



## February 2016

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Alaysia Faison  
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## March 2016

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		<b>1 D-Day</b> <b>Breakfast:</b> Pancakes Cereal  <b>Lunch:</b> Buffalo Chicken Wrap Pizza Sandwich	<b>2 A-Day</b> <b>Breakfast:</b> Egg & Cheese Sandwich Cereal  <b>Lunch:</b> Pizza Turkey Wrap Sandwich	<b>3 B-Day</b> <b>Breakfast:</b> Waffles  <b>Lunch:</b> Salad, Hamburger, Sandwich, Pizza  <b>School Activities:</b>  5:00 to 7:00pm Parent/Teacher Conference	<b>4 C-Day</b> <b>Breakfast:</b> Bagel Cereal  <b>Lunch:</b> Chicken Fajitas Pizza Sandwich	5
6	<b>7 D-Day</b> <b>Breakfast:</b> Waffles Cereal  <b>Lunch:</b> Pizza Sandwich  <b>Spring Sports Start</b>	<b>8 A-Day</b> <b>Breakfast:</b> Sausage & Egg Cheese Muffin Cereal  <b>Lunch:</b> Chicken Nuggets Pizza Sandwich.	<b>9 B-Day</b> <b>Breakfast:</b> French Toast Sticks Cereal  <b>Lunch:</b> Buffalo Chicken Wrap Pizza Cheeseburger Sandwich	<b>10 C-Day</b>  <b>Breakfast:</b> Egg Bkfst Sandwich  <b>Lunch:</b> Chicken Parmesan Pizza Wrap	<b>11 D-Day</b>  <b>Breakfast:</b> Yogurt Parfait  <b>Lunch:</b> Soft Tacos Pizza Sandwich	12
13	<b>14 A-Day</b> <b>Breakfast:</b> French Toast Cereal  <b>Lunch:</b> Chicken Nuggets Pizza Sandwich	<b>15 B-Day</b> <b>Breakfast:</b> Pancakes Cereal  <b>Lunch:</b> Vegetable Wrap Sandwich	<b>16 C-Day</b> <b>Breakfast:</b> Sausage, Egg & Cheese Bagel Cereal  <b>Lunch:</b> Chicken Wrap Pizza Sandwich	<b>17 D-Day</b> <b>Breakfast:</b> Waffles Cereal  <b>Lunch:</b> Stew Pizza Sandwich  <b>St. Patrick's Day</b>	<b>18 A-Day</b> <b>Breakfast:</b> Bagel Cereal  <b>Lunch:</b> Chicken Fajita Wrap Pizza Sandwich,	19
20	<b>21 B-Day</b>  <b>Breakfast:</b> Waffles Cereal  <b>Lunch:</b> Popcorn Chicken Pizza Sandwich	<b>22 C-Day</b>  <b>Breakfast:</b> Sausage, Egg & Cheese Muffin  <b>Lunch:</b> Hamburger Pizza Sandwich	<b>23 D-Day</b>  <b>Breakfast:</b> Pancakes Cereal  <b>Lunch:</b> Chili Pizza Sandwich	<b>24 A-Day</b>  <b>Breakfast:</b> French Toast Sticks Cereal  <b>Lunch:</b> Pizza Sandwich	<b>25</b>  <b>NO SCHOOL</b>	26
27	28	29	30	31		
<b>Easter</b>  <b>SPRING RECESS</b>						



# Spring Concert

February 29, 2016



Xiomara Figueroa  
Wilson Times  
Correspondent

The spring concert is an anticipated event for the school band and the entire Wilson community.

The band directed, by Mr. Cervini, is now in a very intense and exciting time as it prepares for the upcoming spring show in May.

Rehearsals, which start after school in March, can get hectic but, according to Cervini, the end product—seeing everyone pull through and play well at the concert—fills him with a sense of accomplishment.

Mr. Cervini says he likes to pick challenging songs for his students. He also thinks about the instruments in his band and how they will sound with each song selection. Cervini and his band have put together a number of songs from Disney and Gustav Holst. Some of these songs include “Circle of Life” from *The Lion King* and *The Little Mermaid*’s “Under the Sea”.

The spring concert brings people in the community together through music. While members from Wilson primarily perform in the concert, Cervini encourages people from the community and school to participate.

There will be food and snacks for people who stay after school to rehearse.

Students or parents that would like to participate in the band portion of the concert can talk to Mr. Cervini in room 219.

The spring concert will be held May 26th at 6pm in the Wilson Magnet auditorium and is free and open to the public.







# Senior Hoodies

February 29, 2016



Emily Delacruz  
Wildcat Times  
Correspondent

Senior hoodies have slowly crept to the top to be commonly worn clothing at Wilson High School.

The hoodies are red, with a big wildcat logo on the front, with your choice of words on the back. While the hoodies were sold to make the seniors stand out, the sales go to saving money

for senior activities such as prom.

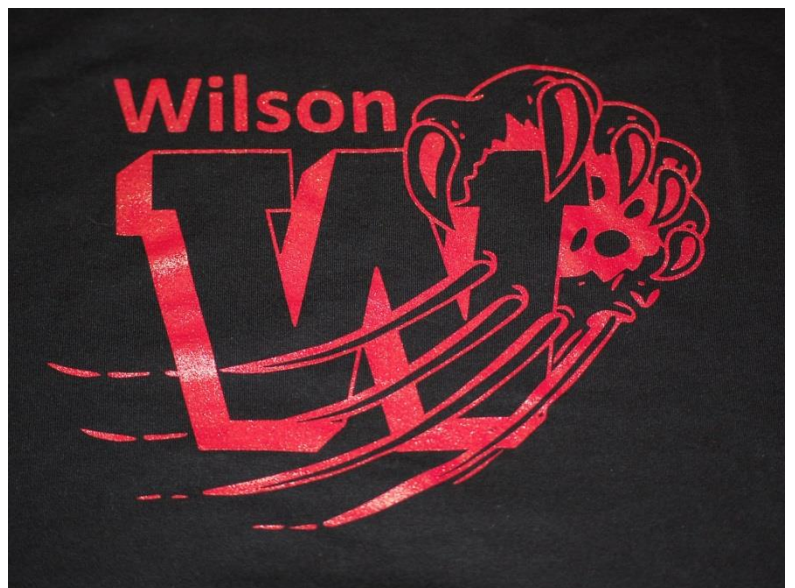
The senior class started to sell their hoodies back in September for \$25.

Alaysia Faison, believes that seniors love their hoodies because they're comfortable. They are also easy to put on without messing up your hair. Faison said, "The hoodies are special because we like to represent who we are as seniors. When someone sees a red hoodie they automatically know that the person wearing it is a senior."

Faison adds, "I own a hoodie myself and do not regret buying it because, every time I wear mine, I like to know that I'm a senior. And it feels good to know that I'm going to graduate soon"

While hoodies are sold every school year, this year's senior hoodie is unique because the students chose the logo and asked to only have their name on the back instead of the entire senior class.

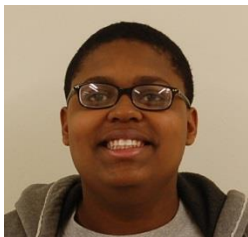
So wear your senior hoodies with pride to represent Wilson High School's class of 2016.





# Losing Weight Before the Summer

February 29, 2016



Lamon Ragland  
Wildcat Times  
Correspondent

As the winter ends, people's thoughts usually turn to losing weight before the summer begins.

To start off, change your diet. Cut out all fats, sodas and anything fat related. You have to replace all of those foods with

healthy foods like fruits and vegetables.

Workouts help to burn off the fat. Go for runs on a treadmill, or outside when the weather gets nicer, and maybe add a weight lifting routine. Doing cardio with other exercises helps to get your body both healthy and strong.

You should try to do at least two hours of training a day to get your body in proper shape. The more you work out, the more calories you burn. In the end, you will lose the weight.

Wilson's Coach Hugamire states, "if you are trying to lose a considerable amount of weight, you should be working out 35 to 45 minutes a day... If you want to gain more muscle mass, you have to get on a good strength and conditioning program while eating lots of protein."

Lifting weights is a good way to work out at home along with pushups and sit-ups. These exercises help you build upper body strength and work on your core. It helps replacing fat with muscles. Lifting heavy weights with low reps is a good way to gain muscle.

If you are a snack eater, replace the junk food with healthy choices. Fruits, like grapefruit and grapes, or low calorie granola bars can lower calorie intake. Sodas and sugary drinks can be replaced by water to help clean up your diet.

People have problems staying persistent with working out and dieting. Don't do it just to achieve specific results or goals, change your lifestyle. Stick to it and become a better you with the nice body that you want.

With a couple of changes you can shed the excess pounds.

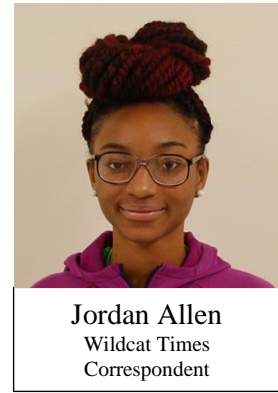






## Questions or Comments?

E-Mail them to [Don.Burns@rcsdk12.org](mailto: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*



Jordan Allen  
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!

**College and Career  
Fair**  
When: Thursday, March 10<sup>th</sup>  
Grades 9-12  
Location: Cafeteria  
Time: During 4<sup>th</sup>, 5<sup>th</sup>, and 6<sup>th</sup> period

**Attention All Students  
EXTENDED DAY**

Subjects:		
• English I,II,III (room 200 or 208)	• Math (room 220)	Tuesdays and Thursdays students can stay after from 2:45 to 3:45 to get the extra help they need.
• Spanish (room 120)	• Global/Us (room 106)	
• Chemistry (room 026)	• Personal Project/Comp. Sci (room 330)	
• Living Environment (room 304)		

**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**