February 2016

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Cameron Young

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Ariam Alomar

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Mr. Burns
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Spring Concert

February 29, 2016

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

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

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 (please put letters to the editor in the subject line). Your letter may end up in future editions of the Wildcat Times
Advertisements

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 Hallow 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 10th
Grades 9-12
Location: Cafeteria
Time: During 4th, 5th, and 6th period

Attention All Students
EXTENDED DAY

Subjects:
- English (10/11)
- Spanish (room 120)
- Chemistry (room 026)
- Living Environment (room 304)
- Math (room 200)
- Global/History (room 106)
- Personal Project/Comp. Sci. (room 310)

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

Step UP!!!

SPRING INVITATIONAL
April 25, 2016
Location: Kodak Performing Arts Theatre
STEPPING UP Against the Youth Violence
TICKETS ON SALE NOW