



**May 2019**

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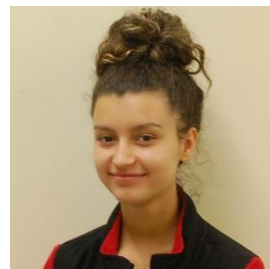
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May 2019

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			<b>1 D-Day</b> <b>Breakfast:</b> Sausage, Egg & Cheese Slider <b>Lunch:</b> Chicken Patty  <b>School Activities:</b> X-Cats Meeting	<b>2 A-Day</b> <b>Breakfast:</b> Beef Sausage on Bun <b>Lunch:</b> American Sub  <b>School Activities:</b> V Baseball V Boys Tennis V Softball Double Header	<b>3 B-Day</b> <b>Breakfast:</b> Cinnamon Breakfast Round <b>Lunch:</b> Buffalo Chicken Sandwich  <b>School Activities:</b> V Baseball V Softball	<b>4</b> <b>Star Wars Day</b>
<b>5</b>	<b>6 C-Day</b> <b>Breakfast:</b> Oats, Blueberry & Pomegranate Bar <b>Lunch:</b> Chicken Nuggets  <b>School Activities:</b> AP Testing NYSELAT Testing V Baseball V Boys Tennis V Softball Double Header	<b>7 D-Day</b> <b>Breakfast:</b> Sausage, Egg & Cheese Slider <b>Lunch:</b> Bean & Cheese Empanada  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing V Baseball V Softball	<b>8 A-Day</b> <b>Breakfast:</b> Beef Sausage on Bun <b>Lunch:</b> Hamburger  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing V Baseball V Boys Tennis V Softball Double Header	<b>9 B-Day</b> <b>Breakfast:</b> Breakfast Pizza <b>Lunch:</b> Chicken Patty  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing V Baseball V Softball	<b>10 C-Day</b> <b>Breakfast:</b> Cinnamon Breakfast Round <b>Lunch:</b> Chicken Fajita  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing V Softball	<b>11</b> <b>School Activities:</b> V Baseball Dbl Header Clean Sweep
<b>12</b>	<b>13 D-Day</b> <b>Breakfast:</b> Cereal <b>Lunch:</b> Buffalo Chicken Wrap  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing V Baseball	<b>14 A-Day</b> <b>Breakfast:</b> Beef Sausage on Bun <b>Lunch:</b> Hamburger  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing	<b>15 B-Day</b> <b>Breakfast:</b> Egg & Cheese on Bun <b>Lunch:</b> Pizza  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing	<b>16 C-Day</b> <b>Breakfast:</b> Pancakes <b>Lunch:</b> Chicken Pot Pie  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing V Boys Tennis V Softball	<b>17 D-Day</b> <b>Breakfast:</b> Cereal <b>Lunch:</b> Buffalo Chicken Wrap  <b>School Activities:</b> IB Testing AP Testing NYSELAT Testing V Baseball	<b>18</b>
<b>19</b>	<b>20 A-Day</b> <b>Breakfast:</b> Apple Bar <b>Lunch:</b> Chicken Nuggets  <b>School Activities:</b> IB Testing	<b>21 B-Day</b> <b>Breakfast:</b> Cherry Frudel <b>Lunch:</b> Chicken Patty  <b>School Activities:</b> IB Testing	<b>22 C-Day</b> <b>Breakfast:</b> Beef Sausage on Bun <b>Lunch:</b> Chicken Patty  <b>School Activities:</b> IB Testing	<b>23 D-Day</b> <b>Breakfast:</b> Cheese Breakfast Sandwich <b>Lunch:</b> Chicken Patty  <b>School Activities:</b> IB Testing Personal Project Spring Concert	<b>24</b> <b>Memorial Day Recess</b>  <b>No School</b>	<b>27</b>
<b>25</b>	<b>26</b> <b>Memorial Day</b>  <b>No School</b>	<b>27 A-Day</b> <b>Breakfast:</b> Turkey Ham & Cheese on Hawaiian Bun <b>Lunch:</b> Hamburger	<b>28 B-Day</b> <b>Breakfast:</b> Egg & Cheese on Bun <b>Lunch:</b> American Sub	<b>29 C-Day</b> <b>Breakfast:</b> Southwest Slider <b>Lunch:</b> Cheeseburger	<b>30 D-Day</b> <b>Breakfast:</b> Cereal <b>Lunch:</b> Soft Tacos	

# *April Monthly Horoscope*

## **Aries (March 21- April 19)**

Start searching while you can and very soon...or you will no longer be a part of your jobs plans.

## **Taurus (April 20- May 20)**

You may be feeling blue but your little boo is coming back for you.

## **Gemini (May 21- June 20)**

Live life a little and stop tripping of the next, you can't be the best if you're worried about the rest.

## **Cancer (June 21-July 22)**

Try to improve your health and overall personality for a better life. A new financial deal and fresh money will be rolling in.

## **Leo (July 23-Aug. 22)**

What comes easy won't last long and what lasts long won't come easy, Stay woke Leo.

## **Virgo (Aug. 23-Sept. 22)**

These days you may not be in the best of moods but your time is coming soon...Never give up.

## **Libra (Sept. 23-Oct. 22)**

Express your feelings while you can...people don't always welcome others back with open hands.

## **Scorpio (Oct. 23-Nov. 21)**

You may feel like you've been getting tested by a few...your composure and temper might get the best of you.

## **Sagittarius (Nov. 22-Dec. 21)**

Keep striving for better...you've always known how to get through stormy weather.

## **Capricorn (Dec. 22-Jan. 19)**

Greatness is coming so just have faith...believe in yourself. You've never tried that.

## **Aquarius (Jan. 20-Feb. 18)**

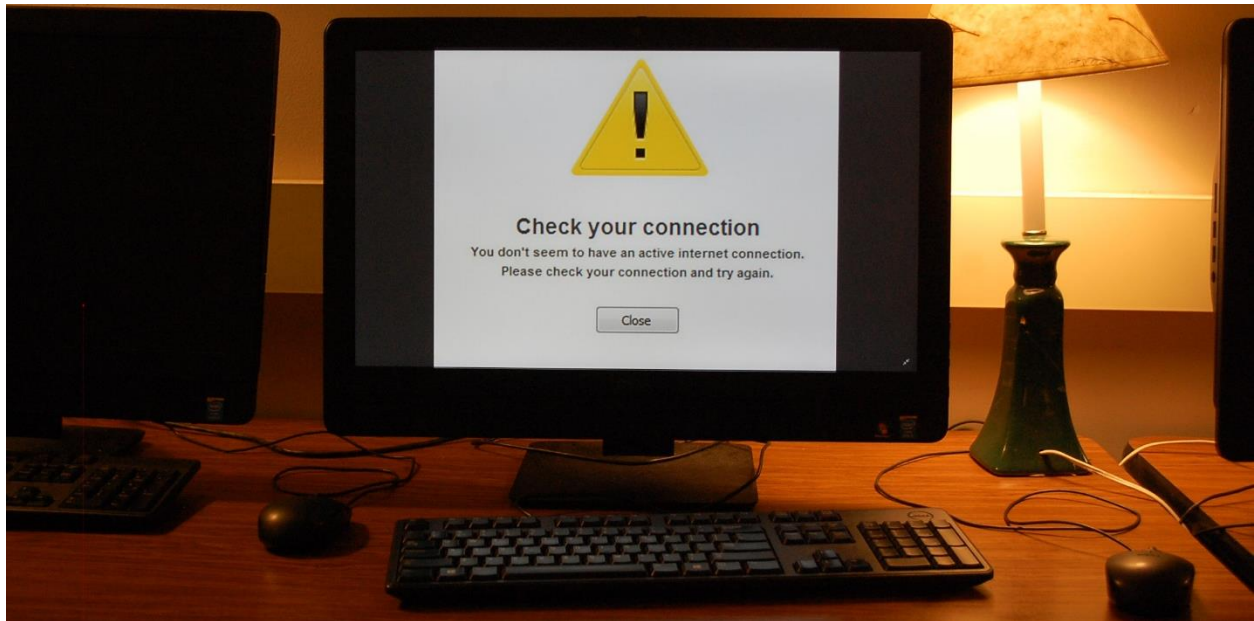
"Just keep swimming just keep swimming," there's always rainbows after rain.

## **Pisces (Feb. 19-March 20)**

If you don't stand for something you'll fall for anything and never know your worth?

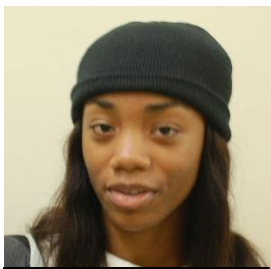


Chanell Jones  
Wildcat Times  
Correspondent



## Internet Addiction

May 1, 2019



Shabria Wright  
Wildcat Times  
Correspondent

Internet addiction is defined as any online-related compulsive behavior that interferes with normal living and causes severe stress on family, friends, loved ones and work environment.

This addiction runs through teens the most.

This disorder is an addition to other dependency disorders seen to affect the pleasure center of the brain. The reason why you might be so addicted to internet activity (gambling, shopping etc...) is because it provides multiple layers of rewards. That's your constant surfing of the internet creates multiple rewards that are unpredictable.

This disorder is debated as a "real thing" but is not given serious attention from many people.

Individuals suffering from internet addiction spend more time in solitary seclusion, spend less time with real people in their lives, and are often viewed as socially awkward.

This makes it hard to have a stable relationship with most people they meet which can make it even harder for them to get a job or do things for themselves.

Those at highest risk for creation of a secret life are those who suffer from low self-esteem, feelings of inadequacy, and fear of disapproval.

Such as negative self-concepts lead to clinical problems of depression and anxiety.

Ms. Dudek, Health teacher here at Wilson believes that people have to be careful of new technology. Dudek says, "People are taking advantage of new technology but don't know how to use it in the right way."

Dudek believes that people have too much screen time and the technology is making the younger community brainwashed—making them feel the need to over-share and keep up with what they are feeding us.

Many people who attempt to quit their internet use experience withdrawal including anger, depression, relief, mood swings, anxiety, fear, sadness, and loneliness.

The first step in treatment is the recognition that a problem exists then talk to somebody about it for help that could include art therapy, behavior modification, and reality or therapy.

Because of the prevalence of the disorder in the general population, treatment centers and programs have started to pop up in the US and across the globe.





# Reparations

May 1, 2019



Cadeeja Tanksley  
Wildcat Times  
Correspondent

Many of us know our history and are affected by it everyday. But the University at Georgetown, and its students, are using history to help benefit others.

On April 12<sup>th</sup>, 2019, undergraduate students attending Georgetown University have voted overwhelmingly to increase tuition by \$27 from each student for slavery reparations.

Back in 1838, the University sold 272 slaves to pay Georgetown Jesuit debts. Some students see this as making amends for the past.

The reasoning behind reparations is that descendants of slaves may gain economic stability for themselves and their families from the compensation that they did not receive during the time of slavery.

Mr. Caswell, Social Studies teacher here at Wilson, states, “There is no question that a portion of the wealth of our nation was generated through the system of slavery.”

While the issue was won by a vote, this topic is causing a lot of controversy between the students that currently attend Georgetown University.

Some students do not feel obligated to pay for what the past generation has done. Others support themselves and do not feel comfortable paying this fee.

Mr. Burns, a Wilson English teacher, feels that the university is putting their own mistake on the students. “It sounds like a cop-out...I just don’t think that it’s the student’s responsibility.”

The issue of reparations is way bigger than just Georgetown University. Many politicians such as Kamala Harris, and Elizabeth Warren debate this issue—especially about what should be available to the descendants of slavery.

According to Senator Warren, in this day and age, an average white family has about \$100 and the average black family has about \$5.

There are many descendants from slaves here in our school. Getting reparations may help some of our classmates buy cars or afford a college education.

Whether you agree with reparations or not, the fact remains that people have become rich off other’s backs. Even though the debate is heated, the fact that something is happening to correct this injustice is a good sign.