



February 2018

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Filicia Sinclair
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February 2018

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 B-Day Breakfast: Maple Waffles Lunch: Chicken Nuggets School Activities: Boys JV and Varsity Basketball Freshmen Basketball	2 C-Day Breakfast: Bagel with Cream Cheese Lunch: Stuffed Cheese Sticks 11-Am Early Dismissal School Activities: Boys JV and Varsity Basketball	3 Girls Varsity Cheerleading Competition Freshmen Basketball
4	5 D-Day Breakfast: Maple Waffle Lunch: Taco Bean Salad School Activities: Freshmen and Varsity Basketball Game	6 A-Day Breakfast: Sausage and Egg on Muffin Lunch: Cheeseburger School Activities: Varsity Girls and Boys Bowling Boys JV and Varsity Basketball Freshmen Basketball	7 B-Day Breakfast: French toast Sticks Lunch: Chicken Cheese Flat Bread School Activities: Varsity Girls and Boys Bowling Girls Varsity Basketball	8 C-Day Breakfast: Turkey Ham and Egg Sandwich Lunch: Meatball Sub School Activities: Girls Varsity Basketball	9 D-Day Breakfast: Yogurt Parfait Lunch: Soft Tacos Valentine's Dance	10 ACT Test
11	12 A-Day Breakfast: French Toast Lunch: Egg roll School Activities: Girls JV and Varsity Basketball	13 B-Day Breakfast: Mini Pancakes Lunch: Turkey and beef Sandwich School Activities: Varsity Girls and Boys Bowling	14 C-Day Breakfast: Sausage Egg and Cheese Sandwich Lunch: Fish on a bun Valentine's Day School Activities: Varsity Girls and Boys Bowling Freshmen Basketball	15 D-Day Breakfast: Waffles Lunch: Egg and Cheese Panini Blood Drive	16 A-Day Breakfast: Bagel with Cream Cheese Lunch: Grilled BBQ Chicken Black History Assembly	17
18	19	20	21	22	23	24
25	26 C-Day	27 D-Day	28 A-Day			

February Monthly Horoscope



Jazlyn Macpherson
Wildcat Times
Correspondent

Aries (March 21- April 19)

Aries you are firm in what you believe, done, do or did. You become impatient and standoffish when your works are tampered with. This is your time to not fear change, and step outside of your comfort zone. Being too comfortable can be dangerous.

Taurus (April 20- May 20)

You are angelic but, being too nice, can get you taken for granted sometimes. You have potential to be a rebel without a cause. Tap into that side, you might actually learn something from it.

Gemini (May 21- June)

Paying attention to your actions is essential to where you want to be in life right now. Don't react to certain situations with negative reactions, sit back and relax and things will fall into place.

Cancer (June 21-July 22)

Starting off this month with positive thinking is very essential to the journey you are on right now. As long as you don't engage in negativity and you believe in yourself, you will find that everything you want will come to you.

Leo (July 23-Aug. 22)

Right now is the perfect time for you to do some reflecting on yourself and figuring out what you want for your life right now. You may not understand why it is that you want this certain thing but it is up to you to figure out why. This desire will make you very happy so you should do anything necessary to get it.

Virgo (Aug. 23-Sept. 22)

At this time, you should be channeling your creativity and turning it into a habit no matter what it may be (singing, drawing, painting, making music etc.). By doing this, you are creating a gateway for your problems to become easier to cope with.

Libra (Sept. 23-Oct. 22)

This February is a time to be true to yourself and your feelings. If this means isolating yourself from others then you should do so. Once you have your feelings figured out, other areas of your life will fall into place.

Scorpio (Oct. 23-Nov. 21)

At this time you should set clear goals for yourself and focus on communication. The way you speak, and how you speak, can set aside a lot of unnecessary drama. When you set your goals and follow them, you will experience great improvements within yourself.

Sagittarius (Nov. 22-Dec. 21)

Although you might find yourself having to compromise certain things in your life, you don't have to compromise yourself. You should make choices based off of a system you have regularly followed. No matter how many distractions there may be honor in your choices.

Capricorn (Dec. 22-Jan. 19)

While starting off the new month, you should strive to be the best you can be despite the actions of others. The only person you have control over is you so use your energy to make the change you want for your life.

Aquarius (Jan. 20-Feb. 18)

This February is a perfect time to check in with yourself—on every level of your life (emotional, physical, educational, professional etc.)—and to make sure you're up to speed with yourself. Prioritize to make sure you're on the correct path for a successful 2018.

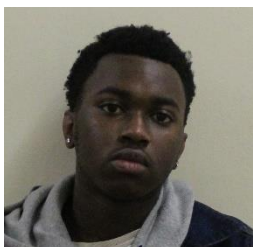
Pisces (Feb. 19-March 20)

This month is a good time to take matters into your own hands and to make decisions for yourself. When it comes to deciding on big things, don't give authority to anyone but yourself. As long as your decisions make sense to you, you should be worry free.



Wilson Observes Black History

February 9, 2018



Latrell Travet
Wildcat Times
Correspondent

For far too long, blacks, and their accomplishments, have been neglected by others in this country.

During the month of February here at Joseph C. Wilson Magnet High School, there will be an assembly for Black History. This is used to show the importance of what African Americans did in the history of America and how they've furthered progress for their race.

This month of celebration was first proposed by black educators, and the Black United Students, of Kent University in February 1969. The first celebration of Black History Month was celebrated one year later.

After six years, Black History was celebrated throughout the entire country. President Gerald Ford urged Americans to "seize the opportunity to honor the too-often neglected accomplishments of black Americans in every area of endeavor throughout our history" (history.com).

Ms. Timothy, Wilson Magnet teacher and Black History Month assembly organizer states, "I believe all of us can benefit from the omitted history. They don't give us our history...to not know our history is a lie."

Timothy adds, "I absolutely believe that there should be more focus on Black History outside the month of February. We have to undo the damage that has been done and by focusing on it year round—It's sending a strong message that black lives matter."

The Black History Month assembly isn't the only thing that is done by the school to focus on the significance of black history. Ms. Cunningham, a member of the Wilson Magnet staff, organizes a soul food dinner stating, "[it is] the food African Americans love to eat. It helps to warm the soul and it also lets others see how we eat.

"This is the food that was left behind after the slave days, as whites got away from eating pig and African Americans began to eat that."

Soul food originated down south, where slavery was the heaviest in the United States during that time. Ever since that time has passed, foods like collard greens, cornbread, chicken, cabbage etc... have been considered an African American food (like how jerk chicken is a Jamaican food).

There have been many traditions passed down through African American culture widely celebrated during the month of February in the United States. This month continues to grow more and more significant, symbolizing the hard work the black race has put forth throughout history.



Flu Madness

February 9, 2018



Aryca Corprew
Wildcat Times
Correspondent

Flu season has become more and more severe this year, causing deaths all over the United States.

This year's influenza or flu, activity has ravaged the U.S. and has been tracked by Centers for Disease Control and Prevention. The flu is currently wide spread in every state except Hawaii, resulting in 37 children deaths so far.

The flu is a common viral infection that can be deadly in high risk groups—specifically children and the elderly. The flu spreads easily but is some what preventable by receiving vaccines.

When getting a flu vaccine, the objective is to prevent yourself, or someone else, from getting the flu. Although you may get a flu vaccine every year, it is not guaranteed that you won't get sick.

The formula in the vaccination constantly changes, and a prediction is made on what the strains will be. Due to the predictions, the effectiveness of the vaccine is about 10-15 percent.

Dr. William Schaffner said, "It tends to make more people sick, particularly older persons."

A new strain of Influenza called H3N2 is claimed to be the nastier virus than ever. There are now two Influenza vaccines and, depending on the person, the vaccine could be effective or non-effective.

"Anytime you introduce a substance into your body, your body reacts." said Gena Smith, school nurse at Wilson Magnet High School. Depending on your immune system and how healthy you are, the flu shot may last you a long time.

On average, a flu shot should last about a year but the unhealthier you are, the less time your vaccine will last.

It is always encouraged that you get the flu vaccine but, just like anything else, there are advantages and disadvantages.

The disadvantages to the flu vaccine is soreness and pain at the injection site, itching, redness, swelling or a low grade fever. Also the vaccine is made up of an inactive or dead virus.

On the other hand, the advantages are lessening the severity of the illness and it may prevent you or someone else from catching the flu. The vaccine causes antibodies to form and provide your body with protection.

Every time you receive a vaccine your body will react to it. You may seem like you're coming down with a cold or be sore for a couple of days but that is just your body responding to the substance that is injected.

Even with you're feeling well, it's important to get the flu vaccine. Especially this year, no matter which strand you are vaccinated against, this medicine could keep you from getting awfully sick or it could save your life.



My Money Valentine!!



Filicia Sinclair
Wildcat Times
Correspondent

February 9, 2018

February 14th, a day that people often give their soul mates teddy bears, flowers, chocolate; a day that students get called to the office to pick up balloons and flowers; and a day for watching other kids get left behind. But how much money are we really spending for a relationship that might not even last?

Valentine's Day is a day where people spend the most money because they feel obligated to buy some sort of gift for their significant other.

Whether it is candy, flowers, jewelry, greeting cards, an evening out, clothing and gift cards... the National Retail Federation, (the world's largest retail trade association) reports that approximately 18.2 billion is spent on Valentine's Day.

The average American will spend around \$150 on Valentine's Day in 2016 – an increase from the previous year's amount of \$142.31, (fatwallet.com).

Here at Wilson Magnet HS, it is important that students know not to spend a lot of money on gifts and know how to budget because young love dies out quickly.

Although, the senior advisors are selling Valentine's Day goodies, is it really worth spending your money on?

Nia Robinson, a Wilson Magnet senior says, "I don't think it is important for high school students to spend a ton of money on a girl/boy because, eventually when it's college time, you will drift."

However, other students such as Kadrea Douglas, also a Wilson Magnet senior, says, "Valentine's Day is a time where you show affection to the one you truly admire. And if spending a little money tells them that you love them, then that's okay with me."

Although spending your money is something that almost everyone does on Valentine's Day, it is also important to know whether the relationship is worth it in the long run.

A crush for your crush is a perfect way to show your fellow student that you care about them. It supports your senior class and, anything else, maybe a bit overboard for your high school sweetheart.