



January 2016

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February 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
31	1 D- Day Breakfast: French toast Cereal Lunch: Pizza, chicken Nuggets & roll	2 A-Day Breakfast: Pancakes Cereal Lunch: Buffalo chicken wrap, pizza School Activities: JV & V Basketball	3 B-Day Breakfast: Egg and cheese sandwich Cereal Lunch: Hamburger, Pizza, salad School Activities: Girls basketball game against Avon at home	4 C-Day Breakfast: Waffles Cereal Lunch: BBG bean salad, beaded chicken sandwich, pizza	5 D-Day Breakfast: Bagel Cereal Lunch: Chicken fajita, pizza, buffalo chicken sandwich School Activities: Perfect attendance celebration (1st period) JV & V Basketball	6 School Activities: Track Meet
7	8 A- Day Breakfast: Waffles Cereal Lunch: Popcorn chicken, chicken salad sandwich, pizza School Activities: JV & V Basketball	9 B-Day Breakfast: Sausage & Cheese English muffin Cereal Lunch: Roasted chicken, cheese sandwich, pizza School Activities: JV & V Basketball	10 C-Day Breakfast: French toast stick Cereal Lunch: Cheeseburger, buffalo chicken wrap, pizza School Activities: Black History Month Celebration	11 D-Day Breakfast: Turkey ham breakfast sandwich Cereal Lunch: Chicken parmesan sandwich, salad, pizza School Activities: Blood Drive	12 A-Day Breakfast: Yogurt Parfait Cereal Lunch: Soft taco, pizza ,salad School Activities: 2nd Awards ceremony	13
14	15 B-Day School Activities: Presidents Day (No school) School Activities: Track Meet	16 C-Day	17 D-Day	18 A-Day	19 B-Day	20
FEBRUARY RECESS						
21	22 B-Day Breakfast: Waffles Cereal Lunch : Popcorn chicken, salad Pizza School Activities School Picture Retake	23 C-Day Breakfast: Pancakes Cereal Lunch: Hamburger, pizza, salad	24 D-Day Breakfast: Sausage and Egg Sandwich Cereal Lunch: Chicken chili, pizza, salad School Activities: Student and staff of the month celebration (1st period)	25 A-Day Breakfast: Waffles Cereal Lunch: BBG chicken sandwich, pizza, salad	26 B-Day Breakfast: Bagel Cereal Lunch: Pizza, Soft Taco, salad School Activities: IB Senior Night JV & V Basketball Track Meet	27
28	29 C-Day Breakfast: Waffles Cereal Lunch: Popcorn chicken, salad Pizza					



Wilson Varsity Cheerleading

January, 27, 2015



Chyna Odum
Wildcat Times
Correspondent

Wilson's Varsity Cheerleaders cheer the whole way through the boys' Varsity Basketball season.

Before becoming a Wilson Cheerleader, the girls must learn many sideline cheers, a dance, and the traditional "Welcome" cheer that's used to greet the other team's cheerleaders. Wilson's signature cheer is the "Wildcat Beat"—a chant that represents who we are as a school while motivating the boys while playing.

For the ones that made the team, stunts and cheers are constantly practiced.

When it comes to their stunts, each cheerleader is assigned a stunt group based on their skills. Each stunt group consists of a total of four girls, the formation creating a triangle shape: two girls are at the base, a flyer (the girl that gets tossed into the air), and a back-spot to catch the flyer.

The girls also make up different routines since the dances change from year-to-year. The Wilson cheerleaders will leave you guessing.

When it comes to being a cheerleader, Emari Scott has always set high goals for herself. She hopes to become captain and be able to win first place before her senior year. When asked how she feels a day of competition, she replied "even though I've done competitions before, I always get nervous and feel a little rush of adrenaline."

The Varsity Cheerleading team is preparing for one of their biggest competitions at the Blue Cross Arena against area high school teams such as East HS, Fairport, Batavia and many others. Last season wildcats cheerleaders made the top 3.

Throughout all the fun and hard work many of the Wilson cheerleaders feel that this season has been a little off for them because of the recent loss of one of their coaches. But they are still striving to become the best.

Let's keep supporting and sending many wishes to this year's cheerleaders.



Big Mac's Effect on Your Body

January 27, 2016



Xiomara Figueroa
Wilson Times
Correspondent

McDonalds is known for its Big Mac sandwich. But what effects does the Big Mac have on our bodies?

A Big Mac contains 540 calories (not including the drink or fries). It also has 25 grams of fat and 1,007 grams of salt, according to the McDonald's website. Most people know that the Big Mac is not a healthy choice but the real affect it has is much greater than we realize.

According to Jeff Parsons, mirror.co.uk reporter, within 10 minutes of eating the Big Mac your blood sugars start to rise. The chemical dopamine is released from the brain.

In the next 20-30 minutes after eating the Big Mac the high fructose corn syrup in the bun makes the body crave more fast food. This tempts you to drive right back into the drive-thru line.

In the next 40-60 minutes the body starts to feel dehydrated. Dehydration of the body can often be mistaken for hunger.

The high amount of salt in the sandwich makes it difficult for the kidneys to eliminate the salt in the body. It takes more than 3 days to digest the Big Mac entirely.

Many students in Wilson Magnet come to school with McDonalds without knowing what these foods (not only Big Macs) can do to the body.

Ryan Wilson, health teacher at Wilson Magnet High School, describes the sandwich as, "the flagship sandwich at McDonalds." He says that the high calories and high amount of saturated fat in the sandwich is what makes it a high health risk sandwich. Describing a time when he ate one himself, he reported that he felt boggy, tired, and not very energetic.

But that doesn't stop students. Nataliyah Candelario, student at Wilson, states that she eats McDonald's "almost every day." It is scary to think that kids eat fast food everyday not realizing the harm it can cause them in the future.

Many fast foods lead to obesity and diabetes.

Next time you think about going to McDonald's, look up the facts and decide if their food is the best for your health.



Wilson's Outdoor Club

January 27, 2016



D'kyani Odum
Wildcat Times
Correspondent

The Outdoor Club gives students the opportunity to participate in activities at county parks, recreation areas, and many nature areas.

Wilson participants learn how to work well with their peers while gaining navigational experience (such as learning how to use maps).

Activities are created to be fun and active. This keeps students interested, yet educated, making students realize the importance and worth of nature.

The outdoor club was created in around 2006. Mrs. Dow, Teacher at Wilson and Outdoor Club advisor, said, "The part I enjoy most is building relationships with kids and watching them have fun."

Students describe Wilson's Outdoor Club as "fun" and say that the club gives them a sense of adventure.

Students have a lot of time to bond.

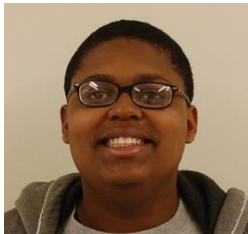
Participants get the chance to experience skiing, hiking, and other interesting sports. At many events such as the "winter chill out", students hiked, played games, and ate different types of food.

The club is a way to bring students together and is a great way for students to learn more about others around them and nature that surrounds them.



Sex Education

January, 27, 2015



Lamon Ragland
Wildcat Times
Correspondent

Sex Education is the instructions on the issues to relating to human sexuality including: emotional relations and responsibilities, human sexual anatomy, sexual activity, sexual reproduction, reproductive health, reproductive rights safe sex, birth control, and sexual abstinence.

The outbreak of AIDS has given a new sense of urgency to sex education in many countries.

Gina Basham, nurse at Joseph C. Wilson Magnet High School advocates the CAP Program (Condom Availability Program). To participate in CAP, “A student has had to take or passed health class and, as long as their parent doesn’t opt them out of the program, they can get up to 10 condoms along with a health mini lesson.”

Basham adds that students should also know the anatomy of each gender. “When you’re at the age of being sexually active, you should know about the opposite genders body parts. You have to protect yourself and your partner and should know about the other genders body parts.

Condoms are 100% needed when having sex but “there is a risk,” says Basham, “and it is better to use the condoms the right way.”

Rochester NY has the second highest HIV infection rate: 2,026 people are diagnosed with HIV in Monroe County with 2,427 people in the Rochester region area living with HIV/AIDS.

In Monroe County 45% of infections were in people under the age of 25.

Latex Condoms are highly effective in preventing the sexual transmission of HIV which is the virus that causes AIDS. Studies shown that a typical failure rate is much higher, at 15%, with the typical use of condoms.

The simple fact is: Condoms are needed when having sex!



X-Cats Robotics Team

January 27, 2016



Julisa McGuire
Wildcat Times
Correspondent

X-Cats is a FIRST Robotics team at Joseph C. Wilson Magnet High School. FIRST is an acronym for “For Inspiration of Science and Technology.” Each season, each team is given six weeks to build, code, and construct a robot that is made to do a certain task depending on the objective revealed at the kick-off.

FIRST was started in 1992 by President Dean Kamen.

Kamen has said that “The major goal of FIRST is to motivate young people to pursue careers in Science and Technology.”

Throughout those six weeks of preparation, X-Cats have meetings and work days where the team plans out the structure of the robot, how it works, fundraising, practice runs to make sure the robot functions right, and planning for regionals at RIT Campus and the championship in St. Louis.

Mentors and students work together to complete the objective every year and accomplish goals to teach students things they will keep for the future. “When I joined X-Cats, I thought I was joining a team. I quickly found out that X-Cats is so much more than a team—It’s a family” says DaTwan Dixon; X-Cats mentor of App Development.

Dixon has come to a conclusion that X-Cats doesn’t just build robots, it builds people as well. He says that “Seeing new students join, ready to learn, and former students coming back...” is what motivates him to come back every year.

After every X-Cats competition, win or lose, the team continually looks to the next year.

What’s important is that everyone treats each other with respect and show sportsmanship. That is what X-Cats practice for every experience they have on the field competing against other ‘bots. It is the main reason why they’ve won The Chairman’s Award twice and has accomplished so much in 25 years.





Tims

January, 27, 2015



Salina Merriam
Wildcat Times
Correspondent

A big fashion trend at Joseph C. Wilson Magnet are Timberlands. As you watch people walk the halls, you will see many different variations of these boots.

You can get these shoes from basically any store that sells shoes like Footlocker, Footaction, Villa and Champs.

Timberlands come in many different colors like Tan, Black, Blue, Green, Red and pink. Also, you can customize them any way you'd like on the website www.Timberland.com.

Generally these shoes run anywhere from \$130-\$205, depending on your size.

To make the shoes last even longer, you could buy affordable cleaners and refreshers in store or online.

Timberlands that kids in high school wear for fashion could not be used in construction or rough places but, on the Timberland website, they have *Timberland Pro* that have steel toes and extra insulation. The website even has special clothing for jobs where you'll be around tough surfaces.

Devon Riggins, a current Wilson student, said he wears Timberland because they are fashionable and he can be creative with them. He said his favorite type of Timberlands are the high top black suede ones. Some "special features" he likes about the shoes is that they are waterproof and crease proof.

Mrs. Whelen, an English teacher at Wilson, has similar points as Devon about the shoes. She said that she likes to wear Timberlands because they are very comfortable, last forever and are very versatile.

Whether on the job or knocking around the school's halls, Timberlands have become a fashion statement here at Wilson,



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*



Ariam Alomar
Wildcat Times
Correspondent

Jordan Daniels
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!

**ARE YOU INTERESTED IN GIVING
BLOOD?**
 Report to Mr. Burns in room 200 to sign up for the...
Wilson Blood Drive
 On February 11th
 Any participation in this event can be used as community service hours
 Appointment Needed

Before Donating:
 ❖ Eat Breakfast
 ❖ Get A Good-Night's Sleep
 ❖ Bring Photo ID

*Career Pathways to Public
Safety Program Recruitment
Fair*

Thursday, February 11, 2016
 6 PM – 7:30 PM
 It will be held at: RCSD Central
 Office 131 W Broad
 3rd Floor Conference Room 3A/B

**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**

Enigma Entertainment Presents ///

Step UP!!!
 SPRING INVITATIONAL
April 25, 2016
 Location:
 Kodak Performing Arts Theatre

**STEPPING UP
Against the Youth Violence**
TICKETS ON SALE NOW