



**October 2017**

Contributors

Cayleb Buie

Joseph Digrazio

Kavia Lovejoy

Jazlyn Macpherson

Filicia Sinclair

Aryca Corprew

Deandre Floyd

Jacob Loyd

Lavasha Perez

Raven Spears

Latrell Travet

Editor

Filicia Sinclair

Staff Advisor:

Mr. Burns



Lavasha Perez  
Wildcat Times  
Correspondent

# October 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	<b>2 C-Day</b> <b>Breakfast:</b> French Toast <b>Lunch:</b> Chicken Nuggets w/ Mac & Cheese  <b>Blue for Bullying</b>  <b>School Activities:</b> Boy Varsity Soccer	<b>3 D-Day</b> <b>Breakfast:</b> Pancakes <b>Lunch:</b> Cheese Sticks Buffalo Chicken Wrap  <b>Twin Day</b>	<b>4 A-Day</b> <b>Breakfast:</b> Egg & Cheese on Muffin <b>Lunch:</b> Chicken Sandwich  <b>Wacky Wednesday</b>  <b>School Activities:</b> Girls varsity tennis	<b>5 B-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> Hamburger  <b>Wear Your Class            Color</b>  <b>Senior Night</b>  <b>School Activities:</b> Varsity Volleyball	<b>6</b>  <b>Superintendent's            Conference Day</b>  <b>No School            for Students</b>	<b>7</b>  <b>SAT</b>  <b>School            Activities:</b> Football Homecoming
8	<b>9</b>  <b>Columbus            Day            No School</b>	<b>10 C-Day</b> <b>Breakfast:</b> Sausage & Cheese on Muffin <b>Lunch:</b> Cheeseburger  <b>School Activities:</b> Pearls tryout	<b>11 D-Day</b> <b>Breakfast:</b> French Toast <b>Lunch:</b> Chicken Cheese Flatbread  <b>School Activities:</b> Pearls tryout	<b>12 A-Day</b> <b>Breakfast:</b> Turkey Ham and Egg Roll <b>Lunch:</b> Pasta and Meatballs  <b>Parent Teacher            Conferences</b>  <b>School            Activities:</b> Pearls tryout	<b>13 B -Day</b> <b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Soft Tacos  <b>School            Activities:</b> Pearls tryout	14
15	<b>16 C-Day</b> <b>Breakfast:</b> Mini cinnamon French toast <b>Lunch:</b> Sweet-n-sour Chicken Rice	<b>17 D-Day</b> <b>Breakfast:</b> Mini pancakes <b>Lunch:</b> Turkey and Beef Pepperoni Sandwich  <b>School Activities:</b> Red Cross Blood Drive	<b>18 A-Day</b> <b>Breakfast:</b> Sausage, Egg, and Cheese Bagel <b>Lunch:</b> Stuffed Shells	<b>19 B-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> Sandwich, Egg & Cheese Roll	<b>20 C -Day</b> <b>Breakfast:</b> Bagel <b>Lunch:</b> Buffalo Chicken Sandwich	21
22	<b>23 D-Day</b> <b>Breakfast:</b> Mini Maple Waffle <b>Lunch:</b> Popcorn chicken w/ roll  <b>HBCU            Convention</b>	<b>24 A-Day</b> <b>Breakfast:</b> Sandwich, Sausage, Egg & Cheese on Roll <b>Lunch:</b> Gordita wrap	<b>25 B-Day</b> <b>Breakfast:</b> Mini Pancakes <b>Lunch:</b> Chicken chili Baked Tostito Scoops	<b>26 C-Day</b> <b>Breakfast:</b> French Toast <b>Lunch:</b> Grilled Cheese	<b>27 D -Day</b> <b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Soft Tacos Tuna Sandwich	28
29	<b>30 A-Day</b> <b>Breakfast:</b> Mini Maple Waffles <b>Lunch:</b> Chicken Nuggets w/ Mac & Cheese	<b>31 B-Day</b> <b>Breakfast:</b> Mini Pancakes <b>Lunch:</b> Stuffed Cheese Buffalo Chicken Wrap  <b>HALLOWEEN</b>				



# The Astonishing Nurse

## Gena Smith



Deandre Floyd  
Wildcat Times  
Correspondent

October 6, 2017

Gena Smith is an exciting person who likes to stay in shape, help kids in school, and loves to spend time with her family.

An avid athlete, Smith played soccer, softball, and ran track in high school. Because of her passion for physical fitness, Nursing wasn't her first option as a career, she wanted to join the Navy. But, after becoming pregnant shortly after high school, she was no longer eligible to join.

With her career plans in turmoil, Smith realized she needed a secure job to take care of child.

She chose nursing. And after graduating from MCC, Brockport, and St. John Fisher College, Smith has a job that she is passionate about. And Smith says her greatest achievement was "getting my education while raising my children,"

With the new career, she never lost sight of her passion for physical fitness. Outside of work, Smith likes to go to the CrossFit ambition (which she owns and works out at one-two hours daily).

Smith never planned on owning her own gym. She was a member first, always active and working out. So when the previous owner offered to sell it to her, she thought, "Why not?"

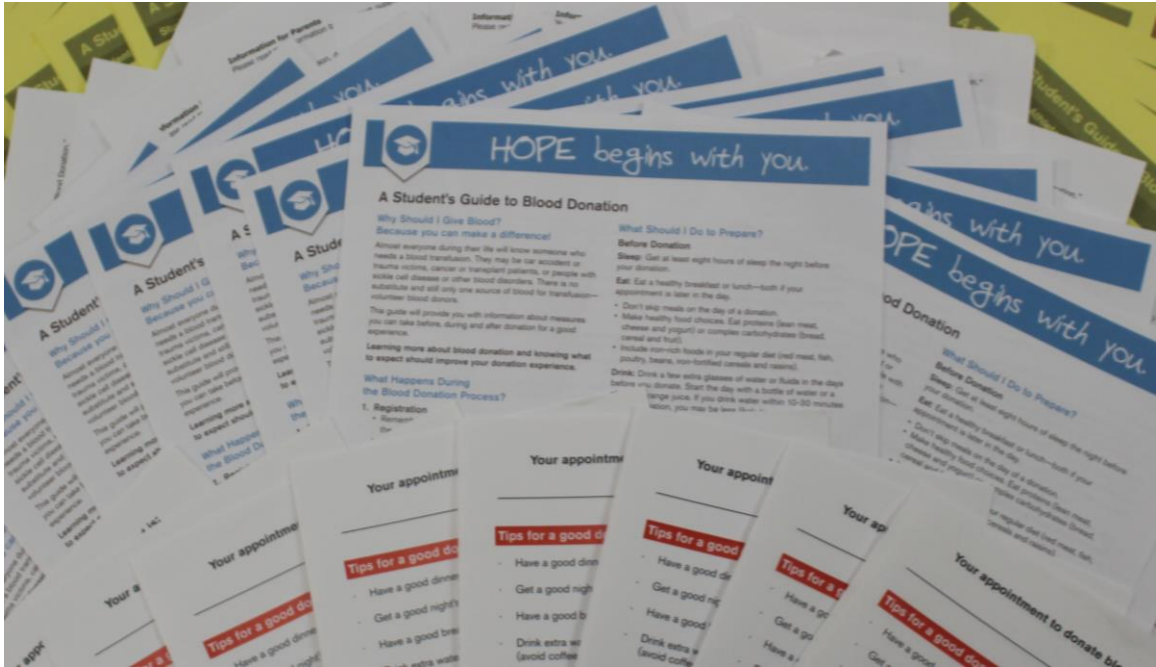
Her gym is close to home and she enjoys being there.

Smith feels that it is important to stay in shape to be able to perform everyday activities as you get older because these same activities will get more difficult to if you're not in shape.

Along with her full-time job and business, Smith loves to spend time with her family Hiking, playing outside and going to the park are just some of the many things that she enjoys doing.

If you ever feel overworked, downhearted or overwhelmed, just think about Gena Smith: with a career, business, and family to take care of, you always see her here at Wilson High School, ready to help, with a smile.

There must be something to working out and exercising.



# Bleeding For a Cause

October 6, 2017



Aryca Corprew  
Wildcat Times  
Correspondent

One pint of blood from your body won't be missed if you were to give it away.

And such a small amount of blood can potentially save three people's lives.

A blood drive is where blood donors can to give blood. Here at Wilson Magnet you could donate that pint of blood on October 17<sup>th</sup>.

It's always good to give back to your community, or any establishment. When you hear about giving blood it may seem like a scary thing. But when it all comes down to it, you could ultimately save

someone's life.

Whenever you are preparing for a blood donation, the Red Cross advises that you get a good night's worth of sleep. They would also like for donors to eat a hearty meal the day of, and to hydrate for 24-48 hours previous to the donation. Staying hydrated with fluids (water, juice, etc.) is one of the most important things along with eating.

After you have given your blood donation you should take it easy. This means no exercising and relax for up to 24 hours post donation. Even after donating you are still expected to stay hydrated no matter what.

Each blood donation takes about 40 minutes to an hour, but it only takes 4 to 5 minutes when needle is actually in contact with your arm. The remaining time is used to complete mini physicals and prep the donor for the actually drawing of the blood.

Every eight weeks you are allowed to donate your blood to someone in need. In order to donate you must be a minimum of 16 years of age, weight a minimum of 110 lbs. if you are smaller than usual. 16-year-olds need to have a signed parental consent before they can donate.

If someone has moved to the United States from a foreign country, they must establish residency before donating as well.

Depending on where you have traveled, you may not be able to donate your blood. Taking certain medications may prevent you from donating as well.

If you have recently gotten a tattoo, you must wait a year before donating blood as well.

When hosting a Blood Drive their target is people with an O-negative blood type because they are universal donors.

Each year, the number of donations is expected to increase based on the numbers of donations from previous years. To put together such an event, it requires a team effort, and great communication with the sponsor and the Red Cross. There must be an accurate date and time of place, and after all is arranged, they must make sure all logistics are set in place.

After donating, blood donors are not left clueless. After the major tests are completed and the blood is shipped the donor will receive an e-mail. The e-mail contains where the blood went and who it went to.

The pint of blood that you donate won't be missed but that pint could possibly save someone's life.





# The Many Ways to Make a Difference

October 6, 2017

*In the Heights* star Mary Mendez Rizzo is an amazing performer that captivates audiences but what makes her an amazing person happens off the stage.

Mendez Rizzo is a theatre actor and employed at Monroe Community College as the Coordinator of Dual Enrollment.

She says that her love for acting is all about having fun, relaxing and controlling her breathing, while singing in plays. The most important thing about her acting is to see people smile and show their happiness.

As an employee at MCC, she likes to see the kids get an education. She enjoys helping others, keeping them on the right track so they stay positive in life.

With her acting and job, Mendez Rizzo wants to impact teens and adults, hoping to inspire kids and be a positive role model.

Born in the United States to Puerto Rican parents, Mendez Rizzo loves to do her plays in Spanish because it inspires Latinos and Latino kids to learn more about their culture. She is a humbled and determined woman who feels that she needed to be the one telling the stories in the community.

Outside of acting she has a family who supports her. She makes time for her family and, when basketball is in season, she is at her son's basketball games cheering him on and being a great supportive mother.

Mendez Rizzo's future goal is to show more positivity in the community and to help others. She wants to be a positive influence, helping to end the violence that is on our Rochester streets.

With her acting and position at MCC, Mary Mendez Rizzo is a positive role model in the Rochester Community. But her biggest role, and biggest impact for change, is her being a supportive mother.



Cayleb Buie  
Wildcat Times  
Correspondent



# Taking a Stand by Taking a Knee

October 6, 2017



Filicia Sinclair  
Wildcat Times  
Correspondent

NFL players are expressing their right to protest racial injustice during the national anthem after President Trump's harsh words.

Trump told his followers to boycott the NFL stating that team owners whom see players, "disrespecting the flag," should, "get that [expletive] off the field right now, he's fired."

With the support of owners, some even joined their teams on the field, dozens of players knelt in silent protest while others stood and locked arms.

After the demonstrations had begun, Mr. Trump weighed in on twitter and stated that he approved of the players locking arms but declared that kneeling was, "not acceptable."

Sunday, September 24<sup>th</sup>, every NFL game carried some level of demonstrations by players. Some teams did not even appear on the field for the anthem.

President Trump once again took to twitter to condemn the players who chose not to stand for the anthem and stated, "Sports fans should never condone players that do not stand proud for their national anthem or their country." He ended by saying, "NFL should change their policy."

The President and his followers believe that anything other than standing at attention during the anthem is disrespecting the country and the soldiers that died for every citizen's rights.

But soldiers and veterans do not all agree.

Mr. Burns, English teacher here at Wilson and U.S. Army veteran, weighed-in on the subject. He said, "I do think that kneeling during the national anthem is disrespectful but, at the same time, it's raising attention to an issue that needs addressing." He continued, "Who am I to judge how someone chooses to protest? I served to protect that individual's right to do just that."

As for the President's comments, Mr. Mortier, Wilson's Varsity Football coach, said, "It was stupid and instead of bringing people together he's just doing things to separate us."

In hindsight, this is clear. At the start of the NFL season, eight players were not standing for the national Anthem. After President Trump's tweet, there are demonstrations at every game.

Dallas Cowboys star wide receiver Dez Bryant and running back Ezekiel Elliot felt like Trump was trying to take away their right to protest. "[Our Protest] was a clear shot at Trump," Bryant said, "we showed great unity tonight, and that's what that was for. I feel like it was needed." Elliot added, "We don't agree at all with what the president said and we just wanted to show that we weren't going to be divided by that."

So, in the end, Colin Kaepernick's act to take a knee in protest back in 2016 is overlooked. NFL players responded to support their peer in his efforts but an individual's 'Right to Protest' has overshadowed Kaepernick's original stance on racial inequality.