



April 2016

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Ariam Alomar
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April 2016

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Spring Recess						
3	4 B-Day Breakfast: French Toast Cereal Lunch: Chicken Nuggets Pizza	5 C-Day Breakfast: Pancakes Cereal Lunch: Buffalo chicken Wrap Pizza Vegetable Wrap	6 D-Day Breakfast: Egg & Cheese Sandwich Cereal Lunch: Hamburger Pizza Turkey-Ham Wrap School Activities JB & V Softball	7 A-Day Breakfast: Waffles Cereal Lunch: Breaded Chicken Sandwich Pizza School Activities V Softball	8 B-Day Breakfast: Bagel Cereal Lunch: Buffalo Chicken Sandwich Pizza	9
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17	18 D-Day Breakfast: Cereal Lunch: Chicken Nuggets Pizza	19 A-Day Breakfast: Pancakes Cereal Lunch: Rice Pizza School Activities V Basketball	20 B-Day Breakfast: Sausage & Egg Sandwich Cereal Lunch: Cheeseburger Pizza School Activities V Softball	21 C-Day Breakfast: Waffles Cereal Lunch: Breaded Chicken Sandwich Pizza School Activities V Softball	22 <i>Superintendent's Conference Day</i>	23
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The Truth behind the Graduation Rate

April 20, 2016



Alaysia Faison
Wildcat Times
Correspondent

Right now, only 55% of Wilson High School's students are on track to graduate on-time.

Many students don't meet the requirements to become a senior because they've failed a Regents exam or don't have enough credits.

Students mainly struggle with the Global and Math Regents because they aren't prepared or they are far behind in classes.

Many students struggle with the Global II Regents mainly because they lack the reading and writing skills they need coming into high school. Furthermore, the students don't apply themselves and become easily distracted by in and out of school issues.

Another reason students have a problem passing their Regents exams is because of attendance. School is not a priority to most students so the 7:40 am start time is an inconvenience. Students have a hard time waking up early enough to get on the early bus.

There are plenty of ways for students to improve their grades at Wilson High School. There are after school programs for students to get help in specific classes. The after school program starts at 2:43 and ends at 3:30.

There's also a global and US regents review class located in the library with Mrs. Bartnick and Mrs. Truby.

But students are not taking advantage of the help that's available. They rarely ask for help from teachers or tutors because they are either embarrassed or shy.

Mrs. Musinger, a counselor at Wilson High School, believes the main reason students are in danger of not graduating because they are not applying themselves and are not taking their school work seriously. She also believes that the graduation rate can be increased if students put in the effort.

Musinger believes that students should, "stop taking the easy road." She believes, "the rougher the terrain, the bigger pay-off in the end."

Although the year is coming to an end, there is still time to turn it around. Come to school and arrive at all classes on-time, be prepared to work, and meet with the teachers to clarify instruction.



Memorial Day

April 20, 2016



Conrad Gadson
Wilson Times
Correspondent

Many young people at Wilson do not know the real meaning of Memorial Day, all they know is that it's just a free day off from school. In reality, Memorial Day is so much more.

Memorial Day is a day for remembering soldiers who've fallen while serving in America's Armed Forces.

The Army and the Marines are the most visible of the Armed Forces on this day that is observed on May 30th, a day when all the flowers are in bloom. Originally, it was a day to

decorate the graves of the fallen with flowers.

Most neighborhoods celebrate this important day with parades. People who have loved ones that passed away while in service to their country still visit the graves to leave flowers.

Mr. Burns, teacher here at Wilson High School, does not take part in the festivities but says, "This time of year always gets me thinking. My sister's nephew, Sgt. Christopher Simpson, was killed in Iraq in 2008. I'd only met Chris a couple of times but I find myself thinking about him around this time of year." Sgt. Simpson was killed in the spring of 2008.

Burns continues, "I still remember where I was when I heard the news that Saddam Hussein's sons were killed because the Colonel that was commanding the fire-fight was my company commander. I suddenly realized that people that I know may be dying over there. It suddenly became real."

Every year on Memorial Day, the President of the United States will travel to Arlington Cemetery in Virginia to pay his respects at the Tomb of the Unknown Soldier.

So this year, after sleeping in on your day off, take a moment to think about those brave men and women who selflessly gave their lives so you can enjoy your freedom.



High Failure Rate and Lack of Parents at Conferences

April 20, 2016



Marianna Pyatt-Ramos
Wildcat Times
Correspondent

There is a high failure rate at Wilson High School and a lack of parents attending parent conferences.

Opportunities are given to parents to hear about all the changes at Wilson and how they affect their child. Parents are able to ask questions, raise concerns, make suggestions, and discuss directly with teachers and administrators when attending parent conferences.

The WPTSO (Wilson Parent Teacher Student Organization) meetings are another way for parents to participate in their child's education.

Parent Connect is a way for parents to stay connected with their child's grades. After creating an account, parents will be able to log in at any time of the day to view their child's most current grades.

There are many reasons for the high failure rate. Uma Mehta, Principal of Wilson High School, says "The biggest problem affecting the high failure rate at Wilson is the low attendance and the lack of effort from the students."

Robo-calls, sent home from the school each period a child is illegally absent is another tool parents can utilize when it comes to their child's education.

With the warmer weather and summer approaching, parents need to stay involved, attend parent conferences and meetings as the school year comes to an end.

The high failing rate has taken a huge effect on Wilson High School already but there is still time to change it. Together, parents and staff can encourage Wilson students by pushing them to attend all their classes on time, working their hardest and giving their best effort.



African Twists

April 20, 2016



Breonna Usher
Wildcat Times
Correspondent

Females of all ages are investing their time and money to keep up with the new style... African twists. Do you like to swing your hair or do you like it short so it doesn't bother you? This particular hairstyle is one that females wear to flaunt that requires less work to keep up.

There are all different types of twist (two strands of hair twisted around each other). They come in all different sizes, colors, and lengths. You can buy the hair pre-twisted or you can start from scratch.

There are many styles to choose from such as, Chunky Marley Twists, Kinky twists, flat twists, Havana Twists, etc.

The twists also come in a variety of colors. The first thing to decide is whether you want your hair bright or dark. Then you can choose from red, blue, purple, grey, and simple black.

Next, you have to decide the thickness: do you want them small, medium, or large? Small twists require more preparation time while medium or large are much bigger and take less time.

Finally, you have to decide the desired length.

Once you've chosen the style, you have to decide whether you want them created from scratch or pre-twisted. The difference between the two is that if you use the manual method, you buy the hair untwisted and braid the twists onto the natural hair. But if you buy the hair already twisted, all you have to do is braid your hair in a certain pattern and crochet the twist on.

Stylists can do the hair in whatever styles you desire such as middle part, side part, or no particular part at all—you can just let them hang and swing around.

This particular hairstyle is easy to maintain. There is no need to worry about waking up an extra thirty minutes in the morning to fix it back up to its beautiful original state. It looks a lot like your natural hair and blends in well.

No more than 3 hours of your time should be consumed into getting the look you want. If you don't have the money or time to schedule an appointment with a stylist, this is also a do-it-yourself type of style. Don't wait on someone when you can easily install the twists yourself.

Long, short, tight, big, bright, dark... whatever you decide, African Twists are a quick and trendy way for a female to flaunt their natural beauty.



Good Hygiene

April 20, 2016



Jordan Allen
Wildcat Times
Correspondent

Maintaining a good hygiene is very important for everyone, especially teens. Keeping a good hygiene not only makes you look and smell clean but it also keeps you healthy.

Not having cleanliness can lead to more serious things, like diseases or other health complications. These problems can come from not showering, washing your hair, or not brushing and flossing your teeth. Along with that, you also have to make sure you scrub your tongue to avoid having bad breath.

Having a good hygiene isn't all about cleanliness, you also have to keep the inside of your body clean too. According to the Department of Health, bad body health can cause is skin infections, hepatitis A, colds and the flu.

Leona Hibbert, a Phlebotomist at Strong Memorial Hospital, says teens should bathe and keep clean, wash hands after using the restroom, as well as sanitizing hands a few times a day to avoid getting. As a Phlebotomist, Hibbert constantly washes and sanitizes her hands, helping to keep harmful germs at bay. She attributes her good health throughout the year to these practices.

Along with keeping your body healthy, it is important to make sure that your body odor doesn't make others around you uncomfortable. Livestrong, an organization that promotes healthy living, states that good personal hygiene improves self-image. You don't want uncleanliness to affect your social life and confidence.

Do the simple things to take care of your body.

It is definitely important to keep up with your body on a daily basis to ensure that you have a healthy future.



Becoming a Marine

April 20, 2016



Salina Merriam
Wildcat Times
Correspondent

Becoming a Marine is truly hard work but it gives you a sense of pride you cannot begin to imagine.

The first step to become a recruit is to pass the ASVAB (Armed Services Vocational Aptitude Battery) test. The ASVAB consists of general science, arithmetic reasoning, word knowledge, paragraph comprehension, mathematics knowledge, electronics information, auto and shop information and mechanical comprehension questions. The test is designed to gauge your general knowledge to see if you are qualified to join the U.S. Military.

There are also some physical requirements which vary with females and males. You need to have a healthy BMI (Body Mass Index) range, which means you have to have a reasonable weight for your height.

Before you even go to boot camp, you have to be able to run 3 miles in under 28 minutes for males and 31 minutes for females, complete as many crunches as you can in two minutes, and females have to hold a flex arm hang for 11 (males have to do a minimum of 3 pull ups).

Sergeant Ross, a Marine recruiter, joined the Marines because he felt like college wasn't giving him the opportunity to become successful in life.

Ross states that the best part of being a Marine is that he "gets paid to live life." On top of the pay that you would normally receive from a job, the Marines pay for housing, rent, food, healthcare and many other helpful things. He also receives tuition assistance so he can now try college again on his own terms.

While it's hard when you are stationed away from family and friends, the welcoming back is great.

Other than the travel, the life of a Marine is just like any other job. You get up, go to work and, at the end of the day, your time is yours. The only difference is that you are constantly surrounded by people living the same lifestyle as you.

I have a goal of becoming a successful Marine one day. The adventurous lifestyle of a Marine fits perfectly with what I want out of life.

Being one of the few females who wants to join makes me feel very special for doing something different. While it makes me stand out, it also makes me want to try harder to do my best so I can be a role model for young women who want to follow in my footsteps.

On top of my schoolwork here at Wilson and my after school job, I regularly meet to learn the Marine's history and work out for basic training.

One day, I want to become one of the few and the proud.



How Soda Affects Your Body

April 20, 2016



E'laja Cray
Wilson Times
Correspondent

In warmer parts of the country, people keep a can of Coca Cola in their trunk next to their spare tire.

But not for a thirst quencher.

Coca Cola has a lot of acid so, when changing a flat tire, you can pour a little bit on those tough lug nuts to loosen them up.

The phosphoric acid in Coke is also good for cleaning the rust off of bumpers.

If soda can eat away rust on cars you could only imagine what the soda does to your insides every time you drink it.

Many people drink soda with breakfast, lunch and dinner and they don't know how much of a negative affect the soda has on their health.

When it comes to drinking soda you should not consume a lot of it. Soda contains large amounts of caffeine, phosphoric acids and artificial sweeteners that are very harmful to the human body.

Soda can have a big effect on your weight and your tooth enamel.

Excessive soda drinking can be one of the main causes of obesity.

Because of the sugar in soda, it increases your chances of getting diabetes.

People can also become addicted to soda because of the caffeine. Even through caffeine gives off energy, it also dehydrates the human body. That being said, a lot of soda drinkers depend on the caffeine for daily energy.

Wilson health teacher Mr. Wilson only drinks 2 cans of soda a week because of the negative effects soda can have on your body. He believes that the high amounts of sugar in soda is a key cause of obesity. Wilson believes that, while he allows himself two cans of soda a week, people should stop drinking soda all together.

It may taste good but the harmful effects far outweigh the good.

One can of soda is one too many.



Questions or Comments?

E-Mail them to Don.Burns@rcsdk12.org (please put letters to the editor in the subject line). Your letter may end up in future editions of the *Wildcat Times*



Julisa McGuire
Wildcat Times
Correspondent

**Attention: Poets, Photographers,
Writers, & Artists**
Wilson's Literary Journal is looking
for YOU!
Gather up your original writing, artwork, and
photographs and submit to
Room 200
For inclusion into the 2015-2016 Literary
Journal

Attention Students!
Are you interested in joining the Outdoor
Club?
They take trips to Stoney Brook,
Letchworth Park, Hunt Hollow ski resort
and camping trips!
There's no signing up! Just stop in (room
320) to speak with Mrs. Dow after school.
Outdoor club crew meets the 2nd and 4th
Tuesdays of every month!

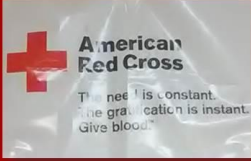
The sale of Wilson prom tickets!

Prom 2016!

Friday May 13, 2016
7:00-11:00pm.
Get your tickets in the Cafeteria during your lunch period

\$40
Per Person

Tickets on Sale:
**April 22-
29, 2016**



Blood Drive
April 27th, 2016
From 9 am – 1 pm

Donate Blood To Help Someone in Need!
Students!!! Looks Good On Resume!
Hurry! Slots are almost full
**To Sign up & More Info go to Room 200 –
Mr. Burns**

**Attention All Students
EXTENDED DAY**

Subjects:
• English I,II,III (room 200 or 208)
• Spanish (room 120)
• Chemistry (room 026)
• Living Environment (room 304)
• Math (room 220)
• Global/Us (room 106)
• Personal Project/Comp. Sci (room 330)

Tuesdays and Thursdays students can stay after from 2:45 to 3:45 to get the extra help they need.

**SIGN UP IN THE
MAIN OFFICE**