

Issue 240
December 14, 2009
www.wilson.pps.k12.or.us

"WHAT? ME QUIT SMOKING? I JUST STARTED!"

For whatever reason, your student may be smoking: pot, cigarettes, bidis, blunts. It could be that the tobacco companies continue to make smoking glamorous, attractive and affordable. "Buy one get one free," the ads shout out. Actually, nearly all first time smoking happens before high school graduation, according to the Centers for Disease Control. It could be that one of the parents smoke or smoked. Children from smoking families have a 75% chance of smoking themselves. When teens said they would quit within five years, a majority of them were still smoking. It's just that addictive.

Your teen needs to team up with you and a doctor in order to kick this nasty habit. It is worth your time and money to help your teen get through this problem. It even helps if several teens try to do this together but what you need to know most importantly: is trying to keep them from not starting if they haven't started yet. Prevention, prevention, prevention, education.

Visit any high school to see the smoking going on in parking lots or the bus stop or the businesses near campus. School officials have a lot going on and can't always monitor everyone. Try discussing with your teen the reasons why people are starting. But more importantly, try to talk to them about other issues: forced child labor in Malawi where kids as young as six pick tobacco for pennies a day and get sick handling the nicotine leaves. Mention deforestation from the multi-national tobacco conglomerates about how they use and destroy over 10% of the world's lumber to grow it, cure it, wrap it, ship it, advertise it. Mention dirty waterways form the billions of cigarette butts thrown on the ground and find their way to our rivers and oceans. Mention the tobacco industry's greed in addicting children, women and ethnic groups throughout the world.

If people stopped to think about this in this way, perhaps they would try to really cut down, quit, help someone else quit, help their parent quit, help a small child not start. The Oregon Quitline is a fantastic resource but isn't the only source to help. They can be reached at 1-800-QUIT-NOW or 1-877-2NO-FUME.

Here's a list of other resources.

- Ex: Re-learn Live Without Cigarettes (http://www.becomeanex.org/)
- You Can Quit Smoking Now AWW(http://www.smokefree.gov/)
- · Complete Guide to Quitting American Cancer Society

http://www.cancer.org/docroot/PED/content/PED_10_13X_Guide_for_Quitting_Smoking.asp)

- Freedom from Smoking American Lung Association®
- http://www.lungusa.org/associations/states/florida/educational-programs/freedom-from-smoking/)
 - · Live chat with a quit counselor National Cancer Institute LiveHelp (https://cissecure.nci.nih.gov/livehelp/welcome.asp)

It takes a village and a school community to help our youth live the best, healthiest life that is available. For more information, programs or additional resources please contact me.

Submitted by: Erik C Vidstrand, MPH

Community Health Educator

Multnomah County Health Department Chronic Disease Prevention Program

503-988-3663, ext. 29356

MASTERPIECE ART GALLERY EXHIBIT, DECEMBER 16

Wilson parent **Susan Kuznitsky** started an after-school art program at Hayhurst/Odyssey this fall, and now you are cordially invited to their show of artwork - Masterpiece Art Gallery Art Exhibit on Wednesday, December 16 from 2:30 to 4:00pm in the Art and Science Room at Hayhurst School. Click here to see an invitation to the show:

http://cms18.pps.k12.or.us/images/schools/wilson/publications/2009-10/ASA-POSTCARD-REVISED-web.gif. Well done Susan and thanks for helping to continue the arts in our cluster!

ALUMNI SPOTLIGHT

Bill Murray '69 is a lifetime fixture of Terwilliger Heights and continues to live in his ancestral home. He owns his own garage, Master Mechanics Incorporated, in Sellwood and loves fast cars. There's a lot more to this story. To read more about Bill and his journey since high school, go to: http://www.wilsonalumni.com/alumni-spotlight/murray.html.

AMERICAN MATH COMPETITION

Wilson students, if you are planning on taking the AMC exam, but not enrolled in a math class, then please see Mr. Rabchuk in Room 24.

PORTLAND SCHOOLS FOUNDATION NIGHT AT THE WINTERHAWKS, DECEMBER 19

Help raise money for Wilson HS and for the Portland Schools Foundation by bringing a group to the Portland Winterhawks annual Great Airplane Toss game vs. the Tri-City Americans on Saturday, December 19. The Winterhawks are looking to raise \$5,000 for PSF and every person through the doors helps reach that goal! Fundraiser tickets purchased will also earn Wilson \$4 per ticket sold. \$1 airplanes benefitting PSF will be for sale on the concourse during the game before the 2nd intermission. At 2nd intermission thousands of airplanes will be launched onto the ice at prize targets, giving you the chance to win some amazing prices, including but not limited to a 40" LCD TV, Ski Bowl season passes, round trip airfare tickets, Winterhawks season passes, Blazer tickets, or even the grand prize of \$10,000! And, everyone through the door will receive a free lift ticket to Mt. Hood Ski Bowl, Offer available while supplies last, so order today for the best seat locations! Contact Wilson alum, class of 2005 Kelsey Peterson at 503-238-6366 x 41, or by email at kelseyp@winterhawks.com and mention "Wilson" to ensure \$4 of the ticket goes to Wilson High School.

CHRISTMAS TREE FUNDRAISER

The Booster Club is holding their annual Christmas tree fundraising event ending on Sunday, December 20. LOCATION: A-Boy parking lot at the corner of Barbur & Terwilliger. HOURS OF BUSINESS: Thursdays - Friday 4-7 pm, Saturdays 10am to 7pm, Sundays 10am to 6pm. There will be Nobles, Douglas Firs, and Grand's available with selections from as small as 3 feet to greater than 10 feet tall. Prices are outstanding as we have not increased prices since 2006 and even have reduced prices on several heights to assist those hit by the current economy. The money you spend goes directly to the financial assistance provided by the Boosters to all activities, programs and clubs at Wilson High School. Volunteers needed: Students and Parents please contact Bill Norris our Christmas Tree Coordinator, dfnorris2@msn.com. WHS Trojan Booster Club looks forward to providing you with your Christmas tree this season!

WILSON CHOIRS PERFORM

This past weekend the Wilson Choir performed at the Gotto's "Festival of Lights", WAVE took part in caroling in Multnomah Village, and then the Wilson Choir sang at Standard Insurance Bldg in downtown Portland. Whew, and their not done! Take advantage of the many remaining opportunities to enjoy the holiday sounds of Wilson Choir:

Monday, December 14 at 1:00pm, Valley Community Presbyterian Church Wednesday, December 16 at 12:30pm, Rieke Elementary School Wednesday, December 16 at 7:30pm, "Christmas Ships", Portland City Grill, US Bank Bldg

Thursday, December 17 at 7:00pm: Lift your holiday spirit by attending the Winter Choral Concert, Cosgrove Auditorium in Wilson. All Wilson Choirs will be performing.

Friday, December 18 at Noon, PacWest Center, downtown Portland Monday, December 21 at 7:00pm: WAVE performs at The Prelude Concert at the Arlene Schnitzer Concert Hall.

GRAD NIGHT NEWS, MEETING DECEMBER 14

Senior parents, there is a Grad Night meeting on Monday, December 14 at 7:00pm in WHS Faculty Room. Learn about all the fun activities!!! Have you turned in your senior's registration and medical information/release forms yet? If you are not sure, contact Lily Nigo, Registration Chair (inigo@comcast.net). Want to know more about the Grad Night, please contact co-chairs, Debi Corah (corahs@live.com) or Kim Kilhefner Juaire (kim k juaire@msn.com).

AUDITIONS FOR SHAKESPEARE BEGIN, DECEMBER 14-15

Auditions for Wilson's spring production of Twelfth Night by William Shakespeare and Wilson grad Natalie Heikkinen are Monday and Tuesday, December 14 and 15 in room 108. Check the drama room door for all the need-to-know information.

MUSICIANS NEEDED FOR "TWELFTH NIGHT"
Wilson Drama's production of "Twelfth Night" needs musicians for a street band as part of the show. Auditions are December 14 and December 15 in the drama room.

ONE MORE CHANCES TO ORDER PTA SCRIP BEFORE WINTER BREAK

Now is the time to start stocking up on PTA Scrip gift certificates for your favorite participating stores. When you purchase Scrip gift certificates at face value, Wilson receives a percentage of your purchases, without any extra cost to you! Thinking about stock stuffers, gifts for family and friends and co-workers, then use scrip. Orders must be placed prior to **December 14**. Fred Meyer, Safeway, Gap, Macy*s, Nike, REI, Pottery Barn, Starbucks, Home Depot and more! All of these are national and can be sent as gifts across the country. Get your order in early. It's a win win for everyone, especially the students at Wilson High School! To order Scrip, please email Martha, schulte@easystreet.net or call 503-244-5072.

SOPHOMORES AND JUNIORS WHO TOOK PSAT - GET YOUR RESULTS - DECEMBER 17

For those Sophomores and Juniors who took the PSAT, your results will be given back during the LUNCH period Thursday, December 17. Please plan to pick them up during this 45 minute period in the main office from your counselor.

NEED A BREAK? PARENTS NIGHT OUT, DECEMBER 18

Wilson Trojan State Champion Cheerleading is offering neighborhood parents and friends to bring their children to a Holiday Preparation Fun Night in the preschool and surrounding rooms at Wilson HS on Friday, December 18, 4:00-9:00pm and take advantage of quality child care in a safe and fun environment while you do some holiday shopping or just enjoy a rare date with your spouse and/or friends! Your children will enjoy games and stories with the cheerleaders and adult supervisors and will get to participate in their own Letter of Recommendation to be sent to Santa (or appropriate alternative to honor your beliefs) written by members of the 'elfin-squad' and personalized to each child. They might even get to learn a cheer or two from our WHS 2009 Oregon State Champs! Cost is \$3 per hour, per child with a family maximum of \$10 per hour. Ages potty-trained to 9 years are welcome and will be grouped according to age for appropriate activities. This is a fundraiser for Wilson Trojan Cheer and you only pay for the hours you use, but we encourage you to take advantage of this bargain for the full 5 hours if possible! Please also invite your friends and neighbors! Registration forms will be available at your school by November 30 or contact Maureen at:

reenb@q.com 503.246.1474 for questions or to obtain a registration brochure.

MEN'S LACROSSE REGISTRATION OPEN

Registration is now open for the Wilson Men's Lacrosse Club. Detailed registration information and forms can be found at www.wilsonlax.org. All forms and full payment are due no later than February 15, 2010. Practices start February 22. For questions regarding registration, contact Sarah Marin, smarin@zanthus.com. For questions regarding the Wilson's Men's Lacrosse program, contact Coach Herb Hincks, hhincks@mtglender.com.

ROSE QUARTER CONCESSIONS FUNDRAISER

Wilson parents, earn money for your child's activities, and their athletic team or activity, by volunteering to do concessions at Rose Quarter events. Requirements to volunteer and work at the events are: 1) attend a 3-hour orientation class, 2) get an OLCC card by attending a class or doing it online), and 3) a black pair of pants & shoes. For more information, contact Janice & Rich Andrews, irra@comcast.net, or John Blatt, blattfamily@comcast.net, or Anne Hagge, annehagge@comcast.net, or Jeremy Shetler, jshetler@pps.k12.or.us, or Tammi & Kevin Smith, KTSCSMITH@aol.com.

DO YOU SHOP AT SAFEWAY?

Do you use a Club Card when you are there? Are you already linked to Wilson HS eScrip program with your Club Card? If not, you should register your card number online at www.eScrip.com. Wilson receives a percentage of purchases made at Safeway and other stores and restaurants. The eScrip program was introduced in 1999 and has distributed over \$120 million to schools and youth organizations across the country. Wilson has already received a fair portion of those fundraising dollars and could get even more. Other local merchants and restaurants just need you to pay with a registered credit or debit card, like Burger King; New York NY; Boulevard Café and Happy Fortune and they will send a percentage of your purchases to Wilson in cash. Sign up today! Questions, contact Maureen, reenb@g.com.

NEW BOYS ADVOCACY & MENTORING (BAM!) GROUPS START IN JANUARY

Thomas Bialozor, LCSW and Stephen Grant, LCSW are preparing to offer another set of BAM! Groups to the public, beginning middle to late January, including two ten-week groups for boys 9-11 and 11-13. BAM! (Boys Advocacy & Mentoring) helps boys connect through physical challenge and strategic storytelling and encourages boys to accept broader perspectives on what it means to be male and helps them build the relational skills they need to become healthy young men. Each group session utilizes storytelling, a group physical challenge, and conversation. The group will culminate with an outdoor adventure involving a significant man in the participants' life. Boys can expect the group to be fun and active. If you know of any young men who might benefit from this opportunity, please pass this information along to their parents. Date: TBA. Thursday, 4:30-5:30pm. Location: Sunnyside United Methodist (parlor), 3520 SE Yamhill, Portland, OR. Cost: \$50 per session, \$500 total. For more information contact Stephen Grant at (503) 752-9943 or visit www.BAMgroups.com.

WHS 8TH GRADE FAMILY NIGHT, FEBRUARY 4

Eighth grade students and their parents are invited to attend this year's Wilson High School's Eighth Grade Family Night on February 4 at 7:00pm in the Wilson Auditorium. Questions, contact Erica Meyers at, emeyers@pps.k12.or.us.

SAVE DATE - BOOK SALE FEBRUARY 19, 20

Book Sale Event hosted by Grad Night is February 19 & 20 at Burlingame Church. We are still needing book donations. Drop off at WHS Office in our book box, or at SW Community Center at the main entrance.

SAVE DATE - RUMMAGE SALE, APRIL 16, 17

Rummage Sale hosted by Grad Night is April 16 & 17 at Burlingame Church. We need donations for our rummage sale. Looking for items ... If you have anything to donate please contact Kathy Phillips at (tkphillips6@gmail.com) to arrange for pickup or drop-off.

MARK YOUR CALENDARS FOR WILSON PLANT AND ORGANIC VEGETABLE SALE, MAY 7

This year the Wilson PTA is resurrecting the Wilson Plant and Organic Vegetable Sale in May, 2010. Ninety percent of the proceeds from your order will go directly to your favorite group/program at Wilson. The Wilson PTA will receive the remaining 10% of all proceeds. If you would like your group/program to receive proceeds from the plant sale, send your name, group name/program name, and contact information to Linda Doyle at: lsdoyle@earthlink.net by December 15. Plant orders will be due to Wilson plant sale coordinators by early April (exact date to follow). The New Leaf Greenhouse will deliver our orders to Wilson on Friday, May 7 at noon. This is one week before Mother's Day, so plan ahead. These are great presents for Mother's Day. We will also need help in May on the day of the distribution to unload the truck, separate orders, help hand out orders, and then cleanup. This is a lot of fun and a great way to catch up with old friends and make some new ones. So if you would like to help, contact Linda Doyle at lsdoyle@earthlink.net.

WILSON LIBRARY - TUTORING

The Wilson Library will be offering tutoring in most subject areas after school every day. We also will offer extended library hours on Mondays and Wednesdays - staying open until 4:30 p.m. The library will open every morning at 7:30 a.m. except on Wednesdays, when it will open at 8:30 a.m. We will have tutors available on Wednesday mornings as well.

WILSON WRITING CENTER

The library also will have the Wilson Writing Center open during block periods or by appointment on Wednesdays and Thursdays.

TEEN LOUNGE & HOMEWORK CENTER IS OPEN. HILLSDALE LIBRARY

Use library computers, get homework help, or just do your homework and listen to music. For teens in grade 6-12. Thursdays, 2:30-5:30pm, Hillsdale Library.

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2009-2010 STATEMENTS ARTICLE DEADLINES

If you would like to have news articles included in the Statements, below are the due dates.

News articles due

Monday, January 11, 2010 for Feb/Mar news

Monday, February 22, 2010 for April/May news

Monday, April 19, 2010 for June/July news

Monday, June 21, 2010 for summer/back-to school

Medial/mailing dates

February 1, 2010

March 15, 2010

May 3, 2010

July 12, 2010

WHS DAILY BULLETIN

Daily Bulletin Submissions has a change of email address. To email a submission for the Daily Bulletin, please the new email address of: wilsonbulletin@vahoo.com.

HAVE GOOD NEWS TO REPORT IN THE SPOTLIGHT? Send the details to Linda Doyle at |sdoyle@earthlink.net.

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ROBERT GRAY ANNUAL MAGAZINE FUNDRAISER

Help Robert Gray PTA raise money to fund all the fun events the PTA sponsors for the school year. Please purchase and/or re-new your magazines on-line. Go to http://www.qsp.com/ and click shop now and enter the school # 425003082. Every magazine order will help us get closer to our goal and is much appreciated by the Robert Gray families.

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WILSON BAND PERFORMANCES/CONCERTS

Concerts & Other Activities: (all at Wilson unless otherwise noted)

Tuesday, Jan. 12: Winter Concert

Wednesday, April 14: Pre-Festival Concert Thursday, April 15: PIL Festival (not at Wilson)

Tuesday, May 25: Spring Concert

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ATHLETIC SCHEDULEAll schedules subject to change!

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Monday, December 14, 2009

Men's Basketball - Frosh / JV Beaverton @ Wilson 5:00 / 7:00

Tuesday, December 15, 2009

Women's Basketball - Tigard @ Wilson 4:00 / 5:45 / 7:30

Wednesday, December 16, 2009

Swimming - @ Columbia Pool 6:00

Wrestling - Varsity 4 way meet @ Wilson 4:00

Wrestling - Frosh / Novice @ Oregon City 5:30 Bus 3:45

Thursday, December 17, 2009

No Contests

Friday, December 18, 2009

No Contests

Saturday, December 19, 2009

No Contests

Monday, December 21,2009

Men's Basketball - Frosh / JV Westview @ Wilson 1:00 / 3:00

Tuesday, December 22, 2009

Women's Basketball - Frosh / JV Westview @ Wilson 1:00 / 3:00

Cheerleading Competitions

Feb 13 - Varsity Cheer State Competition (place, time TBA)

Feb 14 - Junior Varsity Cheer State Competition (place, time TBA)

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ALUMNI NEWS

Wilson High School Official Alumni website: http://www.wilsonalumni.com/index.htm.

ALUMNI CLASS REUNIONS

To find out about upcoming Class Reunions go to: http://www.wilsonalumni.com/reunions.htm.

POSITIVE ALUMNI NEWS - Send the details to Linda Doyle.

PPS ATHLETIC WEBSITE Daily WHS Sports Schedules at http://www.pilathletics.com/
PHONE NUMBERS Wilson High School 503-916-5280 ... Attendance 503-916-5294 .. Athletic Hotline 503-916-3689

WEATHER & EMERGENCY CLOSURE www.wilson.pps.k12.or.us

FACULTY/STAFF CONTACT INFORMATION - If you would like to contact faculty or staff at Wilson go to: www.wilson.pps.k12.or.us

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WHAT'S HAPPENING AT WILSON

all dates are subject to change; always check events for possible date/time changes check with your counselor to confirm time, location, requirements for SAT and ACT test dates

DECEMBER

14-15-16 Winter Play Auditions

14 PTA Grad Night Planning 7pm

15 January SAT registration deadline

17 Winter Choir Concert & Art Exhibit 7pm

21 WAVE choir, 20 minute pre-symphony Prelude Concert, Arlene Schnitzer Concert Hall, 7pm

21-Jan 1 Winter Break

JANUARY 2010

4 School resumes

5 February ACT registration deadline

11 PTA Grad Night Planning 7pm

12 Site Council 3:30pm

JANUARY CONTINUED

- 12 Booster Club 6:30pm
- 12 Band Concert 7pm
- 16-17 Wilson 24 for 8th Graders
- 18 MLK Jr Day, No School
- 20 NHS Induction of new members, 7:00pm
- 23 SAT testing
- 27 PTA meeting 7pm
- 30 Winter Formal

FEBRUARY

- 1 Teacher Planning Day No School 4 March SAT registration deadline
- 4 8th Grade Family Night 7pm
- 6 SAT testing
- 8 PTA Grad Night Planning 7pm
- 9 Site Council 3:30pm
- 9 Booster Club 6:30pm
- 15 President's Day No School
- 19-20 Winter Play 7pm
- 21 Winter Play 2pm
- 25-26-27 Winter Play 7pm
- 26 PTA Career Pathways Fair
- 27 PIL Choir Solo Ensemble

MARCH

- 3-11 Students sign up to audition for Graduation Speaker
- 5 April ACT registration deadline
- 6 PIL Band Instrumental @ Grant
- 8-9-10 Spring Play auditions
- 8 PTA Grad Night Planning 7pm
- 9 Site Council 3:30pm
- 9 Booster Club 6:30pm
- 12 Spring Dance
- 13 SAT testing
- 15 Annual Art Exhibit @ Baker & Spice opens
- 16 Winter Sports Awards 7pm
- 18 Choral-O-City
- 19 Improv Marathon
- 22-26 Spring Break

- 4 60 Day Rule Begins for seniors
- 8-9-10 MUN Conference
- 9 Teacher Planning Day No School
- 9-10 Drama Trip to Ashland
- 10 PTA Auction @ MAC
- 10 ACT testing
- 12 PTA Grad Night Planning 7pm
- 13 Pizzicato Hillsdale Wilson PTA fundraiser, all day
- 13 PIL Choral Festival @ Cleveland
- 13 Site Council 3:30pm
- 13 Booster Club 6:3opm
- 14 Graduation Speaker Audition
- 14 Band Concert 7pm
- 24 Spring Clean-up 9-Noon
- 24 Culture Night
- 25 Baseball Pancake Breakfast
- 28 ACT testing for Juniors
- 29 June SAT registration deadline

MAY

- 1 SAT testing
- 3-4-5-6-7 AP testing
- 7 Seniors, complete all Off-Campus Coursework
- 7 June ACT registration deadline
- 7 Prom, 8-11pm World Trade Center
- 8 6A State Choir Festival @ George Fox University
- 10-11-12-13-14 AP testing
- 10 PTA Grad Night Planning 7pm
- 11 Site Council 3:30pm
- 11 Booster Club 6:30pm
- 14-15 Spring Play 7pm
- 16 Spring Play 2pm

MAY CONTINUED

20-21-22 Spring Play

- 21 Seniors, last day for Wilson to receive Official Grade Report for Off-Campus Coursework
- 25 Band Concert & Art Exhibit 7pm
- 25 PTA 7pm
- 27 Senior Awards Ceremony, time TBA
- 27-28 Trojanantics 7pm
- 31 Memorial Day No School

JUNE 2010

- 1-2 Senior Finals
- 2 Last day of school for seniors
- 2 Mandatory Senior Class meeting 2:15pm
- 3 Senior Awards Assembly, Senior BBQ
- 4 Troscars
- 5 SAT testing
- 8 Site Council 3:30pm
- 9 Graduation rehearsal 9:30am Memorial Coliseum
- 9 Graduation Memorial Coliseum 8pm
- 9 PTA Grad Night Party 10pm
- 12 ACT testing
- 15 Last Day of School

Principal Sue Brent (media contact) sbrent@pps.k12.or.us

For current and past issues of the Wilson Spotlight, see www.wilson.pps.k12.or.us . Tell a friend about the Wilson Spotlight and encourage them to sign up. To subscribe or unsubscribe or to send suggestions, contact Linda Doyle at lsdoyle@earthlink.net.

Portland Public Schools recognizes the diversity and worth of all individuals and groups and their roles in society. All individuals and groups shall be treated with fairness in all activities, programs and operations, without regard to age, color, creed, disability, marital status, national origin, race, religion, sex, or sexual orientation. Board of Education Policy 1.80.020-P. The Portland, Oregon School District is an equal opportunity educator and employer. Persons with disabilities or who are in need of additional accommodations in order to attend or participate in an event or program at Wilson High School should contact Maude Lamont, Curriculum VP, Telephone: 503-916-5280 e-mail: mlamont@pps.k12.or.us•