lunch:<br>Pizza<br>Chicken Cheese<br>Flat bread<br><br>School Activities:<br>V-Tennis<br>V-Softball<br>JV-Softball<br>V-Baseball<br>NYSESLAT | 13 B-Day<br><b>Breakfast:</b><br>Turkey ham & egg<br>sandwich<br>Cereal<br>Lunch:<br>Pizza<br>Curry Chicken w/<br>Rice<br><br>School Activities:<br>V-Tennis<br>V-Softball<br>JV-Softball<br>V-Baseball<br>NYSESLAT | 14<br><b>Good Friday</b><br><b>No School</b>  | 15   |
| 16<br><b>EASTER SUNDAY</b> | 17<br><b>No School</b><br><b>Spring Recess</b><br>School Activities:<br>Regents Review<br>9am -12  | 18<br><b>No School</b><br><b>Spring Recess</b><br>School Activities:<br>Regents Review<br>9am-12   | 19<br><b>No School</b><br><b>Spring Recess</b><br>School Activities:<br>Regents Review<br>9am-12  | 20<br><b>No School</b><br><b>Spring Recess</b><br>School Activities:<br>Regents Review<br>9am-12  | 21<br><b>No School</b><br><b>Spring Recess</b><br>School Activities:<br>Regents Review<br>9am-12  | 22   |
| 23                         | 24 C-Day<br><b>Breakfast:</b><br>Waffles<br>Cereal<br>Lunch:<br>Pizza<br>Buffalo chicken<br>salad<br>Popcorn chicken<br><br>School Activities:<br>JV-Softball<br>V-Softball                  | 25 D-Day<br><b>Breakfast:</b><br>Sausage ,Egg &<br>Cheese<br>Cereal<br>Lunch:<br>Pizza<br>Gordita wrap<br><br>School Activities:<br>V-Softball<br>V-Tennis<br>JV-Softball<br>V- Outdoor Track and<br>Field<br>V-Baseball | 26 A-Day<br><b>Breakfast:</b><br>Pancakes<br>Cereal<br>Lunch:<br>Beef Chili<br>Turkey- ham wrap<br>Pizza<br><br>School Activities:<br>V-Tennis<br>V-Softball<br>JV-Softball<br>V-Baseball                         | 27 B-Day<br><b>Breakfast:</b><br>French Toast<br>Sticks<br>Cereal<br>Lunch:<br>Pizza<br>Sandwich, Grilled<br>Cheese<br><br>School Activities:<br>V-Baseball   | 28 C-Day<br><b>Breakfast:</b><br>Yogurt parfait<br>Cereal<br>Lunch:<br>Soft tacos<br>Pizza<br><br>School Activities:<br>V-Tennis<br>V-Softball<br>JV-Softball<br>V-Baseball | 29<br><br><br><br><br><br><br><br><br><br><br><b>* Games may<br/>change due to<br/>the weather<br/>for more info<br/>visit<br/><a href="http://www.rcacathletics.org">http://www.rcacathletics.org</a></b> |



# Chat with Wilson



April 31, 2017

Joseph C. Wilson Magnet High School has a ‘Wilson Chat’ designed for parents and students.

Mr. Fischpera, principal at Wilson Magnet High School, said that the website is designed to “communicate with students, parents and people that are interested in the school.” The website also has teacher’s links that allows the student to have a direct connection with his/her subject teacher.

There are reminders of important tests such as SAT, ACT, midterms and Regents. This page is on the school page under the “about us” tab. This page also provides scholarships and deadlines so both parents and students can be aware of the expectations for graduation and colleges. In addition, it includes fun activities for both parents and students.

Wilson Chat recognizes students for their academic achievements, the Black Scholar organization and it talks about the Black Lives Matter movement. Information about Gandhi Institute, Assisi Institute, Upward Bound, Hillside Center for Youth and Liberty Partnerships are also available: these are organizations that share a direct relationship with Wilson and its students. The programs mainly focus on academics, college prep, job skills and community building.

There tutoring sites listed on the website where students can study anywhere. These links help struggling students study without surfing the web. There are math, science, history and English subjects along with art, economics and test preps. These websites can help students quickly get back on track.

This page is also a great place to view the schedule for the many sports teams here at Wilson.

After all of that, Fischpera adds, “there are links to homework and assignments posted by teachers, emergency documents and lots more that helps students here at Wilson succeed.”

If there is anything forgotten or missing, Fischpera promises to put it up.

If your looking for something to do, struggling with assignments, or know of someone that is interested in Wilson Magnet High School, have them check out Wilson Chat—a one-stop-shop for everything Wilson.





## A New Beginning for Wildcats Baseball

March 31, 2017



Jah'meir Robinson  
Wildcat Times  
Correspondent

The Wilson Wildcats Baseball team looks to compete in another season but have some obstacles to overcome: a new staff and new players make-up a completely new Wilson Baseball Team. Mr. Burke, longtime Wilson High teacher, heads-up the position of skipper.

The Wilson Baseball team has seen three head coaches in the last three years. This makes it difficult for the players to learn a system or build relationships with the coaches. It also makes it difficult to build a winning culture.

Burke has a new plan in store for this season, “Basic fundamentals are key to success...a lot of repetition and going over the basics like fielding ground balls, the proper way to hold the bat and also the transferring of the ball in the glove hand to the throwing hand will be drilled into the players.”

With young players, this will help develop them so in the next years they will have these skills added to their muscle memory and be prepared for what is in store in the future.

Burke has worked at Wilson for 16 years but this will be his first year as the varsity baseball coach. He played High School baseball at St. Benedict's Prep in Newark, New Jersey (where he was a varsity starter) and then went on to play college baseball at New Jersey State University.

For the past several years he has coached for a travel youth organization that have sent several players to Division 1 schools. Wilson hopes that Burke's coaching experience will serve him well as he moves to coaching high school students.

While the team is young, Burke will be leaning on returning varsity players to help the new Wildcats. He states, “We have a number of returning players such as Finbar Gallivan, Ashabibi Ahmed, James Basco and David Stefko that will play key roles this year.” These players should be able help guide the new ones, getting them ready to play at the varsity level.

Like last year, the baseball teams struggled to draw players so the Junior Varsity and Varsity baseball teams, again, had to combine into one team. The team will be made up of athletes from the freshmen class to the seniors and Burke has to find a way to motivate them to play as a team.

There is some tough competition in the city for Wilson this year, but with Coach Burke leading our Wilson Wildcats, we're sure to have a winning season.



## Preparing for College

March 31, 2017



Jeremy Allen  
Wildcat Times  
Correspondent

College prep is more than just a class a student takes. It is also about developing skills that will help teens succeed while attending college and life in general.

Preparations are about getting ready for the next level of education. Teens have to be prepared mentally, financially, physically, and emotionally to take this next step.

College is an opportunity for teens to step out on their own and get away from the protection of their family. College allows young adults a chance to experience parts of the world with a taste of adulthood. This forces young teenagers to become more independent and the opportunities can be endless.

Most will have to be able to provide for themselves so juggling school and work is a must. It is now time to take on the responsibilities of a young adult by taking ownership of studying and buying school supplies.

According to Wilson Magnet alumni Kesian Hatén, “it could be hard living on your own and stepping into an ‘Adult World.’ You’ll be experiencing things you never did before such as paying bills and grocery shopping without the help of your parents.”

Relationships could also be a problem. Attending school fulltime while working a fulltime job will take up most college student’s time and put strains on committed relationships.

Trying to balance out the time between school, work, and that other person can be stressful. Being overwhelming can also cause problems between the student and their loved one, forcing the significant other away. Or it could put strains on the teens work or academic lives, causing them to skip work, stop attending school or drop out of college.

Students have to put all of their time and effort into school, work, and their futures. Relationships have to be kept in perspective—if it was meant to be, that other person will be there in the end.

Hatén states, “college can be very stressful for incoming freshmen for several reasons.”

On top of that, teens have to decide what they want to do in the future, what major will make that happen, and how much schooling is necessary for this future?

While all of these things are stressful and overwhelming, there is help out there.

School counselors or teachers are available to give advice, ideas, or set young adults on the right track.

Also, family and friends are great resources to help each individual figure out what they want and support them on your journey.

In the end, teens should surround themselves with people who want them to be successful in life. Everyone has to take a good look at the people they spend time with and ask themselves, “Does this person really want what’s best for me?”

Going to college can be stressful but if an incoming student takes on the responsibility, balances their time, and surrounds themselves with positive people, it will turn out to be a rewarding experience.



# Hop into the Holidays

March 31, 2017



Jasmine Walker  
Wildcat Times  
Correspondent

For most, Easter is a religious holiday that many spend at church and with families. That being said, where does the Easter Bunny fit in and what's up with those colored eggs?

The great Easter Bunny arrived in America in the 1700s with German immigrants who settled in Pennsylvania. Along with themselves, these settlers transported their tradition of an egg-laying hare called 'osterhase' with them. Children of the immigrants would create nests for the rabbit to lay their colored eggs. Eventually, the nests evolved into baskets, gifts and candy were placed into them. From these early newcomers, the Easter Bunny spread across the country.

Coloring eggs is another Easter tradition.

Decorating eggs dates back to the 13<sup>th</sup> century. According to History.com, "eggs were a forbidden food during the Lenten season, so people would paint and decorate them to mark the end of the period of penance and fasting."

Today many families color eggs and have egg hunts.

Every year, the most famous egg hunt in the United States is held on the lawn of the White House in Washington, D. C. It is held the Monday after Easter and hundreds of children come. President Rutherford B. Hayes started the first egg hunt at the White House in 1878.

Then there is everybody's favorite – candy!

Aside from Halloween, Easter is the best candy-selling holiday.

According to the National Confectioners Association, 16 billion jellybeans are made in the U.S. each year for Easter.

In Germany during the 1890s, chocolate Easter bunnies became popular.

Most chocolate Easter bunnies are hollow because they are easier to eat.

But the top-selling non-chocolate Easter candy is the Marshmallow Peeps. For the past decade, the Peeps held this title.

The original peeps were handmade, marshmallow-flavored yellow chicks. Peeps began selling in the 1950s. Today, peeps come in different colors, other shapes and a variety of flavors. They are no longer just an Easter treat. They can be found at Christmas, Valentines and even Halloween.

So while you are spending time with your family this Easter, impress them with your newfound knowledge of the Easter Bunny, colored eggs and chocolate bunnies.

Peep-out and enjoy spring break.





## Teen Depression

March 31, 2017



Joelee DiGiacco  
Wildcat Times  
Correspondent

Depression is one of the most common mental illnesses concerning teens in high school. With the constant pressure of figuring out who they are and having to deal with peer pressure, many teens struggle with stepping back and enjoying life.

Depression is a mental disorder that involves an individual being either sad or irritable at all times. On top of that, many teens lose interest in almost everything that once gave them joy.

Depression may be passed down through family members who have a history of depression. Detecting if one of your peers or loved ones is going through depression is very hard because teenagers can go through moody stages that aren't directly connected to having depression.

It isn't easy to identify teenagers whom are depressed. If it was, it would be easy to save thousands of people. Identification is very important so that the teenagers with depression can get all the help they need when handling their problems.

There are signs that people can look for when determining if a friend or loved one has depression. The biggest tell-tale is if they have lost interest in something they were once passionate about—this could be in a sport they played, watching television or playing video games.

Eating habits might change as well. The person may start eating too much or too little. It is important to address concerns slowly and not to push them into feeling overwhelmed about their illness.

Teenagers who suffer from depression most likely have trouble in school. Having conflicts with others, lower grades, even dropping out of school or school activities may be a sign that the teen is depressed.

It is difficult for someone with these problems to get back on track with their lives because they already feel like what they are doing isn't good enough and feel like it is pointless to turn their lives around.

Depression could also lead to the thought of suicide. Depression causes emotional stress and thinking that makes the teen believe that this is the only way out of their problems. The fact that teens thoughts are generally unclear about new situations, and the pressure of not knowing what is coming in the future, could easily make a person think that this is an okay outcome.

Depression can be treated with medication, therapy, or both. This could help people because talking to a health professional can lead to figuring out information that you don't know and give insight on what you can do to cope with your depression.

Mrs. Dudek, a Wilson High School health teacher, highly advises students to seek counsel from a trusted adult (whether it be from a parent, guardian, teacher, pastor, or whoever) if they suspect they, or a friend or loved one, is depressed.

She also advises to ask for help and seek medical attention immediately if you feel you or a loved one is depressed.

Most importantly, Dudek adds, "and know that they are not alone."

It is important for everyone who has depression to know that there is help out there and know that you aren't the only one who is experiencing it.

There is always someone you can talk to.



## Earth Day

March 31, 2017



Courage Nou  
Wildcat Times  
Correspondent

April 22<sup>nd</sup> is Earth Day, a day when people give something back to the earth and their community.

Earth Day is a day to clean up and take care of the world around you.

According to the Earth Day website, the first Earth Day occurred after U.S. senator Gaylord Nelson from Wisconsin witnessed a massive oil spill in Santa Barbara, California in 1969. While devastated by the destruction from the spill, he was inspired by the students in the anti-war movement and took action. He realized that he could inform the public about the pollution of the air and water. This became the start of Earth Day in 1970.

On April 22, 1970, twenty million of Americans went to the streets and parks in an effort to make a sustainable environment from coast-to-coast.

Groups have been made to fight against oil spills, pollution from factories and power plants, toxic dumps, and the list goes on.

To this day, Earth Day is participated in 184 countries and is helping hundreds of millions of people.

Earth Day is important because the planet's resources are disappearing. For example, there are 1.2 billion people in the world that do not have access to clean water. If we keep on polluting the water, more and more people will not have clean water to drink, wash, or do other basic necessities to survive.

On top of that, our world is continuing to urbanize and new inventions are using up more electricity. The power plants that energize our lives create toxic smoke that goes in the air and causes pollution. The toxic gases destroy our lungs and cause holes in the ozone that protect us from getting too much of the sun's ultraviolet waves. Too much ultra violet rays can give people skin cancer.

Mrs. Pike, an Earth Science teacher at Wilson, says that it is very important for people in the world to be involved with Earth Day because it will keep our work and home environments safe. She adds, "Today people are too involved with their electronics. They seem to forget that they are dependent on the earth as well."

Some activates to do on Earth Day with your family is to plan a garden (around here, it's still too cold to plant), make a play garden, plant trees, and make corn husk dolls. Pike also recommends that people should visit local businesses in Rochester like Kodak, Xerox, and neighborhood gas stations to ensure that they are disposing the toxic waste safely.

Another thing Pike would like to see is schools and parents inform children about being involved on Earth Day. It's as easy as making better choices when throwing something away that will protect our natural resources for the future.

Pike believes, "People should acknowledge that the earth is a living planet and that we need to keep it alive and healthy."

This year on Earth Day, take a moment to do something to make Rochester, and the Earth, a better place to live today and for future generations.





# Teen Pregnancy

March 31, 2017



Fatuma Osman  
Wildcat Times  
Correspondent

The impact of having a child has on a teen mom makes teen pregnancy one of the main problems that many teens face in the U.S.

There are so many different choices that teens have to think about when having a child. One of the biggest is education.

Teen moms have to decide if they want to continue schooling or stay at home with the child. Many teens struggle to balance their education with taking care of a child. Young mothers leave high school, putting their college goals on hold.

Some young mothers decide to get married, and focus on a family, instead of furthering their education.

Youth.gov says that, “50 percent of teen mothers have received a high school diploma and only 30 percent have earned a GED.” These numbers are low and needs to increase but it is difficult for teen moms to go back to school because they need to find someone to watch their baby.

Without an education, what kind of life can a teen mother provide for her baby? A mother has to make sure that their child is living in a healthy and safe environment. Also, as a parent, a main priority is to make sure that child is getting the food and care needed to keep it healthy. How can a mother ensure a stable environment when she, herself is only qualified for entry-level jobs?

There are many problems a teen mother faces with a healthy child but what if the child is unhealthy.

Teen mothers have a higher risk for low birth weight and infant mortality. On top of that, their children have a higher rate of behavioral problems, chronic medical conditions and many other conditions. Many of these problems are from how the mother takes care of herself during the pregnancy or takes care of the child after they are born.

Mrs. Dudek, a health teacher at Wilson Magnet High School, says, “I feel sad and afraid for the mother and baby. I hope teens are informed with condoms and adoption.”

Using protection like birth control and condoms are ways that can help teens from having unwanted pregnancies.

As a teen, and especially today, the world is full of opportunities for young women. But one decision could drastically change the rest of your life.



## Benefits of Being an Athlete

March 31, 2017



Tatiana Colon  
Wildcat Times  
Correspondent

Students who participate in high school sports learn many life lessons and benefits that will help them for the rest of their lives. Students develop positive personality traits, emotional, and physical wellness and learn how to maintain it.

When a student decides to join a sport, they make a commitment to attend all practices and games while giving their best physical and mental effort.

In any sport, the athlete learns more about themselves and their body's limits.

Sports show students how to work well with others. Teammates can help each other out of jams and work together to achieve a common goal.

Participating in organized sports gives the athlete an outlet for their emotional and physical health needs. Athletes learn how to deal with stress by finding helpful ways to manage it all the while they develop the physical stamina and skills they will need for the competition.

During a sporting event, endorphins are released inside the athlete's body during the physical activity. Once the endorphins hit the bloodstream, the athlete experiences a natural high that makes them feel well. These endorphins play a big role in the human body when fighting off depression and reducing stress.

Student athletes also have to manage their time. They are no longer only a full time student. They also have a major additional time commitment every day after classes. The athletes must discipline themselves when managing their time so they can achieve their best physically and academically.

It is important to develop the academics as well as the physical when playing sports in high school. Mrs. Morales, Athletic Director at Wilson Magnet, encourages all students to compete. She sees improvements in athletics going hand-in-hand with improvements in academics and encourages all students to compete. Morales says, "I would like to see every student involved in at least one sport but also encourage and support the students who are in three."

College coaches, along with college admission counselors, look at grades as well as on the field achievements. It is important to develop both to show the school that they have a well-rounded applicant that will enhance their school while benefitting their sports team.

Whether the student athlete is trying to start a career in a sport or playing for fun, one thing is certain: the life lessons learned while playing sports in high school stay with the student. These lessons help create and maintain a healthy lifestyle that will have many benefits throughout their lives.





## Cast Away Your Troubles and Go Fishing

March 31, 2017



Keonshae Grayson  
Wildcat Times  
Correspondent

The 2016-2017 school year has brought a passionate and dedicated art teacher to Wilson Magnet high school. When Mr. Camp is not dedicating his time to teaching, he can usually be found engaging in his first love—fishing.

Fishing is an activity Camp has enjoyed since he was 5 years old, beginning in the backyard of his grandparents' house by a creek.

Camp feels that this activity brings out a different side of him as he's more calm and relaxed while he fishes.

Fishing is a wonderful activity that relieves stress, creates social bonding, and supports the economy.

Fishing is a great stress reliever. When you get a bite, it's an activity that pumps you up and makes you feel good.

Fishing is a great way to spend time with friends and loved ones. While fishing, you have plenty of time to enjoy one another's company without many of life's modern-day distractions.

This activity also supports the economy with the U.S commercial and recreational fishing industries. Buying tackle supports businesses while selling your catch at the markets or restaurants is a great way to make money.

As a child, Camp lived in the country where he was super bored. This boredom led him to a creek near his home where he found his love of fishing.

At the age of eleven, Camp caught a 42-pound salmon. This catch, which was one of the biggest fish he has ever caught, still stands out as a great accomplishment in his life.

To this day, Camp still goes out to the lake to fish. Most of the time, he sells his catch as a side business.

Patience is the key to fishing. It is not a given that you will catch a fish each time you go out. If you stay calm, let the fish come to you, focus on your technique all the while enjoying the outdoors—it is hard to think of a better way to release stress.

Camp has caught sunfish, bass, salmon, and other types of interesting fish.

So when you see Mr. Camp and notice the often-worn smile, you can bet that he just returned from a great weekend of fishing.