



## December 2019

### Contributors

Latoya Afflick

Skymier Fullilove

D'Anna Greer

Amin Haji Mungani

Samya Key

Loi McDonald

Maggie McGee

LaTayvia Morrison

Derrick Simmons

Ja'Asia Simmons

Josiah Sturgis

Darnell Sutton

Jason Torres

Arthur Wilson

Imani Wright-Jones

Editor:  
Jason Torres

Staff Advisor:  
Mr. Burns



Latoya Afflick  
Wildcat Times  
Correspondent

# December 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 <b>A-Day</b> <b>Day</b> Breakfast: Cinnamon Round Lunch: Buffalo Chicken Wrap  School Activities: V Bowling Girls JV & V Basketball	3 <b>B-Day</b> Breakfast: Cinnamon Rice Chex Lunch: Cheese Pizza	4 <b>C-Day</b> Breakfast: Cinnamon Rice Chex Lunch: American Sub  School Activities: X Cats Meeting Boys Mod, JV & V Basketball	5 <b>D-Day</b> Breakfast: Pancakes Lunch: Cheese Pizza  School Activities: V Volleyball Girls JV & V Basketball	6 <b>A-Day</b> Breakfast: Cherry Vanilla Yogurt Lunch: Soy Butter & Jelly <b>Half Day</b> School Activities: Outdoor Club Holiday Fund. Boys JV & V Basketball	7  School Activities: V Wrestling
8	9 <b>B-Day</b> Breakfast: Apple Benefit Bar Lunch: American Sub  School Activities: V Bowling Boys Mod, JV & V Basketball	10 <b>C-Day</b> Breakfast: Cherry Frudel Lunch: Chicken Sandwich  School Activities: V Bowling Boys JV & V Basketball	11 <b>D-Day</b> Breakfast: Beef Sausage on Bun Lunch: Chicken Sandwich	12 <b>A-Day</b> Breakfast: Cheese Breakfast Sandwich Lunch: Chicken Sandwich  School Activities: Winter Concert Girls JV & V Basketball	13 <b>B-Day</b> Breakfast: Breakfast Sandwich Lunch: Buffalo Chicken Sandwich  School Activities: Boys V Basketball	14  School Activities: Girls JV & V Basketball
15	16 <b>C-Day</b> Breakfast: Banana Benefit Bar Lunch: Cheese Pizza  School Activities: V Bowling Boys JV & V Basketball	17 <b>D-Day</b> Breakfast: Breakfast Taco Lunch: Cheese Pizza  <b>Blood Drive</b>  <b>School Pictures</b>  School Activities: V Bowling Boys Mod Basketball	18 <b>A-Day</b> Breakfast: Egg & Cheese on Bun Lunch: American Sub  School Activities: Girls V Basketball	19 <b>B-Day</b> Breakfast: French Toast Sticks Lunch: Cheese Pizza  School Activities: Girls Mod Basketball Boys Mod, JV & V Basketball	20 <b>C-Day</b> Breakfast: Cherry Vanilla Yogurt Lunch: BBQ Chicken Pizza	21
22 Happy Hanukkah	23	24	25	26	27	28  School Activities: Girls JV Basketball Boys JV & V Basketball
<b>Winter Recess – No School</b>						
			Merry Christmas	Happy Kwanzaa	School Activities: Girls JV & V Basketball	
29	30 Winter Recess – No School	31 New Year's Eve				

# December Monthly Horoscope

## Aries (March 21- April 19)

You have a more positive attitude when doing things than others but you're enthusiastic attitude can cause you to overstep personal boundaries and move too fast, patience is key this month. You will achieve all goals but only if you keep your head on your shoulders and not overthink.

## Taurus (April 20- May 20)

You mourn for change but never take the action to cause it. Taking a step back to think about your wants and needs will help you figure out where change has to start... and, not doing so, will cause you to wait on change instead of changing things yourself. Work on you first then work on what's around you. Life and time waits for no one so be mindful of how long you take to take action.

## Gemini (May 21- June)

You are in a time period where the need for love for your own self is needed most. Personal connections to yourself that you've once lost need to get stronger. The things you long for like beauty, happiness, and purpose will start to come your way when you figure out who you are - but overthinking and doubt can cause you to become confused and unsure about your values, life, and the things you truly want. Finding your inner-peace and balance between work, health, and fun will help you find things that need to be cut out of your life.

## Cancer (June 21-July 22)

You are to the point where they need to free yourself from past situations. Maybe having a "New year, new me" mojo can help with the change. Create a new start by writing a new story that you can make your own.

## Leo (July 23-Aug. 22)

You are a hardworking person that will do anything to avoid failure. With your outgoing mind and adventurous soul, nothing can stop you from exploring the world and getting right to things - fully hands-on. But, that isn't always best... Take your time and give yourself the opportunity to see things through before jumping into them.

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

You need to live life to the fullest. Take control of the way you live instead of allowing rules and regulations to run it. Enjoy life and be free by letting go of the things that don't allow you to do so. Go to the park (or something) and release the inner you that's fun and playful. Watch how amazing it feels to finally be free.

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

Stop hiding! Come out and show the real you. Don't hide your true self and true feelings to avoid unwanted reactions - that won't last forever. Bottling feelings up will bring you closer and closer to that emotional explosion! Allow yourself to step outside your comfort zone and become comfortable in a new environment.

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

You have a negative conscious that questions anything new. You're constantly motivated but think before taking any type of action... this is the time now to start seeing things for the good in them not only the bad. Rejecting the new will never let you let go of the old.

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

You are coming to a time where you start to find yourself becoming a more powerful and strong-minded person. The only way to personally achieve this new strength is by forgiving and moving on - letting go of all the things that take you off the right path.

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

You are approaching the time where you need to figure out your limits whether it's within a relationship, friendship, or life itself. Also, allow people to enter your life. You can't do everything on your own and thinking that will cause frustrations when something doesn't go as planned.

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

You will sense more wisdom within and self-control this month. It takes a lot to make you angry but when you've reached your peak you become more aggressive and lose focus of what's important. Many past situations have changed you causing the want for more in life, stability and satisfaction. You want the best not only for you but for the people you care about and being more mentally and physically grounded will help you achieve the best.

## Pisces (Feb. 19-March 20)

You might've forgotten who you are over the months but this time round it's your turn to get back on the right track. Begin to let go of the things that can cause you to lose yourself again. Friends, family, or toxic situations can bring you back to where you started but, if you find out who you are as a person, those things won't be able to control you anymore.



D'Anna Greer  
Wildcat Times  
Correspondent



## Wrap It Up

December 3, 2019



Darnell Sutton  
Wildcat Times  
Correspondent

The sexually transmitted disease known as HIV (Human Immunodeficiency Virus) has been well discussed among our society but too many people are not educated on the Virus.

HIV is known to harm your immune system and destroy your white blood cells that are supposed to fight off the infection. The disease is spread through mostly unprotected sex but it can also be contracted by sharing needles or even from a mother to her baby through breast feeding.

There are known to be 4 stages of the HIV infection:

- The first stage being the infection - When your white blood cells first get infected and you start to have symptoms of the flu, sore throat or developing of a rash on your skin.
- The second stage being asymptomatic stage - Where studies show HIV doesn't affect your physical appearance and wouldn't over the course of about 8-10 years.
- The third stage Symptomatic stage - The disease has really taken over your immune system by now and you began to start being fatigue, having weight loss and even severe diarrhea.
- The final stage of HIV is aids.

Now AIDS (Acquired Immunodeficiency Syndrome) is the stage where your immune system is too weak to fight off your infection. Only a few people contract AIDS because there are treatments for HIV... so more people are being taken care of.

Studies show that New York leads the nation in HIV cases. While there were 2,100 cases reported in 2017, there are now 125,000 New Yorkers known to be living with HIV.

And an estimated 20% of those individuals don't know they are infected.

Rochester itself has the second highest HIV infection rate in the state besides New York City.

In Monroe County, there are 2,026 people that have contracted the HIV Infection.

With these stats being brought to the attention of everybody, there are ways to actually prevent this from happening.

In high school, there are always that idea of teenagers hooking-up but we have to make sure that everybody is informed on ways to prevent sexually transmitted diseases.

Things like making sure you use a condom every time you have sex. While people have the excuse, "it takes away the feeling," it's a better feeling than being infected.

There are resources all around the city to get this information so you don't have to be part of the statistic. Planned Parenthood is a very trusted health care organization that provides the public with sexual education and health care.

Also if you're looking for somewhere even more teen friendly, there is a non-profit right here in our city called InControl that provides work and outreach for the community while also informing our youth on the values of sexual health.

It's a difficult conversation to have but you don't want to have that conversation when it's too late.