

# The Redhawk Report

Paul V. Moore High - Central Square Redhawks

Summer 2023

## A Sweet Ending to a New Beginning...



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### As the Smoke Clears, the Future Looks Bright!!!

Congratulations to all of our graduates who will walk the stage on June 23 and receive their much anticipated high school diploma. The hard work has paid off, and now it is time to begin the next phase of life. Here are some important words of advice that will surely make your life easier!

**If you feel like you are the smartest person in the room, you're in the wrong place.** Surround yourself with those who will challenge you.

**Trust your gut.** Your instincts and intuition are there for a reason.

**Be uncomfortable.** You will only grow when you step outside your comfort zone!



## Bright Future, Cont'd

**Don't be fooled by shiny things.** All that glitters is not gold! The shine wears off over time, but the bonds of friendship and family never tarnish.

**Live with intention.** Focus on all that you want in life, not the things you don't!

**Don't settle, ever.** Always strive to be the best version of yourself you can be.

**Chase your dreams.** Their fulfillment will not be handed to you.

**Don't blindly trust.** No one is perfect.

<https://parentingteensandtweens.com/best-advice-for-high-school-graduates/>







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

## Sports Interviews

*By Abigail Tetrault*

We decided to do a special sports feature for our final issue for the school year. We interviewed a few of the spring sport captains, some of them seniors who will be leaving us to begin a new journey upon graduation! Keep reading to see what some of our captains/seniors had to say this year.

Who/What inspires you to play this game?

**Emerson Widoski (Softball):** “I would say the movie, “A League of Their Own.” Widoski explained that this movie showcases women being able to play in sports, and how this inspires her to continue to play everyday, and she finds it important to be the best role model she can be for the younger generation of players.

**Owen Peck (Tennis):** “My older brother played tennis when he was in high school so when I was young, we would go to courts and hit every once in a while.”

**Grace Roberts (Lacrosse):** “I can definitely say that if it wasn’t for him I would not be where I am today.” Roberts describes “him” as her dad, a past All-American lacrosse player, as well as PVM Sports Hall of Fame inductee. She also said they share their passion for Lacrosse together.

How would your teammates describe you?

**Ciena Ferguson (Track):** “I think my teammates would describe me as a leader and a very dedicated and uplifting person.”

**Bre Ribarovski (Lacrosse):** “I’d say my teammates would describe me as someone who they can come to for anything.” Ribarovski also discussed the age range of girls, which spans from 13 - 18, so being there for everyone is something she tries to do.



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

**Bre Ribarovski (Lacrosse):** “I’d say my teammates would describe me as someone who they can come to for anything.” Ribarovski also discussed the age range of girls, which spans from 13 - 18, so being there for everyone is something she tries to do.

What is one of your favorite sports memories?

**Ciena Ferguson (Track):** “I would say my favorite team memory is hitting state qualifier time with my 4x800 team.”

**Grace Roberts (Lacrosse):** “Team dinners and car rides with teammates are definitely my favorite.”

How do you get ready for game day?

**Aidan Greene (Track):** “I listen to music with my headphones on and I drink a lot of caffeine, as well as walk around and massage my body.”

What is one thing you want to achieve this season?

**Owen Peck (Tennis):** “I’d like to win a match in sectionals.” Peck explains that in past years at sectionals, he has been bumped out early on, and certainly hopes to make it further this year!

Who is your day one teammate and why?

**Emerson Widoski (Softball):** Widoski mentions senior player, Jamie Kelly, as her day one teammate. She describes her as her #1 supporter, not only basketball and softball, but in everything! She boasts that they are inseparable: “I couldn’t have gotten through these last few seasons without her.”

**Aidan Greene (Track):** “My day one teammate has got to be Austin Melvin because I train with him everyday, and we are both jumpers.”

What emotions do you feel after a well fought and won game?

**Bre Ribarovski (Lacrosse):** “After winning a game it feels rewarding to know the work we have been putting in during practice has paid off. Also coming off some big wins is exciting and gets me eager to head into future games.”

# Health + Wellness

## Staying Healthy in Summer: Manage Seasonal Allergies

Allergy season is here. Now that we are seeing a decrease in pollen from the trees, we will begin to see an increase of pollen from the various grasses that are growing. In addition to pollen, we recently had to deal with the smoke from Canada. These variables can make life miserable for those who suffer from allergies, but there are ways to be proactive. According to the Mayo Clinic, some steps we can take to ease or reduce some of the symptoms of allergies, we can stay indoors when the pollen count is high. It may mean putting off mowing the lawn or gardening for a time, but it's best to avoid those tasks that will surely induce an allergic response. It is recommended to remove clothing worn outdoors, and to shower before going to bed to remove any of those particles that may get trapped in hair or clothing. It may seem counterintuitive to close windows in the summer, but this can actually help reduce the pollen that flows through the screens and then becomes part of the indoor air we breathe. It is also important to frequently change air filters, and to even consider buying an air purifier. The more we limit our exposure, the less likely we will be miserable due to allergies!





## **Kids and Social Media**

*By Noah Stringer*

In today's digital age, many different social media platforms have become a popular, if not an integral part of our daily lives, and in the lives of young children. Kids all over the world have access to all the information and connection they need,



which raises many concerns about the risks involved with allowing these kids to put themselves out onto the internet. The U.S Senate has seemingly had similar concerns, issuing a federal proposal to set a national age limit on how old you can be before using social media, banning anyone 12 and under from using these apps and requiring anyone under 18 to have their parents permission to create a profile. This bill would add substantial government oversight over social media platforms, expanding its role in online environments. A proposal such as this obviously raises many questions, such as, how would this be enforced, and how would it differ from current ways to confirm your age on social media sites, but as of now there are many challenges for anyone trying to implement this new bill that would change the digital world as we know it.

# The Rec Room

## Monthly Entertainment Picks from Paul V. Moore Students

### MOVIES & TV

**Movies Of The Month:** *Guardians of the Galaxy: Volume 3*-  
*Selected by Abigail Tetrault*

This trilogy sequel movie features Rocket, the main lead now, telling stories of his past as his creator is hunting him across the galaxy. Volume 3 will tear at your heart strings! This movie is definitely worth watching, with a run time of a little over two hours, it compares to the recent Marvel movies that have left some fans disappointed. See *Guardians of the Galaxy: Volume 3* in theaters at various locations today.



### MUSIC

**Song Of The Month:** *Jackman* by Jack Harlow  
*Selected by Abigail Tetrault*

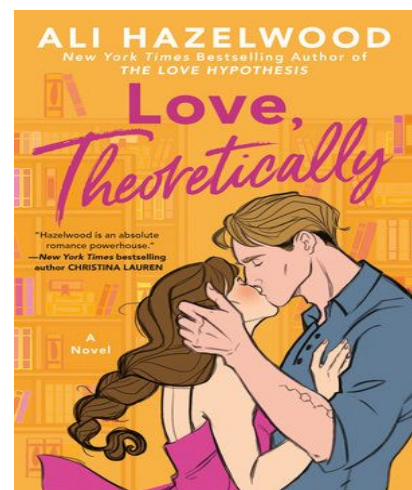
This new album features ten songs about living a hard life, feeling guilty, and other mental health challenges. This album definitely is one of the better ones coming from this artist, and in this year all together. Listen to this album on various streaming platforms now.



### LITERATURE

**Book Of The Month:** *Love, Theoretically* by Ali Hazelwood  
*Selected by Abigail Tetrault*

Author of *The Love Hypothesis*, this novel almost follows a similar storyline. Lead character Elsie Hannaway is trying to balance her life as a thermodynamics professor, and her fake girlfriend's services as well, but eventually this lifestyle of avoiding love catches up to her. Look for this novel on shelves on June 13th, 2023.





BEHIND YOU,  
*all your memories.*  
BEFORE YOU,  
*all your dreams.*  
AROUND YOU,  
*all who you love.*  
WITHIN YOU,  
*»»» all you need. «««*

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

**Featuring Articles Written By:** Abigail Tetrault, Noah Stringer

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