



November 2018



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November 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 D-Day Breakfast: Breakfast Pizza Lunch: Sub BBQ Chicken Salad	2 A-Day Breakfast: Cinnamon Breakfast Round Lunch: Buffalo Chicken Salad Fajita Pizza End of First Quarter	3 SAT Test School Activities: School Craft Show
4	5 B-Day Breakfast: Cinnamon Bar Lunch: Popcorn Chicken School Sports: Winter High School Sports and Winter Modified Sports begin.	6 Superintendent's Conference Day No School	7 C-Day Breakfast: Egg & Cheese Sandwich Lunch: Chicken Flatbread Sandwich Southwest Chicken Salad	8 D-Day Breakfast: Pancakes Lunch: Beef Chili Italian Vegetable Salad	9 A-Day Breakfast: French Toast Crackers Lunch: Falafel Salad Buffalo Chicken Pizza	10
11	12 Veteran's Day No School	13 B-Day Breakfast: Cherry Frudel Lunch: Falafel Salad Italian Vegetable flatbread	14 C-Day Breakfast: Beef Sausage Sandwich Lunch: Grilled Chicken Wrap Italian Chicken Salad	15 D-Day Breakfast: Cheese Stuffed Sandwich Lunch: Southwest Chicken Salad Corn muffin	16 A-Day Breakfast: Cinnamon Breakfast Round Lunch: BBQ Chicken Salad Mexican Pizza	17 School Activities: X-Cat Volunteer Activity
18	19 B-Day Breakfast: Apple Benefit Bar Lunch: Buffalo Chicken Salad Popcorn Chicken	20 C-Day Breakfast: Breakfast Slider Lunch: Cobb Salad Meatball Sub School Activities	21 Thanksgiving Break	22 Thanksgiving Day	23 Thanksgiving Break	24
25	26 D-Day Breakfast: Oat, Blueberry & Pomegranate Bar Lunch: Cobb Salad Chicken Nuggets	27 A-Day Breakfast: Quesadilla Lunch: Buffalo Chicken Wrap Bean & Cheese Burrito School Activities: Girls V & JV Basketball	28 B-Day Breakfast: Beef Sausage on Bun Lunch: Chicken Sandwich Italian Chicken Salad School Activities: Boys V & JV Basketball	29 C-Day Breakfast: Breakfast Pizza Lunch: Sub BBQ Chicken Salad	30 D-Day Breakfast: Cinnamon Breakfast Round Lunch: Chicken Salad Sandwich Fajita Pizza School Activities: Girls JV game Boys JV game	

November Monthly Horoscope



Aries (March 21- April 19)

Don't downgrade your life just to fit your reality...upgrade your conviction to make your destiny.

Taurus (April 20- May 20)

Your greatest weakness lies in giving-up. The most certain way to succeed is always to try just one more time.

Gemini (May 21- June 20)

Keep smiling and one day life will get tired of upsetting you.

Cancer (June 21-July 22)

Always remember, when it comes to your final destination, the best is yet to come.

Leo (July 23-Aug. 22)

Do not take life too seriously—you will never get out of it alive.

Virgo (Aug. 23-Sept. 22)

Even if you are on the right track you'll get run over if you just sit there.

Libra (Sept. 23-Oct. 22)

No matter how many mistakes you make, or how slow you progress, you're still ahead of everyone that isn't trying.

Scorpio (Oct. 23-Nov. 21)

The struggle you're in today is developing the strength you need for tomorrow.

Sagittarius (Nov. 22-Dec. 21)

Life is short smile while you have teeth.

Capricorn (Dec. 22-Jan. 19)

Life is too short to be serious all the time so if you can't laugh at yourself call me ill laugh at you.

Aquarius (Jan. 20-Feb. 18)

Never get jealous when you see your ex with someone else because our parents taught us to give our used toys to the less fortunate.

Pisces (Feb. 19-March 20)

Don't let anyone rent a space in your head unless they're a good tenant.

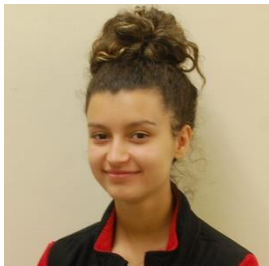


American Red Cross

The need is constant.
The gratification is instant.
Give blood.™

Helping to Save a Life

November 2, 2018



Laila Suliveras
Wildcat Times
Correspondent

Every year students are given the chance to volunteer and give up some blood at The American Red Cross Blood Donation.

The blood drive is an opportunity for people to help those in need. Blood is given to patients with certain traumas, cancers, and diseases.

Steve Taubenfeld, account manager and sponsor, says, “My job is to collaborate with other sponsors [to] collect and recruit as much blood as possible.”

The Red Cross collects an average of 34 units of blood from volunteers to meet the patients’ needs. There are many different types of donations to give to help those specific patients.

The Whole blood donation is the most common and flexible donation used to help trauma patients. Another donation is the Power Red Donation that is used to help newborn, and people that are suffering of blood loss.

Platelet Donations help cancer treatment and organ transplant procedures.

These different donations give doctors the chance to save many lives.

The blood is given to the headquarters to be processed. The steps after giving the donation are long but worth it for the patients.

The first step is giving the donation.

Before giving the blood donation make sure you eat a healthy. It is very important to take it easy after your appointment and stay hydrated.

Also, you are to give your name and photo ID. This is so that the organization can keep track of the blood given and who gave it in case of a discarded blood.

Step two is processing the blood.

The blood is packed into a “unit” and separated by transferable components: red cells, Platelets, and plasma.

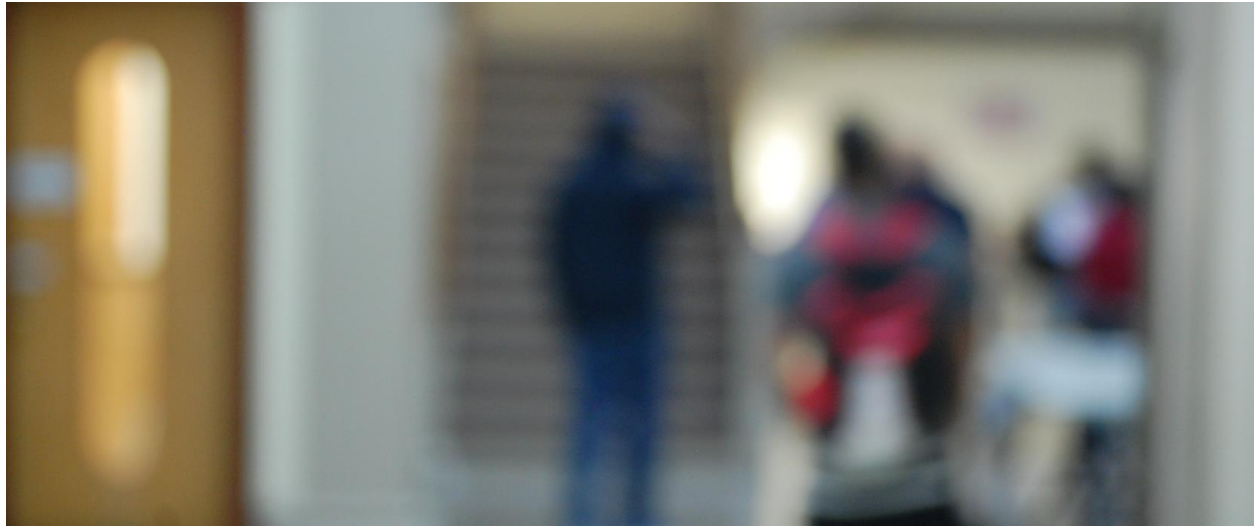
Step three is testing the blood.

Before the blood is given to the patient, it is tested to make sure there are no diseases and it is ensured that is it good for donation.

Step four is putting the blood in storage.

It is then labeled and stored based on the unit of blood. Red cells are stored for 42 days, platelets are stored for 5 days, and plasma is stored for a year before being transferred to that patient in need.

Don’t miss out on a life-changing experience to save lives—you will not regret it. The next blood drive is December 19.



Preventive Measures

November 2, 2018



Cadeeja Tanksley
Wildcat Times
Correspondent

While most people believe that you can get the flu from a flu shot—it is just not true.

Local Rite Aid pharmacist Katie Jaeneckle says, “There is no risk of you actually catching the flu after getting the flu shot for the season.”

Jaeneckle gives about 15-20 flu shots a day at the Rite Aid in Canandaigua and tries to give the best advice possible during the flu season.

“Try to stay away from crowded public areas when the flu is active and do not forget to thoroughly wash your hands as often as possible,” she says.

It is very possible for someone to catch the flu from someone six feet away just from particles.

Jaeneckle strongly recommends to get the flu shot as soon as possible to protect yourself during the flu season.

Some of the most common symptoms of the flu is, a high fever, headache, major aches and pains, and a long lasting cough.

And, if it is not treated, it can be deadly.

The effects of the flu can be very harmful to the elderly, infants, and people with diabetes.

But you cannot get the flu from the shot.

Jaeneckle reiterates that there is no chance of getting the flu from getting the shot.

Jaeneckle states, “The shot needs about two weeks to start working in your body and, for the first few days, it is common to feel sore in your arm and get some cold symptoms. This is from your body building a tolerance to the shot but it is only temporary.”

Every year the CDC predicts what the flu will be like and creates the flu shot based on their findings.

The shot protects you from 3-4 strands of the flu, even if the CDC’s prediction is off, you still will not get the flu after getting the shot.

The flu shot lasts the entire flu season, and, since the chances of you getting the flu are close to nonexistent, a lot of people will not have to get the shot again.

“Only some of the elderly and infants might have to repeat the shot because of the strength of their immune systems but, for the most part, the shot will last for a whole year until the next flu season,” Jaeneckle says.

It is very important to get the flu shot as early as you can. According to the CDC, almost 80,000 people died from the flu during the 2017-2018 flu season.



Iron Men

November 2, 2018



Chanell Jones
Wildcat Times
Correspondent

Many student athletes here at Wilson play more than one sport. There are a lot of players that converted from football to basketball.

This season, they feel as if they have a second chance at another sport, especially because of the way the football season ended.

There are not a lot of students that play two sports.

Football and basketball are both intense sports and they are back to back. Many feel it can be dangerous with those sports being very close and that the players can get overwhelmed.

Often kids play sports throughout the school year and it's good for them. They have to have good grades in order to participate.

Sports help the athletes keep their grades up so that playing sports is making everyone follow the same requirements.

This is called academic Eligibility.

That is when you have to have a 2.0 and no more than 1 "F." Even if you have a 3.0, if you have more than 1 "F," you will still be on probation.

Many may worry that playing too many sports opens up athletes to injuries. "But it's hard to tell and it's not really predicable. Different situations occur different years—but there will always be a trainer to take care of it," said Mrs. Morales, Athletic Director here at Wilson.

Even though one sport starts right after the other ends...it isn't that much. They are in two different seasons and, just because they start practice at the beginning of November, a game won't take place until the end of the month.

While there are many differences between the basketball and football, the love that the athletes at Wilson magnet have for them both is very much amazing.



A Time to Give Thanks

November 2, 2018



Lonnell Warren
Wildcat Times
Correspondent

Thanksgiving Day is a national holiday in the United States where families come to together and enjoy each other's time.

Thanksgiving is celebrated on the fourth Thursday of November and has lost most of its religious significance; instead, now it centers cooking and sharing variety of meals.

In 1621, Pilgrims had their first harvest and Governor William Bradford organized a celebratory feast, inviting a group of the colony's Native American allies.

Now, remembered as America's "first Thanksgiving," this feast lasted for 3 days.

Due to this, in 1789 George Washington issued the first Thanksgiving proclamation which made this event a holiday. He told Americans to express their gratitude for the happy conclusion to the country's war of independence and the successful ratification of the U.S.

Thanksgiving is now an ordinary holiday. It's portrayed as being a harvest rather being a celebration of blessings of the year.

Now, people mainly focus on cooking rather being thankful for what they have.

Thanksgiving is celebrated by everyone. Even those who don't have a family to go to, the City of Rochester provides a warm meal at the Open Door Mission.

Thanksgiving also is celebrated differently around the world. For example, Canada celebrates thanksgiving on a Monday—but everyone actually gets together with family on Sunday.

There are different things people do on thanksgiving such as cook, volunteer, or give.

Thanksgiving is a time where people give and give thanks for those around the dinner table. It is a special holiday where people can show appreciation and fill up their stomachs with good food.