

The Redhawk Report

Paul V. Moore High School - Central Square Redhawks

December 2024

The Cell Phone Debate is On

Read more about the pros and cons of cell phones in school.

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Is a Ban on Cell Phones the Answer

By Elise Kinney

There are legitimate pros and cons to allowing cellphones in school, so while the debate rages on, here is a list of some of those pros and cons.

PROS

Music. Phones tend to be used for music throughout the school day, and while music can be a distraction for some, many students claim it helps them focus and learn best. Students say music helps them stay on track and not get overstimulated, but music is best off during instruction time!

Texting. While some may think students are texting friends, in reality, they are often texting parents to let them know whether they are staying after school. They may need money for the semi formal dance tickets, or maybe they forget their bagged lunch at home.

Learning platforms/games. Blooket, Kahoot, Quizlet, are commonly used during the school day. They help students learn and they're fun for the whole class. Phones are a quick way to go to a search engine and type in the site name!



Cell Phones cont'd

By Elise Kinney

Emails. Students can send an email directly to their teacher. Email is a quick way to let teachers know that assignments have been submitted, or to communicate about absences or missing work.

Emergencies. In case of an emergency, you could call 911 on your phone, or call a family member to ask for help. From time to time, most of us face challenges, so if an emergency situation arises, it is comforting to know that help may be just a call away!

Medical: Phones are also useful for students who have medical issues or disabilities. There are apps that assist with your health, or even an apple watch that can monitor heart rate. They help to make sure people are safe and stable.



CONS

Cheating. Phones are used to cheat on your quizzes, tests, and homework.

Cyberbullying. Cyberbullying is a huge problem everywhere.

Threats are posted onto the school story, pictures of students get posted, and then there are comments saying people look funny, or they are judged in some way.

Sleep. Phones mess up sleep schedules. One day you'll feel more awake, then the next, you'll feel exhausted. People don't function well with little sleep, and a lack of sleep can affect your grades!

Mental health. While cyberbullying is one problem, there are many other extreme situations that happen with cell phones. These situations can have a negative impact on one's sense of security and stability.

Distraction. Many students are using snapchat, or playing that popular game, "Block Blast," during class. When teachers go over directions, it sets the class and your teacher behind when the teacher stops teaching to ask multiple students to put phones away.

Phones shouldn't be banned, but putting rules on them to prevent distractions and promote focus seems a reasonable solution for all!

THE SPORTS at Paul V. Moore High School

Paul V. Moore High School Sports Recap

By Jonah Martinez



Central Square got off to a strong start to the season on homecoming night, with a commanding 60-20 victory over Fulton on September 20, 2024. As always, the Flock did their part to support the athletes from the bleachers, engaging in chants throughout the game to support their team. Leading the Redhawks was senior Angelo Turo, who rushed for 301 yards and scored 4 touchdowns.

Before the game, the annual Redhawk Rally was held, featuring many booths from different school clubs and organizations. There was food and concessions, along with a performance by the Paul V. Moore High School Marching Band.

Along with our football team, our Central Square Cheerleading team won their league championship in Oswego in October, and had several athletes who won league honors

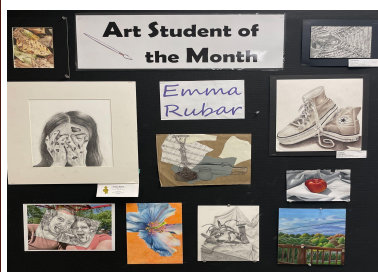
Basketball season is just getting underway. With the addition of a new coaching staff this year, and many returning varsity players, our boys basketball team is holding out hope for a more successful year and a step up from last season.

The girls basketball team has a new and different lineup as well. With the new lineup and the change in coaching like the boys, it will surely be an exciting season



THE ARTS at Paul V. Moore High School

By Brooklynn Morey



Emma Rubar is October's art student of the month, nominated by Mrs. Staats. She started to create art because her sister and her grandmother were artists. Emma loves to use color pencils. Her advice to art students is "don't focus on accuracy, go with flow." Mrs. Staats says she is outstanding, has accuracy, and spends time on her art.. Her advice to Emma rubar is, "keep going!"

Another art student of the month was chosen by Mrs. Lacey. Olivia Everson is a jewelry artist. She has been drawn to art since she was little. She is planning to do something with art in her future and prefers to draw and sketch. Her advice to art students is to "keep practicing and don't compare yourself to yourself and other people."

Mrs. Lacy says she is outstanding and a hard worker. She pays attention to detail and time is well spent on her art pieces. Her advice to Olivia is, "Try all the things, explore as many media as you can, don't be afraid to fail. That's where you learn the most."



November's art student of the month Haylie Goppelt. She was chosen because Miss Colvin has been impressed with her artwork so far in her drawing and painting studio. She finds her to be hardworking and she takes her time to produce great art. Mrs. Colvin's advice to Haylie is, "to continue to draw and to keep a sketchbook with her."

Events at Paul V. Moore High School

Drama Club Presents... *By Brooklyn Morey*



Shuffling: It is a deep dive into the playlist on Lacey's phone as she waits for her boyfriend to pick her up from work... who is late... again! As she scrolls through her songs, the playlist "comes alive" and gives her life and love advice and features snippets of songs. The student director, Abby, says her favorite thing about performing is being able to take the audience into a different world. Her advice for beginner actors is "Don't be afraid to take chances, and put yourself out there. It's not about being perfect, it's about bringing your own personality to the stage," and

"the best part about theater is that it's live, and once it's done it will never be recreated. Trying to exactly replicate another performance will never have as good of results as the original. So do your own thing, and never let anyone extinguish your flame."

The second one act of the night, *All Chime In*, by James Gustafson, was directed by Grace Myers, also a senior at Paul V. Moore High School. This is the story of Rob and Jen, a young couple in love, and Rob is ready to pop the question! However, the restaurant where he intends to make it official has patrons that can't help but "chime in" about how lovely (or rotten!) love is. A divorcee, a lawyer, an ex-girlfriend, and cops and robbers can't help but share their experiences with the couple.

Grace says that her favorite part about performing is the sensation of creating something and having it come to life. Grace says, "I have loved the opportunity of being able to put together a show and see how it turns out. I am extremely proud of everyone in this play for they do all the crazy ideas we craft for them."

Her advice to beginner actors is, "just go for it! I started acting last year and I am so thankful I took the leap. I have learned so much while acting and it has allowed me to meet so many new people! Also be confident in yourself. You can't act if you aren't confident in yourself!"

Thank you to Mr Moskal and our backstage crew for creating the sets and making the play come together.

Health + Wellness

Relieve Those Stressors

By Brooklyn Morey

Over 48% of the people say they have sleeping issues due to stress. Stress is a natural physical and mental reaction to various demands or threats. It can be overwhelming, but stress is manageable. Things like music, reading, walks, exercise, and anything that brings joy can help minimize or alleviate stress. When people don't find ways to manage stress it can result in anxiety, depression, cardiovascular disease and a weakened immune system. Common signs of stress can be feeling overwhelmed, difficulty concentrating, changes in sleep patterns, irritability, physical tension, or headache and decrease in motivation.

Here are some suggestions from those who shared what they did to help them when they weren't able to manage their stress, and some advice for people who need help managing stress.

Jenny Trumble, Middle School SSW-A

What do you do for stress relief?- For stress relief I like to run or workout.

What stresses you out most during the holidays?-The thing that stresses me out most during the holidays is making sure everyone is happy. During Christmas I overthink everything and want to always try to find the "perfect" gifts or they have a picture perfect day.

What advice do you have for people trying to manage stress?- Breathe

Tyler, busdriver-

What do you do for stress relief?- I like to walk, exercise, and rest.

What stresses you out most during the holidays?- Presents

What advice do you have for people trying to manage stress?- Don't worry about things that are not necessary to worry about.



Stress is a difficult thing to manage, but with time you can find ways to cope. It will take time, but in the end it will be better for your mental and physical health.

AI: How it Will Change Our Future

By Jonah Martinez



Artificial Intelligence has existed for a long time; Alan Turing, who is widely considered the “Father of AI”, published a book in 1950 titled *Computer Machinery and Intelligence*. This book touched on the principles of computer systems, how they can be used for human advancement, as well as comparing the intelligence of computers to the human brain.

A very important milestone for Artificial Intelligence was the chess computer Deep Blue winning a match against the then-chess champion Garry Kasparov in 1997. The computer’s uncanny pattern recognizing abilities were able to earn it a win against the top chess

in the world at the time, showing that the potential was there for this new technology to eventually surpass humans in certain tasks.

Fast forward to now, almost 30 years after that event, and AI continues to make leaps and bounds ahead of where it ever was before. The popular chatbot ChatGPT, released in 2022 allows the user to type out a question, or a task that it wants the AI to answer. The chatbot will then type out an answer, generating a response based on millions of pieces of data taken from all around the internet. This has changed the landscape of jobs that require a lot of writing, such as journalists or copywriters and has made them much more accessible as well as replaceable.

Another AI task that will drastically change the jobs of our future is the image generation capability. With this technology, you can type in a prompt for an image and the AI software will generate the image using millions of pictures and videos from the internet. This severely impacts the job market for artists and graphic designers. A company might hold off on hiring a graphic designer when they could ask AI to generate a logo, for example, instead of paying a human more money to do the same job.

This AI revolution will almost certainly see many jobs decline sharply, but there will be additional jobs created due to it as well. Although AI is a very powerful tool, one still has to know what to input into the chat to get the desired result. People who have an understanding of AI technology and know how to use it well will be very valuable in many different professions.

The benefits and consequences of Artificial Intelligence have not completely unfolded as of right now, but a complete change in direction of industries and markets in the U.S. and around the world are almost inevitably on the horizon.

Cookies and DIY Holiday Project

Easy No Bake Cookie Recipe!

By Elise Kinney

You'll need:

2 cups of sugar
3 tbsp of cocoa powder
½ cup butter
½ cup milk
1 pinch of salt
3 cup quick oats
½ cup peanut butter
1 tsp vanilla.



Bring sugar, cocoa, butter, milk and salt to a rapid boil for one minute.

Next, add the oats, peanut butter, and vanilla.

Finally, drop onto waxed paper. Let chill and enjoy!

How to make: DIY Pinecone Garland.

You will need oversized pine cones, (you can also use regular sized ones!) drill with a small bit, eye screws, and super strong clear thread. (Almost like a fishing line.)

Start by drilling a starter hole into the top of a pine cone.

Next, insert the eye screw into the drilled hole.

Cut just about 2 feet of thread and wrap it around the bottom few scales of another pinecone. Wrap tightly and secure with a double knot, leaving a tail of a few inches on one end and the rest of the thread on the other.



Thread the long end through the eye of the screw in the first pine cone. Then, pull it out and wrap back around the second pine cone, over the place you previously wrapped it. Tie it off with another double knot and snip the ends. Now that you have two pinecones strung together, repeat the process and make your garland as long as you would like!

Credits to lovelyindeed.com for this fun DIY garland!



Good Times

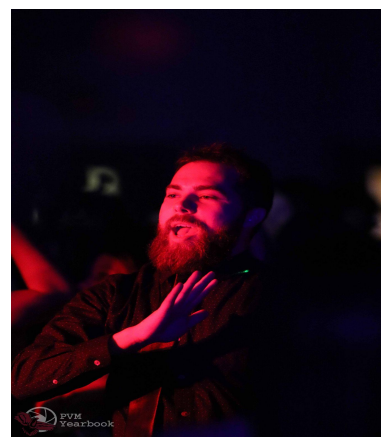


Once Upon A Time ... *By Brooklyn Morey*



It all started Friday, November 15th... a dance full of excitement, food, photos, and fun!!! Students were lined out the door, and excited to enter! There was pizza, water, candy, and juice in the dry cafe. They played music by Miley Cyrus, Pitbull, and even Cupid's Cupid's Shuffle, which got students and staff all dancing together! The whole gymnasium was decorated with festive balloons and decorations, and colorful banners above each doorway. There was a photo booth hosted by the yearbook, and there were a lot of great pictures taken. A lot of students had a blast and really enjoyed the music!

Thank you to the students and staff for planning such a great dance and for giving the students a fun night to just relax, dance, and make more great memories!





Students of **Paul V. Moore High School**

A World to Live in

I want to live in a world where,
Someone who has good ideas
Is in the presidential office

I want to live in a world where,
There is no inflation

I want to live in a world where,
We think for ourselves and
Don't let the government
Influence our decisions
As much as they do

I want to live in a world where,
Everyone gets along and isn't
So sensitive

I want to live in a world where,
everyone Can take a joke without
Getting Angered or without Taking
it seriously

I want to live in a world where,
when people are Offended they don't
resort to violence and hatred

I want to live in a world where,
We don't rely on drastic measures when
There are more effective actions
to take

-Lliam Bascombe


A decorative illustration in a light blue color on a white background. It features several stylized flowers with five petals and green leaves on thin, curving stems. Some stems are solid, while others are dotted. The flowers are scattered across the left and center of the page.

Happy New Year

For everybody in the world
whatever color their skin may be,
whatever their religion may be,
whatever their situation may be,
good health, lots of love, of possibilities
and..... peace!!!!

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

Featuring Articles Written By: Brooklyn Morey, Elise Kinney, Jonah Martinez,
Lliam Bascomb

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