



March 2019



Contributors

Corri'yonna Brock

Maya Cruz

Chanell Jones

Laila Suliveras

Samaryjah Wade

Niya Elan Brock

Ycniuuq Goodson

Ja'Asia Simmons

Cadeeja Tanksley

Lonnell Warren

Shabria Wright

Staff Advisor:
Mr. Burns



Cadeeja Tanksley
Wildcat Times
Correspondent

March 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
					1 C-Day Breakfast: Crunchmania French Toast Lunch: Soft Tacos	2 School Activities: X-Cat Team Meeting/Work Day
3	4 D-Day Breakfast: Blueberry Pomegranate Oatmeal Bar Lunch: Chicken Patty	5 A-Day Breakfast: Sausage Egg Cheese Breakfast Slider Lunch: Bean and Cheese Empanada School Activities: The Listening Post	6 B-Day Breakfast: Beef Sausage on Bun Lunch: Chicken and Waffles School Activities: The Listening Post X-Cat Team Meeting	7 C-Day Breakfast: Breakfast Pizza Lunch: American Sub School Activities: Parent/Teacher Conferences	8 D-Day Breakfast: Cinnamon Breakfast Round Lunch: Chicken Fajita	9
10	11 A-Day Breakfast: Cereal Lunch: Buffalo Chicken Wrap	12 B-Day Breakfast: Cereal Lunch: Stuffed Shells School Activities: The Listening Post	13 C-Day Breakfast: Egg and Cheese on Bun Lunch: Chicken Cheese Flatbread School Activities: Robotics Regional Competition The Listening Post	14 D-Day Breakfast: Pancakes With Blueberry Lunch: Chicken Chili School Activities: Robotics Regional Competition	15 A-Day Breakfast: Crunchmania French Toast Lunch: Egg Salad Sandwich School Activities: Robotics Regional Competition	16 School Activities: Finger Lakes FIRST Robotics Regional Competition
17	18 B-Day Breakfast: Apple Benefit Bar Lunch: American Sub	19 C-Day Breakfast: Cherry Frudel Lunch: Baked Chicken School Activities: The Listening Post	20 D-Day Breakfast: Sausage on Bun Lunch: Chicken Patty School Activities: The Listening Post X-Cat Team Meeting	21 A-Day Breakfast: Cheese Breakfast Sandwich Lunch: Soybutter and Jelly Early Dismissal	Recess Day No School	
24	25 B-Day Breakfast: Blueberry and Apple Bar Lunch: Hamburger School Activities: Autism Awareness Week The Listening Post	26 C-Day Breakfast: Turkey Ham and Cheese on Bun Lunch: Cali Cobb Salad School Activities: Autism Awareness Week The Listening Post	27 D-Day Breakfast: Egg and Cheese on Bun Lunch: American Sub School Activities: Autism Awareness Week The Listening Post	28 A-Day Breakfast: Southwest Breakfast Slider Lunch: Pizza School Activities: Autism Awareness Week The Listening Post	29 B-Day Breakfast: Crunchmania French Toast Lunch: Soft Tacos School Activities: Autism Awareness Week The Listening Post	30
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March Monthly Horoscope



Niya Elan Brock
Wildcat Times
Correspondent

Aries (March 21- April 19)

The pace of and work will be crazy. It is good that you have loved ones who will pay attention to your health and ask you to slow down and at least rest for a moment.

Taurus (April 20- May 20)

You will crave your independence while absorbing the wisdom of the universe.

Gemini (May 21- June 20)

Now is a good time to communicate lovingly with your other half or, for those who are single, to find someone.

Cancer (June 21-July 22)

A lonely cancer should not give up parties or social gatherings because the location of Venus gives them hope to meet the love of their life.

Leo (July 23-Aug. 22)

This month, candidates for a partner will approach the lonely Leo.

Virgo (Aug. 23-Sept. 22)

The best investment for Virgo in March will be spending money on education.

Libra (Sept. 23-Oct. 22)

An injection of energy will always be useful but it would be better if it does not come from coffee and sugar.

Scorpio (Oct. 23-Nov. 21)

A romantic weekend for two is a great opportunity to get closer and calmly talk about problems in a neutral environment.

Sagittarius (Nov. 22-Dec. 21)

Maintain a friendly relation with your classmates and teachers. Also do not waste precious time while engaging in extracurricular activities.

Capricorn (Dec. 22-Jan. 19)

Thanks to achieving family harmony, you will be able to implement others plans—a good atmosphere among family members is crucial.

Aquarius (Jan. 20-Feb. 18)

Dialogue, openness and compromising will make it a peaceful month.

Pisces (Feb. 19-March 20)

Cunning and creative thinking will help you demonstrate your work and keep a good atmosphere at home.



Panther Party



Corri'yonna
Brock
Wildcat Times
Correspondent

March 11, 2019

The Blank Panthers is a political and Civil Rights organization, originally starting as a World War II Tank Battalion, and was the focus of this year's Black History Month here at Wilson.

The Black Panther Party, originally the Black Panther Party for Self-Defense, was named after Army's 66th Infantry Division—a division predominately made-up of African Americans.

The Black Panthers stated in response to police brutality in Oakland California in the 1960s.

Since then, the Panthers started reduced lunch programs and the Special Supplemental Nutrition Program for Women, Infants, and Younger Children.

'Black Panther throughout the Ages' is the theme of this year's black history assembly. Organized by Ms. Timothy, a technology teacher here at Wilson, the focus of the assembly is to commemorate the 761st tank battalion and the original black panthers that changed society.

Wilson's Black History pre-celebration started on February 28th with a dinner for students, staff and families, with a preview of the upcoming events.

The dinner was catered by French Quarters and served chicken, collard greens, and macaroni & cheese to "feed the soul," says Timothy.

She adds that, "This will be the best black history month celebration yet at Wilson!"

The official assembly was March 1st, an all-day activity celebrated during school. The assembly included spoken word, dancing and singing

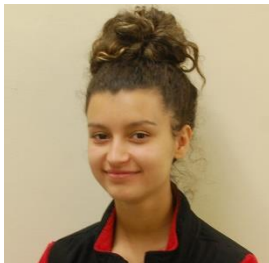
There were no structured but workshops where students learned about the Black Panthers, listened to guest speakers and watched *Black Panther*.

The students appreciated the day, aside from missing structured classes, the speakers were informative, the assembly was entertaining and the day was a success.



Adopt a Healthy Lifestyle

March 11, 2019



Laila Suliveras
Wildcat Times
Correspondent

It is important to have a healthy lifestyle everyday—especially in school.

The definition of health is a person's mental or physical condition. According to Ms. Casper, a nurse at Joseph C. Wilson High School, good health is important to, “maintain a good life and to be happy.”

Teachers may often say that breakfast is the most important meal of the day. This is a true fact because it helps your brain and body to get started for the work you are going to do throughout the day.

Breakfast also gives focus for students as well. When your stomach is full, your focus is on the work given rather than thinking of the next time you are going to eat.

There are many ways to make sure that you're getting all the nutrients your body needs. You can maintain your health by eating fruits and vegetables and doing physical activity every day.

It is important to stay away from drinks that have a lot of sugar calories or any junk food. Too much of sugary drinks or junk foods can result in heart disease, health problems and can be very fattening to your body.

To fight this, instead eat nuts and fruits that can be more nourishing to your body.

Fish can be a good thing to eat because it lowers the risk of heart disease, dementia and depression.

It is important to get enough sleep for the day. Poor sleep can be a factor of unhealthy bodies. It can give a decrease in blood sugar and can affect your physical and mental performance.

It is recommended that you get 7-9 hours of sleep every day.

Taking vitamins can help to perform roles in your body and give you energy. Drinking water can help your skin, regulate body temperature and flushes body waste.

Getting enough protein is extremely important and can take away cravings at night. Protein can also lower blood sugar and blood pressure levels.

The advantages of having healthy food in your system is making you feel good and helps you perform better. It can also lower calories, have higher nutrients and help weight control

Having a healthy body can maintain a good mindset and lifestyle at school that can lead to success in the present and the future.