

The Redhawk Report

Paul V. Moore High School - Central Square Redhawks

Spring 2023

“Where Flowers Bloom, So Does Hope”

----- Lady Bird Johnson



Inside This Issue:

- Headlines p.1-2
- Sports p.3
- Health p.4
- Global Warming p.5
- The Buzz p.6
- Rec Room p.7
- Women’s History p.8
- A Look Back and Forward p.9
- Good News p.10
- Closing Pages p.11



Love Your Planet Earth!

By Emilia Armani

Earth Day is an annual celebration on April 22nd. The birth of this modern environmental movement was in 1970. Major environmental crises sparked the idea of Earth Day. Today, Earth Day is recognized across the globe, noticed by more than a billion people every year as a day of action to change human behaviors towards the environment. The goal is to create global, national, and local policy changes, but we can start right here in our own towns, villages, cities, and communities by cleaning up and taking steps to keep our planet safe and beautiful. People rise up around the world to help the environment and prevent the endless damage done by humans every year. Love the Earth this year on Earth day!

[The History of Earth Day](#)



Earth Day Cont'd

By Emilia Armani

There are numerous events and activities taking place locally throughout the month of April to support Earth Day. Here are just a few things you can do to help out: Plant a tree, clean up plastics at a local park or neighborhood, Reduce, Reuse, Recycle, stop using chemicals and pesticides, and conserve water!

<https://www.localsyr.com/news/local-news/heres-a-list-of-earth-day-activities-happening-around-central-new-york/>





Spring Sports

By Maria Toleson

Spring has sprung and so has the new sports season! Both boys and girls track are expected to do very well this season, and maybe even break some records!

The softball and baseball teams have been training hard for their new season.



Lacrosse, both boys and girls have finally been able to start practices on the turf now that the snow has subsided.

Boys tennis is eager and excited for their season to start, their team's energy is unmatched.



The girls golf team has many new members and they are excited to get out on the golf course, even if it is a little muddy.



Good luck to all our spring athletes this season!

Health + Wellness

Stress Awareness

By Abigail Tetrault

As so many teens are trying to get accepted into colleges and universities, the stress of waiting for their acceptance letters and the decision of where they will spend the next several years of their lives is taking its toll. There are many different ways to help cope with the stress listed below.

Eat well:

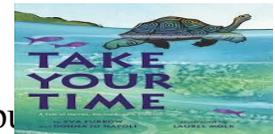
Well nourished bodies are proven to function better, as well as lead to better mental and physical function. Eating well balanced meals regularly, along with proper hydration levels helps towards that better mental and physical function.

Take your time:

As you find yourself waiting on decisions, it's important  for yourself and allow time away from your phone and scrolling through the college portal awaiting news. Taking your time can be as big as going out to dinner or traveling, or even just small things like reading a book or spending time with friends.

Work out:

Lifting or working out has definitely become a very popular past few years, but for good reason! Working out has been proven to not only help you physically but mentally as well. Getting started is easy too, with the newly renovated weight room at PVM, getting started is more accessible. According to the National Library of Medicine, it's proven to improve sleep, reduce stress and anxiety, along with an overall improvement in mood.





Global Warming

By Abigail Tetrault

By the year 2033, the world will not be able to come back from the effects of global warming. A scary thought, right? According to an article by NPR, carbon emissions have set our world on a path that will lock us into an unchangeable climate crisis by 2033. By 2050, our world temperature will increase by 2 degrees F. This dire situation will continue to erode the already declining environment, from the smog haze created by factories in Beijing, to the hundreds of penguins washing up dead on the shores of New Zealand from not being able to find waters cold enough to hunt in.

For some, it may seem like something that cannot be changed by a singular person, but it's the small acts by many single individuals that do create change. It is something that would be better combated by larger groups or corporations, but together by making small changes, we can make a big difference.



Saving Whales with A.I.

By Noah Stringer

For centuries, whales have captivated humanity. It's hard to imagine a world without them, but as time goes on these gentle giants are becoming more rare for many reasons, one being collisions with ships and fishing gear. The company Vineyard Wind might have found a solution, and a way to save whales' lives. This offshore wind company is using an artificial intelligence system called Awarion to protect whales by analyzing data from underwater microphones to detect their calls and track their movements.



This AI system can then alert the company to potential collisions with wind turbines, allowing them to adjust the turbines' operations to avoid harming the whales. It is time for us to take action to protect these magnificent creatures, and the innovative technology being developed by companies like Vineyard Wind gives us hope that we can make a real difference in saving the lives of whales.

The Rec Room

Monthly Entertainment Picks

MOVIES & TV

Movies Of The Month: Creed III

Fifteen years later... after their release from serving time for organizing an underground fight ring, Michael B. Jordan as Adonis Creed, and Jonathan Majors who plays Damien Anderson, reunite for a final fight and in the process, reveal an “unexpected emotional resonance and fresh perspective.”

<https://www.rogerebert.com/reviews/creed-iii-movie-review-2023>



MUSIC

Song Of The Month:

Crazy Angels - Carrie Underwood

Carrie Underwood’s *Crazy Angels* is a fun, upbeat, catchy song that features the strength and power of her dynamic vocals with a full backup band. Toted as a country song with a rock edge, it’s sassy and empowering. The single is on her latest album, *Denim and Rhinestones*.

<https://www.youtube.com/watch?v=evxlvjf7BRA>



LITERATURE

Book Of The Month: *All the Bright Places* By Jennifer Niven

This is the story of two teenagers in high school who are dealing with emotional struggles. They end up meeting and changing each other’s lives forever. They discover meaning in the smallest moments, and according to critics, they offer a fresh perspective on how young people handle complex concepts.

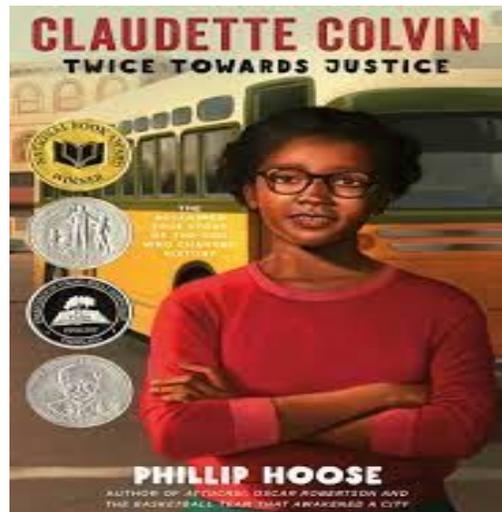


Women's History Month

Inspirational Women By Abigail Tetrault

The definition of a woman is “an adult female human being,” but in today's world, it also includes being a person who is continuously beating the norms and extremes that were placed upon women from the start. There are thousands of women who have inspired us all, but here are a few who stand out and exceed this new definition.

Kamala Harris: In her famous line “I may be the first woman in office, but I will not be the last,” she refers to being the first woman to hold the position of Vice President of the United States of America, not only as a woman but also as a woman of color. It is her monumental victory that propelled female politicians even further forward, and also showed the younger generations that this is possible.



Claudette Colvin: The name shadowed by another influential woman, Rosa Parks, is one worth mentioning to correct the history some may think they know. It was Colvin who was the first person to refuse to give up her seat on a bus in Montgomery, Alabama. Her acts influenced people such as Parks and many others in the continuous fight for equal rights among the African American community.



Looking Back: *By Abigail Tetrault*

Semi Formal: March 18th

On this extravagant night there were over 300 students in attendance at the Masquerade Dance. It was definitely not a night to miss. With all of the hits of the last decade being played, there was never a shortage of people singing, dancing, or jumping with their friends on the dance floor. Along with the music were the photo booth, with pictures taken by the yearbook committee, and an endless supply of snacks, so no one went hungry! For those of you who weren't able to attend this event, we hope to see you all at the next one!

DECA States Competition: March 8th-10th

During this overnight trip to Rochester, there were over 35 members of our DECA chapter in attendance. Over fifteen of them were awarded medals for placing in different levels, such as Top Ten Overall and Top Test. With different workshops, activities and games it was nothing short of a fun time for all of its attendees. We look forward to next year and seeing all of the members at the next meeting on April 11th!

Looking Ahead: *By Emilia Armani*

Ball:

Get ready Seniors, Ball is just around the corner! Ball is a great opportunity to make memories with your friends just before graduation. Bring a date or party with your friends. Spend the night and have a great time!

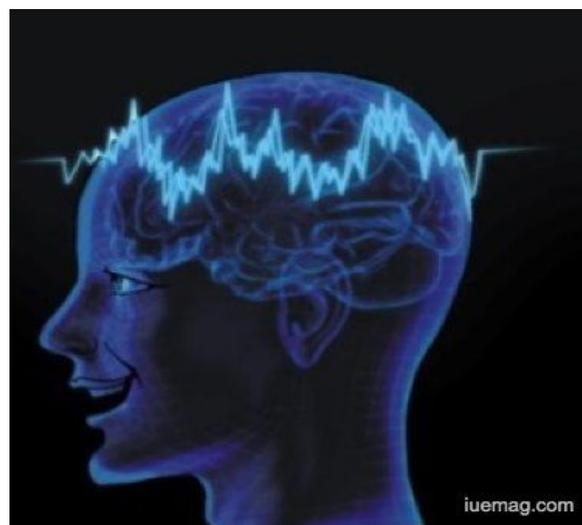


Laughter is Always the Best Medicine

By Emilia Armani

Did you know that laughter truly is contagious? Researchers in the fields of Biology, Psychology, and Neuroscience have been studying the effects of laughter. Laughter is the best medicine to get through a rough time. According to Sophie Scott, a Neuroscientist at University College London, spending time laughing with friends and family is known to reduce stress and depression levels, laughing improves the mind and the body through “strengthening “relationship connections. This happens, in part, because people naturally want to be around those who make them feel good the way laughing does.” While researchers continue to study the different types of laughing and the subtle rules that seem to determine what type or how much laughter may be socially appropriate for certain situations, we just know that you should enjoy time laughing with friends and family to drown your worries!

[Laughter really is contagious — and that's good](#)



Happiness is letting go of what you assume your life is supposed to be like right now and sincerely appreciating it for everything that it is. At the end of the day, before you close your eyes, smile, be at peace with where you've been, and be grateful for what you have. Life is good.

Quotes Cafe

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

Featuring Articles Written By: Emilia Armani, Abigail Tetrault, Noah Stringer, Maria Toleson



Visit our website or scan the code to submit an article, read past issues, and see club meeting dates!