

# The Redhawk Report

Paul V. Moore High School - Central Square Redhawks

Fall 2023

## Homecoming 2023

A Game to Remember!



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### Homecoming 2023

*By Jonah Martinez*

This year's homecoming football game was one to remember! On September 15th, the festivities started before the game. We held our homecoming Redhawk Rally in the bus circle a few hours before the game. There were many other teams and clubs that came to show off their Redhawk spirit, along with vendors, and even a classic car show!

As the kickoff approached, all of the students, staff, and parents headed down to the turf to get ready for the big game. At 6:30 PM, Central Square Redhawks took the field against the Watertown Cyclones and shut them out 46-0 on home turf! Mason Baye led the scoring with two touchdowns, then Angelo Turo, Jackson Mott, Kenley Rumo and Anthony Miga each scored one touchdown. Other highlights of the game include Bryce St. Clair, who had an impressive interception that got the crowd going in the third quarter.



# **THE SPORTS** at Paul V. Moore High School

## **Homecoming 2023**

*By Jonah Martinez*

I spoke with one of our Redhawk seniors, Bradon Wolfe, to ask him some questions about the game.

J: How confident were you and the team going into the game?

BW: We were tested week one vs Auburn. We knew Watertown was respectable, and we were hungry to prove ourselves in front of the community. We were confident in our ability to take care of business after a solid week of practice.

J: What was the team's game plan and how did that contribute to your success?

BW: Gameplan was to out tough the opponent. We focused on blocking and narrowing in on our assignments all week.

J: How much did having the support of the Flock there impact the game?

BW: There is always motivation to perform in front of the Flock and the community. It definitely is a boost hearing the Flocks support after big plays.

Thank you to all of our players, coaches, staff and the Flock that made this year's Homecoming a fun, successful event for everyone involved!



# THE ARTS at Paul V. Moore

## Art Student of the Month: Faith Lederer

By Angilee Haberer

Photography is found in the evolution of human ideation, with the ability to transcend moments, intertwine history, and capture deeply personal stories that connect us.

Art student of the month, Faith Lederer, captures the world through the lens of human moments, creating connections in composition, color, and essence. Faith says she is mostly inspired by art history. She adds that she thinks her favorite artists embody the ability to create art that represents the restless life force that art expresses everything as a connected, swirling, flowing whole, and/or art that makes her laugh! The composition Faith is inspired by is “representing simple human moments is a driving force in my photography. It sounds goofy but I feel a somewhat spiritual stirring of inspiration inside me just watching people living their lives. I could do better to create more full art pieces seeing as I mainly sketch these days, but I'm fascinated with capturing structure and fluid forms. In a way, drawing inspires me to appreciate the world just as much as the world inspires me to draw.” Faith has taught herself traditional art since 5th grade: “I've dabbled in photography before, but this is the first year I've applied my focus toward the medium and it's been a lot of fun. It's a very interactive art form that encourages me to get out of my comfort zone and go on adventures.”



# Events at Paul V. Moore High School

## What's Happening at PVM High School: Past - Future

By *Raechel Fleischmann*

In the previous months, Paul V. Moore High School has had chaotic but very exciting events. With the support of the student government and staff, we were able to host a homecoming dance! This dance was amazing for students to come together to dance, take pictures, eat snacks, and kick off the school year. One of our students, Andrew Watrous said that, "the music was amazing, everyone was dancing!"



This was a celebration for a Red Hawk win against the Watertown Cyclones, coming to a final score of 46-0. In addition to a great football season, our other fall sports ended with many accomplishments as well. Teams such as Girls Soccer, Girls Tennis, and Boys Volleyball completed their seasons at the first round of finals, and Girls Volleyball ended at the semifinals. Cheerleading placed fifth in sectionals. Everyone on the Gymnastics team also qualified for sectionals. Cross Country and Golf also did well, and all of our teams fought hard with true Red Hawk pride.

## Events at Paul V. Moore High School

In October, our Drama Club students put together the second Annual One Act production to showcase their skills before the musical. They presented an act of *Peter Pan* and an act of *Happy Birthday, Dear Grandpa*. These performances stunned the crowd with how well they were planned and performed. One drama club student, Sarah Conner, mentioned, “The first and shortest was *Peter Pan*, non flying version. It was a play with music, showcasing the entire cast in different musical acting roles. The second was *Happy Birthday, Dear Grandpa*, a senior production with nine cast members. It was a more mature play with two acts formed into one.”



In the upcoming months, there is much planned for our students and staff at Paul V. Moore. Student athletes will be participating in events such as Basketball, Rifle, Wrestling, Indoor Track, Hockey, Diving, and more Cheerleading! Business driven students have the opportunity to participate in the DECA regional competition, where students travel to LeMoyne College to present their skills and critical thinking to judges in the business world. The Drama club will be preparing for this year's musical, *Beauty and the Beast*.

As a student, I am excited to see what the future holds for students and staff at Paul V. Moore High School. This winter may be cold, but will be just as much fun as the fall was!

# Health + Wellness

## National Suicide Prevention

*By Kiera Meneilly*

Mental health is a very serious thing people tend to overlook if it doesn't directly affect them. Depression is another thing people tend to not understand. Depression can be many things. It can be due to a direct thing in your life that is happening or it could be a chemical imbalance in the brain that can be fixed with medication, and more times than not people don't get the help they need and continue to suffer, which can often lead to a breaking point. September is National Suicide Prevention month. We have already lost too many to the horrible disease that is depression, so please, if you are struggling or know someone else who may be, reach out to someone who wants to help! There are many ways to get help, like calling one of the help lines or going to a counselor online or in person. Also, you can help yourself by starting an exercise program, or distracting yourself with good habits. If you suffer from depression or any mental health disease please reach out to someone for support or just someone to talk to.

Source:<https://mhanational.org/mha-awareness-calendar-2023>

**IT'S OK TO NOT BE OK**

SEPTEMBER IS NATIONAL SUICIDE PREVENTION AWARENESS MONTH! IF YOU OR SOMEONE YOU KNOW NEEDS HELP, PLEASE REACH OUT.

**REACH OUT**

NATIONAL SUICIDE PREVENTION HOTLINE **DIAL 988**  
AVAILABLE 24 HOURS EVERYDAY  
ANONYMOUS

**YOU ARE IMPORTANT**

SPONSORED BY THE INYO COUNTY OFFICE OF EDUCATION,  
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**DON'T STOP TRYING**

**YOUR STORY MATTERS**

SUICIDE PREVENTION CENTER

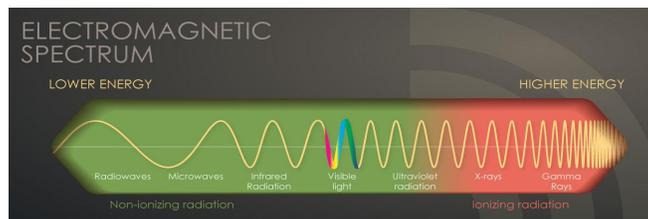
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## Rumored Radioactivity From Phones

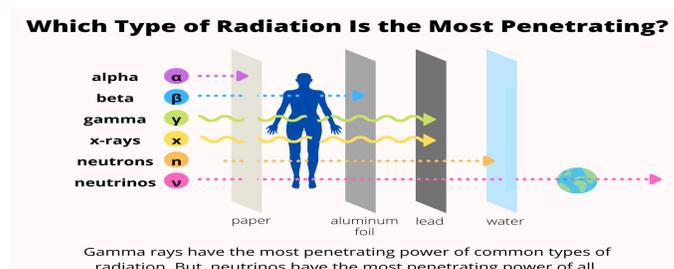
By Cameron Will

As some of you may know (especially those with nervous parents), phones have been rumored to emit cancer-causing radioactive particles. While it is true that phones do produce radioactive particles while in use, it is not true that they are cancer causing. The type of radiation that a mobile phone produces is classified as ‘non-ionizing’. To put it for the people who haven’t taken a chemistry class, non-ionizing radiation is the same type of radiation emitted from applications like a radio, or an old television.

This spectrum accurately represents the types of radiation. As you can see, Radio waves (the type of radiation emitted from a phone), is all the way back in the lowest energy. Try and think of radiation as balls trying to fit through a tennis net; things like radio waves would be similar to a basketball trying to fit through the holes on a tennis net, while something like a Gamma Ray would be similar to a bouncy ball trying to fit.



For a more accurate representation, replace the tennis net with your body, and the balls with radiation particles. Phones produce particles too big to even fit inside of your skin; they are so large that they cannot even penetrate a sheet of paper.



So the next time one of your parents brings up the ‘fact’ that phones cause cancer, just show them this article to direct them to the facts!

# The Rec Room

## Monthly Entertainment Picks from Paul V. Moore Students

### MOVIES & TV

#### Movies Of The Month: *The Marvels*

The new film, *The Marvels*, features the reunion of old friends and foes, in addition to new characters. While the characters reflect a range of human emotions, we are frequently reminded that these heroes are just like we are, only they possess super powers. This is the 33rd film in the Marvel Universe, and with the talent and plentiful action packed scenes, it surely won't disappoint fans!!! Check out the trailer below!

[https://www.youtube.com/watch?v=wS\\_qbDztgVY](https://www.youtube.com/watch?v=wS_qbDztgVY)

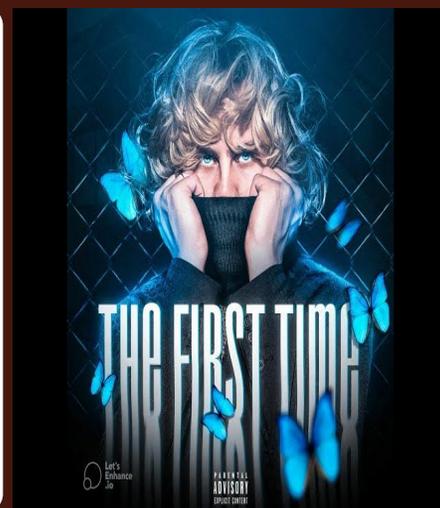


### MUSIC

#### Song Of The Month: *Bleed* - The Kid LAROI

By Abigail Tetrault

This newly released song by *The Kid LAROI* highlights the troubles and struggles of heartbreak, and the feelings that follow. It brings the emotions of the aftermath of a relationship to light in a more upbeat and catchy tune. This 20 year old Australian singer, songwriter and rapper is considered to be a newer and upcoming artist, with around 36 million listeners per month (Spotify). To listen to this song and more of *The Kid LAROI*, you can find him on Spotify, Apple Music and most streaming platforms.

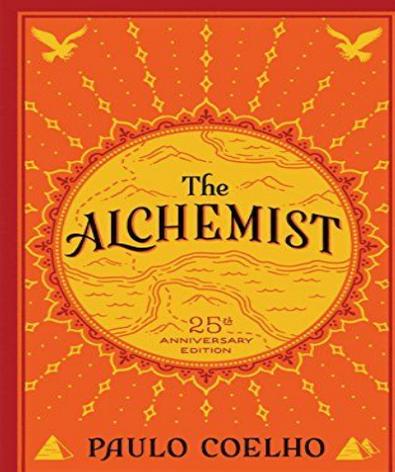


### LITERATURE

#### Book Of The Month: *The Alchemist* - Paulo Coelho

By Megan Parker

Written originally in 1988 and translated from Portuguese, this novel tells the tale of a young shepherd by the name of Santiago. The story follows him through his journey of self discovery through his mission to find his "Personal Legend." The novel falls under the categories of adventure and fantasy, and is set in a Spanish community known as Andalusia. Offering a timeless perspective on what it means to dream and to appreciate the world you know, *The Alchemist* is a worthy read.





## Students of **Paul V. Moore**

Human.

By Atreyu Maslen

What is human?

Is it standing up till you can't stand?

Living life to it's last strand,

And holding on to what you know you can.

Taking breaths from when you fall and land,

From high emotions and stretched bands of stress?

Is that human?

Is it taking risks when you feel low,

To try and put you on a pedestal,

High above the clouds so you can rule?

Is it using every learning tool,

To execute plans with massive pools of energy?

Is that human?

But let's go back a bit....

Is it when your mother gave you life,

And for the first time you could see light,

Speak your first words by saying, "Hi"

And have your parents say, "Honey, you're so bright!"

While waiting for the very next time to nap?

Is that human?

"Can I be a dragon when I grow up?"

"Can daddy be happy when I show up?"

"Mommy what's wrong? Why did you throw up?"

"If I turn this on will I blow up?"

"Mommy, don't go. I don't wanna grow up in this world!"

Is that human?!

Is it pushing on to be alone,

Cause Mommy, Daddy, brothers, never showed?

Is it wishing that even you were gone,

From the face of earth but you know your strong,

So you go and go until your mind has flown away?

Is that human!?!?

Well I don't know...

So why you saying, "come on, take it slow"?

If you were me then you would know that

IM HUMAN!!

I done took risk that I can't change.

I was promised thing but they were all in vain,

But i push on and try to stay sane

In a world that's gonna hate me

Cause i know that if i stay sane that means

I'M NOT HUMAN!!! I will stay strong,  
cause I know I'm good.

I will be there for you when no one  
else could

I will do what i know I should

But if i'm ever lost and im not home

In my head going out of control please  
tell me that

I'm human...

Calm me down like i did you

Help me out when I am blue

Show that you've been there too

And tell me that we will get through

Even though we 2 are just goons,

We're all Human.

Anxiety

By Madison Stevens

When I speak

Only nervous laughter comes out.

The conversation is quiet.

No one speaks.

Did I say something wrong?

Are they mad?

Do they think I'm weird?

My thoughts fade out any sound.

Why does this have to be so awkward?

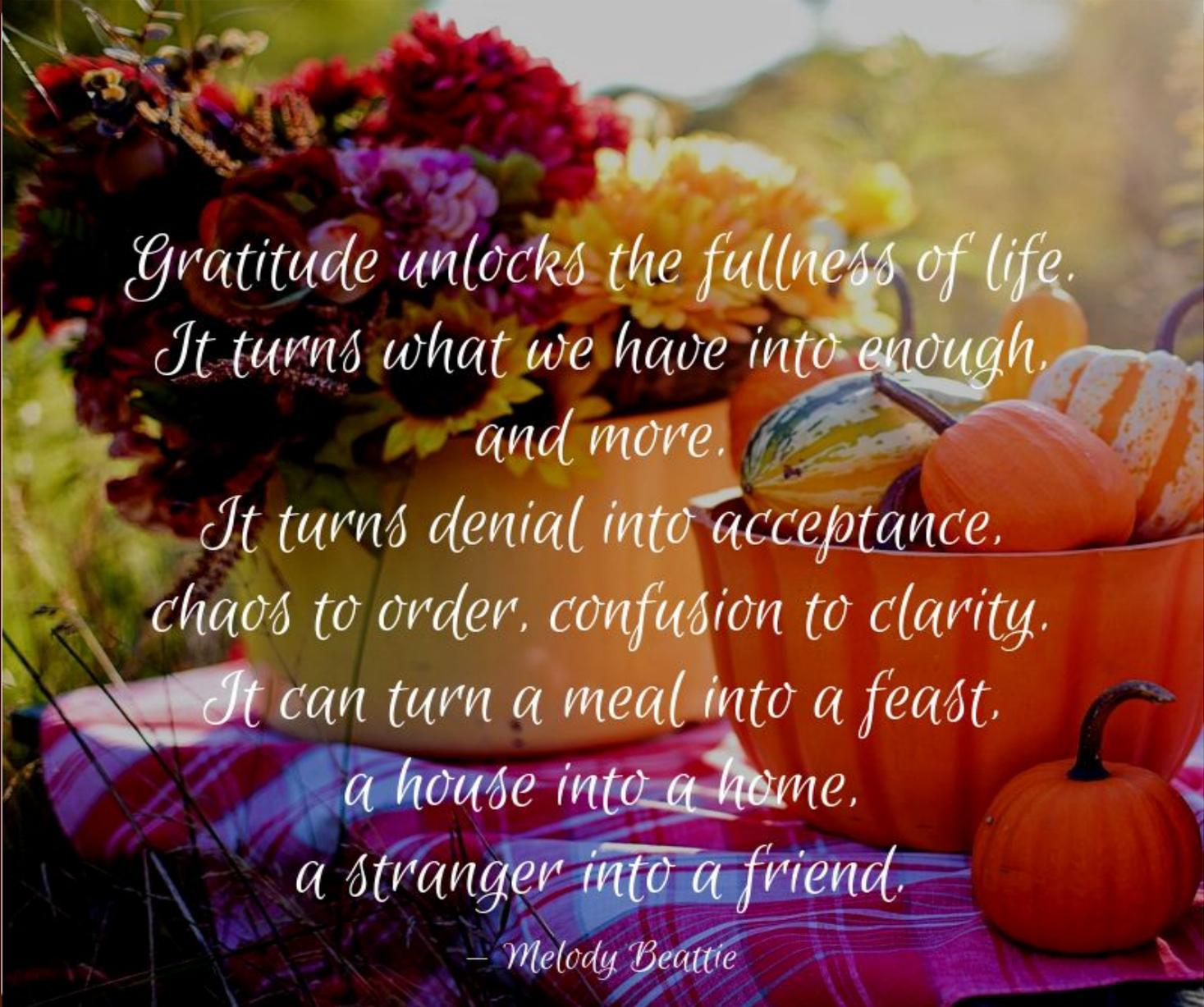
The dreaded silence along with the  
awkward standing and staring.

It makes me so uncomfortable.

So I surround myself in a bubble,

I can be alone and quiet in this bubble.

Until someone pops it.



*Gratitude unlocks the fullness of life.  
It turns what we have into enough,  
and more.*

*It turns denial into acceptance,  
chaos to order, confusion to clarity.  
It can turn a meal into a feast,  
a house into a home,  
a stranger into a friend.*

*— Melody Beattie*

Thank you for reading this edition of **The Redhawk Report.**

**Featuring Articles Written By:** Jonah Martinez, Angilee Haberer, Raechel Fleischmann, Kiera Meneilly, Cameron Will, Abigail Tetrault,  
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