



**January 2018**

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# January 2017

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
	<b>1</b>  <b>New Year's Day</b>	<b>2</b> <b>A-Day</b> <b>Breakfast:</b> Pancakes <b>Lunch:</b> Cheese Sticks Buffalo Chicken Wrap  <b>School Activities:</b> Winter II Modified Sports Begin	<b>3</b> <b>B-Day</b> <b>Breakfast:</b> Egg & Cheese on Muffin <b>Lunch:</b> Chicken Sandwich	<b>4</b> <b>C-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> BBQ Chicken	<b>5</b> <b>D-Day</b> <b>Breakfast:</b> Bagel <b>Lunch:</b> Chicken Fajita Pizza	
7	<b>8</b> <b>A-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> Buffalo Chicken Wrap	<b>9</b> <b>B-Day</b> <b>Breakfast:</b> Sausage & Cheese on Muffin <b>Lunch:</b> Pizza Crunchers	<b>10</b> <b>C-Day</b> <b>Breakfast:</b> French Toast <b>Lunch:</b> Chicken Cheese Flatbread	<b>11</b> <b>D-Day</b> <b>Breakfast:</b> Turkey Ham and Egg Roll <b>Lunch:</b> Pasta and Meatballs	<b>12</b> <b>A-Day</b> <b>Breakfast:</b> Yogurt Parfait <b>Lunch:</b> Soft Tacos	13
14	<b>15</b>  <b>Martin Luther King Jr. Day</b>	<b>16</b> <b>B-Day</b> <b>Breakfast:</b> Mini pancakes <b>Lunch:</b> Turkey and Beef Pepperoni Sandwich	<b>17</b> <b>C-Day</b> <b>Breakfast:</b> Sausage, Egg, and Cheese Bagel <b>Lunch:</b> Stuffed Shells  <b>School Activities:</b> Recruitment Night	<b>18</b> <b>D-Day</b> <b>Breakfast:</b> Waffles <b>Lunch:</b> Sandwich, Egg & Cheese Roll	<b>19</b> <b>A-Day</b> <b>Breakfast:</b> Bagel <b>Lunch:</b> Buffalo Chicken Sandwich	20
21	<b>22</b> <b>Breakfast:</b> Mini Maple Waffle  <b>Midterms:</b> <b>AM</b> ELA CC Algebra (Freshmen) <b>PM</b> Living Env.	<b>23</b> <b>Breakfast:</b> Sandwich, Sausage, Egg & Cheese on Roll  <b>Midterms:</b> <b>AM</b> US History Geometry <b>PM</b> Algebra I	<b>24</b> <b>Breakfast:</b> Mini Pancakes  <b>Midterms:</b> <b>AM</b> Global Physics <b>PM</b> Chemistry Global (Sophomores)	<b>25</b> <b>Breakfast:</b> French Toast  <b>Midterms:</b> <b>AM</b> Earth Sci. Chemistry <b>PM</b> Living Env. (Freshmen)	<b>26</b> <b>Breakfast:</b> Yogurt Parfait  <b>Midterms:</b> <b>AM</b> Skills USA <b>PM</b> Skills USA  <b>End Marking Period II</b>	27
29	<b>30</b> <b>C-Day</b> <b>Breakfast:</b> Mini Maple Waffles <b>Lunch:</b> Chicken Nuggets w/ Mac & Cheese	<b>31</b> <b>D-Day</b> <b>Breakfast:</b> Mini Pancakes <b>Lunch:</b> Stuffed Cheese Buffalo Chicken Wrap				

# January Monthly Horoscope



Aryca Corprew  
Wildcat Times  
Correspondent

## **Aries (March 21- April 19)**

Aries you are firm in what you believe, done, do or did. You become impatient and standoffish when your works are tampered with. This is your time to not fear change, and step outside of your comfort zone. Being too comfortable can be dangerous.

## **Taurus (April 20- May 20)**

You are angelic but, being too nice, can get you taken for granted sometimes. You have potential to be a rebel without a cause. Tap into that side, you might actually learn something from it.

## **Gemini (May 21- June)**

You are very sociable and easy to communicate with. These characteristics make you WAY TO TALKATIVE! You let anything that comes to mind flow out. It's time for you to figure out when is the right time to say the things you think.

## **Cancer (June 21-July 22)**

Your love and care for someone runs deeply but sometimes you love and care too much or too hard—and that's what can hurt you. It's your time to show people that you can stand alone and care from a distance.

## **Leo (July 23-Aug. 22)**

You are very ambitious and self-confident. You tend to want to strongly express that your “ducks are in a row.” Which is why you don't call for help when you need it, now is your time to reach out more than usual.

## **Virgo (Aug. 23-Sept. 22)**

You are very shy and distant. You let anxiety get the best of you and stray away from attention. This upcoming year, express yourself a little more. Break out of that shy habit and let loose. You deserve to have a little fun.

## **Libra (Sept. 23-Oct. 22)**

You are very peaceful and loving. You tend to try to make everyone happy and it's hard to say no. Take the time to work on yourself, let alone others. Being a little stricter may be best for you.

## **Scorpio (Oct. 23-Nov. 21)**

You hide yourself behind a wall but you are protecting yourself from opportunity. Learn to let things in, not everything will hurt you. It could greatly help you.

## **Sagittarius (Nov. 22-Dec. 21)**

You are the life of the party! Everyone enjoys being around you due to your good vibes. But you just don't know when the right time to have fun is. Take the time to realize when you should be focused and when you should let loose before you lose yourself.

## **Capricorn (Dec. 22-Jan. 19)**

You tend to lose sight of what is really important due to your very mean tactics. You will start to fail at everything if you don't pull yourself together. Stop being two-faced and devilish and your success may blossom.

## **Aquarius (Jan. 20-Feb. 18)**

You are a very honest person. Whatever is on your mind, you say it even when it might jeopardize yourself. This coming month, saying too much will dig yourself a hole you can get out of. Be careful!

## **Pisces (Feb. 19-March 20)**

You are very sensitive, any little thing can trigger your emotions. This is your month to shine because your season is coming, so control those emotions. Warn people to stay out your way because you can turn rude, impolite, and uncivil when someone gets in your way.



# Running Wild

January 8, 2018



Jazlyn Macpherson  
Wildcat Times  
Correspondent

This past fall, the Wilson Wildcat football team won its first Section V Championship in school history.

Throughout the season, the players on the Wilson football team worked hard, and put in a lot of effort, to build a championship level team and created an outstanding reputation along the way.

As the team kept winning, spirits were high here at Wilson. With tributes, pep rallies and filled fan buses to the games, the team not only created a positive outlook for themselves but they also instilled a lot of school pride throughout the entire school.

Anthony Robinson, player on the football team, stated, “Everything didn’t go as planned but we overcame obstacles and faced our fears.”

Robinson added, “We worked together as a team and came together as a family. Football didn’t feel like just football, it felt like brothers coming together as a team.”

The pride, along with the family first attitude of the team Robinson stated, “[the season’s] success is the best in Wilson’s football history. We made it as far as possible.”

Mr. Mortier, Wilson’s varsity head coach, was also very satisfied with the player’s performance this season and the fact that his players worked very hard up to their big win.

Mortier said, “There was much improvement from last season to this season mainly due to the amount of off-season training that many kids took advantage of.”

Mortier added, “The first football championship in school history is definitely a success. What this team did is very difficult to do and many kids put in a lot of hours to make it happen.”

The players and their coach proved that hard work pays off.

The team’s success shows everything that is right with school sports: teamwork can accomplish countless goals. And success on the field can create pride and success back at school.

Way to go team.





# How Safe Are Our Schools?



Cayleb Buie  
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January 8, 2018

The Rochester Prep Charter School had nearly 100 students and parents protesting about the environmental conditions in the building leading many students here wondering how safe it is at Wilson Magnet High School.

Rochester Prep was housed on Martin St., which was formerly known as 690 St. Paul and declared a brown zone due to the high levels of TCE—which is a known carcinogen. The school is regularly tested, and considered safe, but had unusually high levels of TCE last spring

While the building was claimed to be safe, kids and parents do not trust the school's words. There are still solvents in underground water that could affect the indoor air.

Mr. Highsmith, custodian here at Wilson, states that the water and indoor air levels in this building are tested during the summer time. Students in Wilson Magnet should not have to worry about the indoor air being unsafe.

Inspectors look for a lot of safety hazards and liabilities. When checking these things, the inspectors are checking for violations.

They can't test the building itself but along with the water is the gas fluids. We know these levels are safe because, if there's gas fluid issues, nobody would be allowed in the building.

The testing equipment used is very accurate so the chances of anyone not knowing there is an issue in any part of Wilson's building is very small.

The last test they did was in August before the start of school. The results came back good and the building is safe to this day.

While we know it is safe, the building is old and it is a good idea for students here at Wilson to stay on top of these kind of safety things.



# The Marijuana Debate

January 8, 2018



Filicia Sinclair  
Wildcat Times  
Correspondent

While many states are moving to legalize recreational marijuana use, the federal government is threatening restate criminal laws against ownership and usage of the plant sparking the debate: How safe is marijuana?

Marijuana—also called pot, Mary Jane, weed, ganja, and a vast majority of other names—is a greenish-gray mixture of dried flowers of *cannabis sativa*.

Marijuana contains chemicals such as delta 9 and tetrahydrocannabinol (also known as THC) which makes you “high,” or a state of high spirits induced by chemicals.

Marijuana can be consumed in many different ways like in food, candies, cookies, and the most common way, rolled cigarettes called joints.

Medical marijuana is used in some states to treat pain and contains Cannabidiol (CBD) that helps the pain process.

Mrs. Dudek, the Wilson Magnet health teacher, says that medical marijuana can help with “headaches, nausea, diseases like cancer, or long-term conditions such as glaucoma or nerve pain.”

THC targets the CB1 receptor, a cannabinoid receptor, which is found primarily in the brain but also present in the nervous system, liver, kidney and lungs. The CB1 receptor is activated to quiet the response to pain or noxious chemicals.

The CBD along with medication can help with anxiety, inflammation, controlling epileptic seizures, and possibly even treating mental illness and addictions.

Although marijuana can be good, it can also be bad for the brain—especially during the developmental process in teens.

Dudek, states that “marijuana slows you down, makes you angry, can cause preterm labor, asthma, learning disabilities, red eyes, memory problems and also, lung issues.”

Marijuana smoke, like tobacco smoke, irritates the throat and lungs and can cause heavy coughing when being smoked. It also contains toxic gases and particles that can damage the lungs.

According to Rachel Bishop and Chris Byer, journalists for the Mirror news in the UK, studies show that weed smokers end up in the worse jobs and have less money because their brain tend to slow down than the average non-weed-smoker.

Although Ganja, does not affect everyone the same, it produces withdrawals and, if you become addicted, can stay in the body up to a month before leaving.

While it may have helpful uses, marijuana is a drug that may have harmful side effects. If you decide to try marijuana, be sure to research the risks that you may be taking.

And, as always, be careful when putting any type of drug into your body without knowing its uses and side effects.