



## November 2019

### Contributors

Latoya Afflick

Ty'aja Barton-Shaw

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

Amarye Woods

Imani Wright-Jones

Editor:  
Jason Torres

Staff Advisor:  
Mr. Burns



Josiah Sturgis  
Wildcat Times  
Correspondent

# November 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 D-Day</b> <b>Breakfast:</b> Egg & Cheese Breakfast Taco <b>Lunch:</b> Bean & Cheese Empanada  School Activities: College Rep Visit	<b>2 A-Day</b> <b>Breakfast:</b> Beef Sausage on Bun <b>Lunch:</b> Chicken Sandwich	<b>3 B-Day</b> <b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Grilled Cheese	<b>1 A-Day</b> <b>Breakfast:</b> Cinnamon Round <b>Lunch:</b> Buffalo Chicken Sandwich	2
<b>3</b>  Daylight Savings Time	<b>4 B-Day</b> <b>Breakfast:</b> Cinnabar <b>Lunch:</b> Popcorn Chicken	<b>5</b>  <b>Recess                      Day                       No                      School</b>	<b>6 C-Day</b> <b>Breakfast:</b> Egg & Cheese on Bun <b>Lunch:</b> Hamburger Meatball Sub  School Activities: Wilson Pearls Tryout X-Cats Meeting	<b>7 D-Day</b> <b>Breakfast:</b> Pancakes <b>Lunch:</b> Sloppy Joe Hamburger  School Activities: Wilson Pearls Tryout	<b>8 A-Day</b> <b>Breakfast:</b> Honey Grams <b>Lunch:</b> Buffalo Pizza Soft Tacos  School Activities: Wilson Pearls Tryout	9
10	<b>11</b>  <b>Veteran's                      Day                       No                      School</b>	<b>12 B-Day</b> <b>Breakfast:</b> Cherry Frudel <b>Lunch:</b> Chicken Sandwich Grilled Chicken Wrap  School Activities: Winter Sports Begin	<b>13 C-Day</b> <b>Breakfast:</b> Beef Sausage on Bun <b>Lunch:</b> Grilled Chicken Wrap  School Activities: FAFSA Fest X-Cats Meeting	<b>14 D-Day</b> <b>Breakfast:</b> Cheese Breakfast Sandwich <b>Lunch:</b> Egg & Cheese Panini	<b>15 A-Day</b> <b>Breakfast:</b> Cinnamon Round <b>Lunch:</b> Pizza	16
17	<b>18 B-Day</b> <b>Breakfast:</b> Banana Choc Chip Bar <b>Lunch:</b> Popcorn Chicken  School Activities: HBCU Fair	<b>19 C-Day</b> <b>Breakfast:</b> Cereal Bar <b>Lunch:</b> Gordita Wrap	<b>20 D-Day</b> <b>Breakfast:</b> Egg & Cheese on Bun <b>Lunch:</b> American Sub  School Activities: X-Cats Meeting	<b>21 A-Day</b> <b>Breakfast:</b> French Toast Sticks <b>Lunch:</b> Pizza	<b>22 B-Day</b> <b>Breakfast:</b> Cherry Vanilla Yogurt <b>Lunch:</b> BBQ Chicken Pizza	<b>23</b>  <b>ACT</b>
24	<b>25 C-Day</b> <b>Breakfast:</b> Blueberry/ Pomegranate Oatmeal Bar <b>Lunch:</b> Salad  School Activities: IB Induction	<b>26 D-Day</b> <b>Breakfast:</b> Egg & Cheese Roll Breakfast Taco <b>Lunch:</b> Salad	<b>27</b>  <b>Thanksgiving                      Recess                       No                      School</b>	<b>28</b>  <b>Happy                      Thanksgiving</b>	<b>29</b>  <b>Thanksgiving                      Recess                       No                      School</b>	

# *November Monthly Horoscope*



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

You are a strong independent person you will have to learn to collaborate with others to grow.

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

Happiness is the joy of success so work hard.

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

Success will come your way with help from others so just be patient.

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

For every minute you are angry you lose sixty seconds of happiness so spread kindness and love.

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

You are in a position to cooperate with others to make the world a better place - be patient and don't give up.

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

Help other people because you are a great person. Keep them happy and they'll do the same for you.

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

Challenge yourself with something you can't do - overtime you'll find out you can overcome anything.

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

Don't get frustrated. You're a strong versatile person - go through and never give up.

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

You'll never find a rainbow when you look down. Keep your head up – there are goals to accomplish.

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

Success is the result of hard work – it beats failure so stay focused.

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

There is no way around hard work - embrace it and go through with whatever your goal is.

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

You have a dream. Don't let nothing interfere because you are a warrior with ambition.



# Kindness Week



Amin Haji Mungani  
Wildcat Times  
Correspondent

November 6, 2019

From October 21st to October 25th, Wilson celebrated kindness week to shed light on bullying, show more ways to be kind, and let students know that they have a voice which they should use to stand up to bullying and speak out on other causes they support.

Mrs. Dow, English teacher at Wilson, modeled this celebration after the National Bullying Prevention Month campaign. This week was focused more on kindness instead of bullying in order to give students a more positive outlook on the issue.

Dow was influenced to celebrate kindness week through her Listening Post Project. This project gives students who don't feel like they're heard a chance to have a voice.

Bullying is a controversial topic. Dow says, "It's not easy to speak up since bullying is so common." Through this project, Dow has created a safe space for students to have an opportunity to make a change at Wilson.

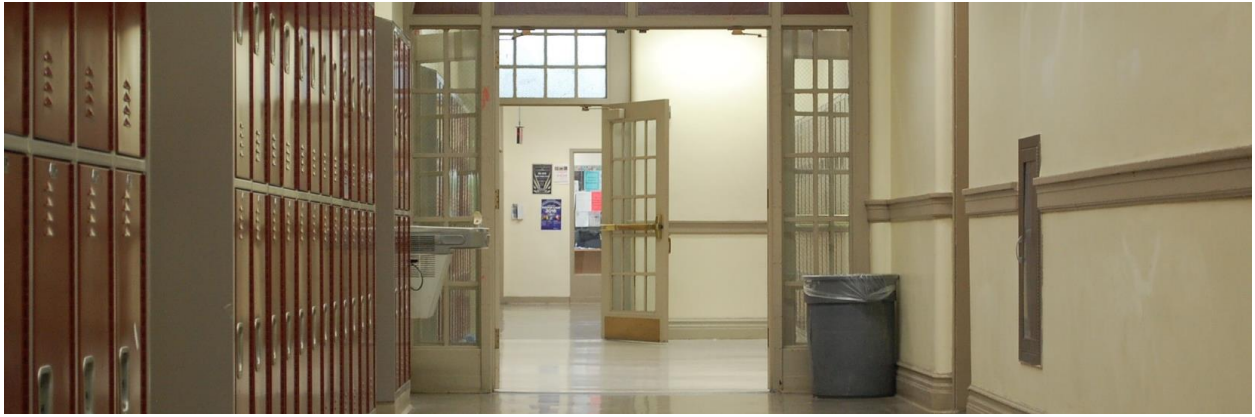
Every third Wednesday of October was Unity Day but Dow decided to stretch out this celebration for a whole week which led to the creation of kindness week.

On Unity Day, which was October 23rd this year, students were encouraged to wear an orange t-shirt because it is the universal color for this month. Then students asked people to sign their name or to write a compliment on their t-shirts. The signed shirts symbolize a superhero costume that is meant to empower you.

On October 25th, students were instructed to dress up as bullying preventers or sidekicks to show that students need to support one another in the fight against bullying.

Dow took a positive step towards anti-bullying efforts but understands that it's going to be a difficult journey moving forward. She says, "It would be great to end the world of bullying."

This week was a success in having students show more gratitude, unity, and inclusivity towards one another.



# You're Not Alone



D'Anna Greer  
Wildcat Times  
Correspondent

November 6, 2019

There are many toxic things that are going on in this generation that teens today deal with. School, broken homes, stress, relationships, pregnancies, drugs, violence, the system, and society's point of view are some of the toxic things they deal with on a daily. All of these problems become health issues causing teens to become silent and depressed.

Teens are hurting in silence!

Depression isn't something you can always see in a person right away but taking the time to acknowledge the smaller signs can save someone's life. This life changing health issue isn't a joke or should be taken lightly because many teens are so lost that it has become a daily struggle.

Depression is more than just a feeling of being sad. The medical illness, due to an imbalance of chemicals in the brain, can cause severe mood swings, anger, irritation, fatigue, and sometimes can get out of control to where medication is required. The suicide rate has increased by 33% and many of us have had loved ones included in that percentage.

Ms. Dudek, health teacher at Wilson Magnet High School, is one of the people trying to raise awareness about depression.

"It's a serious mental health issue that people need to pay more attention to and it's nothing to be embarrassed about. Many famous people have come forth lately and share their stories of depression in hope that other people will hear their story and get help," Says Dudek.

She's not only an informer but she's an ear that'll listen as well. Dudek makes every student she comes in contact with as comfortable as she can by giving them the "okay" that she's someone to trust.

Trust is a big issue. Many teens feel helpless, misunderstood, and unheard -this makes it hard to tell who you can trust or build connections with. It isn't easy to accept help or tell someone that you're not doing okay.

Dudek's coverage of depression give students at Wilson High the ability to witness its signs. Students and teens at Wilson now have the advantage of figuring out when someone isn't okay, the ability to help someone who doesn't always ask for it, and most importantly the knowledge of knowing where to seek help if needed... even if it's not for that student personally.

Dudek herself can relate to some of the students at Wilson that suffer from depression. She's personally felt how it can affect every life move you make. Friendships, relationships, or even work can all be affected. She says she feels much better when she takes medication prescribed by a professional doctor but not every medication works for everyone the same and it can sometimes take up to a month for it to actually start working.

If you even suspect depression in someone close to (or around) you, make it clear that you're someone they can talk to and figure things out with so they won't feel alone.

You may think, "it's too late," but, if you're trying to get better, it's never too late to get help. Everyone needs help sometimes.



# CO'2020



Darnell Sutton  
Wildcat Times  
Correspondent

November 6, 2019

Class of 2020, our year has finally come.

All those long nights of doing homework, early wake up calls in the morning for school to go catch the bus. Long class discussions, class projects and we can't forget about those tests. Especially those Regents.

Outside of the academic portion, our last year at Wilson consists of a lot of things that bring it all together to make the experience all worth it.

But senior year is expensive.

Very expensive.

You have to worry be about senior pictures, senior apparel, class rings... Those are things that you can have as souvenirs to come back and reflect on your high school memories.

On top of that our senior trip in the works along with prom – being a senior costs an arm and a leg to get the full experience.

Seems like a lot but at the end of the day it'll be all worth it. Memories will last forever: That last snap for the football players... Last shot took by the basketball team... Everything is going by so fast.

Already two months in and it's starting to hit home for a lot of us. Friendships that have been developed over these few years; Friendships that have been lost; Those teachers you didn't like when you first met when your freshman year have now grown on you.

Value this little bit of time you got left.

Yes do your work and handle your business in the class room but also have fun.

Make this a senior year to remember.