

The Redhawk Report

Paul V. Moore High School - Central Square Redhawks

Winter Issue

The Solar Eclipse:

All you need to know to safely view the eclipse.



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Star Light, Star Bright!

Let's hope that on Monday, April 8, we will have a bright sunny day to catch a rare, spectacular view of the solar eclipse. Most schools in the area have either a half day, or full day off from school so students will be able to safely watch the eclipse. It is anticipated that Central Square and surrounding areas will be over-run with people coming from all over to witness the spectacle that will not happen again in this area with this degree of totality for hundreds of years to come. Be sure to click the link below for all the information you'll need to safely view this once in a lifetime event.

[2024 Solar Eclipse Festival |
Syracuse, NY 13202
\(iloveny.com\)](https://www.iloveny.com/2024-solar-eclipse-festival-syracuse-ny)



THE SPORTS *at Paul V. Moore High School*

A Season of Change

By Jonah Martinez

With our Central Square Boys Basketball team one season removed from making the sectional final game, the arrival of a new coaching staff came with unknown expectations. As the season went on, a very competitive schedule combined with almost a whole new lineup led to many difficulties and obstacles. The boys team ended the season with a 1-19 record.

Although the season did not go the way any of us wanted it to, the friendships, connections, and memories that were built are ones that we will take with us. Being with each other every day during practices and games, as well as the team dinners, helped us navigate the difficult season we all had.



THE SPORTS at Paul V. Moore High School

Winter Sports Season

By Raechel Fleischmann

For the winter sports season, girls basketball is having a great season. They made it into the first round of sectionals and they were excited to celebrate Natalie Bush in achieving one thousand career points. Boys basketball completed their season and will not be moving on to sectionals. Rifle's shot for sectionals was on Monday, February 12, and Tuesday, February 13. The team performed extremely well, claiming the sectional title. Raechel Fleischmann won the individual award and Truman Remenickey worked hard at diving sectionals to become a sectional champion as well.

Congratulations to all of our athletes for a terrific season!



THE ARTS at Paul V. Moore High School

Artists

By Angilee Haberer

To celebrate the creative and artistic talents within our Art Department, we spotlight the work of three outstanding art students who have been chosen as the Art Students of the Winter Months.

December's spotlight shines on Max Kuepic, with an eye for detail and a flair for creativity. Max's art captivates with his compositions and imaginative concepts, and his ability to evoke emotions through his art make him stand out in the Art Department.

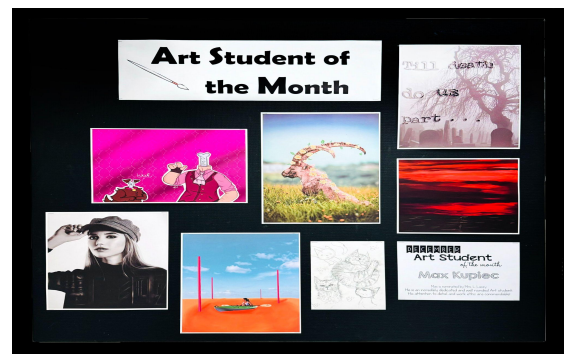


Photo by Karter Stark

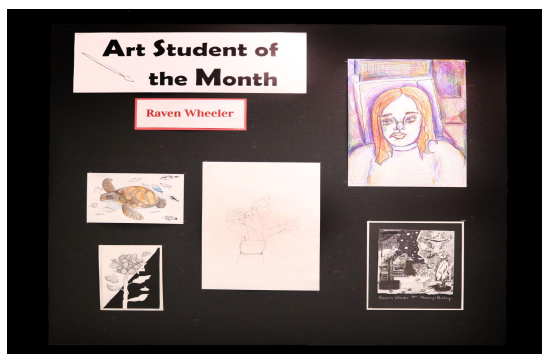


Photo by Cadence Pooley

Concluding our series of unique artists is Ashley George, a Senior at Paul V. Moore. Ashley's artwork leaves a lasting impression. Mrs. Bergman selected Ashley because of her intricate design in digital compositions and photography. In many different mediums of art her subject matters are always well articulated.

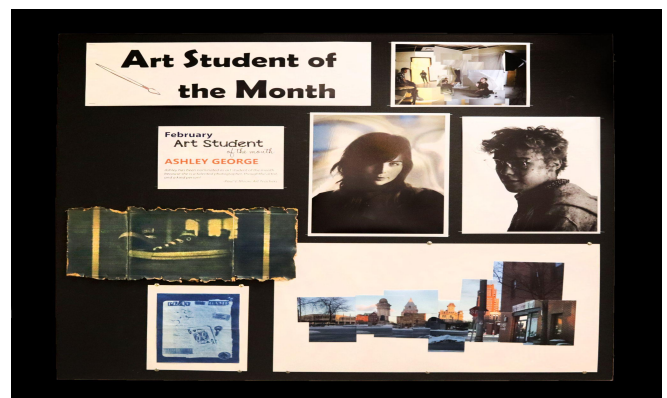


Photo by Olivia George

Events at Paul V. Moore High School

Past, Present, and Future Events

By Raechel Fleischmann

In the past few months, Paul V. Moore High School has experienced many exciting events. The winter sports season has almost come to an end, the Drama Club presented this year's musical, *Beauty and the Beast*, and many more events have occurred recently that continue to keep the high school hustling.

Back in December, DECA, our largest club at Paul V. Moore, participated in the regional competition at LeMoyne College. This was an extremely successful event for Paul V. Moore High School with more than fifty people from our school placing and having the opportunity to compete at states in Rochester, NY. Our school had three people run for regional office. Congratulations to Abbey Tetrault, Summer Fedder, and Averie Sheehan!



The Drama Club performed *Beauty and the Beast*, which starred Grace Myers as Belle. With her powerful voice and acting skills, she convinced the audience that she fell in love with the Beast. There were many heart warming appearances, including Calvin Schantz!

In the near future, the high school will be preparing for many other events, such as spring season sports to include; lacrosse, baseball, softball, outdoor track and field, girls golf, and boys tennis. DECA is on their way to states, and the Music and Art departments will be preparing for the Spring Showcases to present to the school!

Health + Wellness

Self Esteem and Dating

By Kiera Meneilly

The month of February is a great time to reflect on self-esteem, and dating can play a significant role on one's level of self-confidence and dignity. February is also Teen Dating Violence Awareness Month, so it's important to pay attention to self-care and to recognize the signs of an unhealthy relationship.

There are many ways to boost self-esteem. One important step to increasing self esteem is to end the negative self-talk. Oftentimes, the labels we assign ourselves shape our perceptions and self concept, and most of the time they are negative and simply untrue. It's important to become aware, and when the negative thoughts start to creep in, it is important to challenge them and replace them with more accurate ideas that focus on your strengths, not your flaws! When people learn to accept their flaws, they can simply move on to embrace and discover their strengths and positive attributes. It is also important to maintain positive relationships and avoid people who may not be supportive. In some cases, these relationships can turn abusive, so it is important to recognize the signs.

Dating violence can be physical or verbal abuse, it may involve sexual violence, or psychological distress. One in four teens experience dating violence. Nearly 1.5 million high school students fall victim to abuse from a partner. Most people don't tell anyone if they are being abused, only 33% do, so it is important to recognize the signs, which include: using insults, intimidation, or humiliation, extreme jealousy, insecurity, or controlling behavior, isolation from friends and family, unwanted sexual contact of any kind, explosive temper or unusual moodiness, constantly monitoring social media activities or location, invasions of privacy; showing up unannounced, leaving unwanted items, gifts, or flowers, abusing alcohol or drugs, or threatening or causing physical violence. If you are experiencing any of these behaviors or if you know anyone who is, please tell someone. Love is respect.

Sources:

<https://hpalivewell.com/february-is-international-boost-self-esteem-month-help-avoid-clinical-depression/>

<https://youth.gov/feature-article/teen-dating-violence-awareness-and-prevention-month>

Confident Person

Relationship:

- Doesn't always need affirmation from others.
- Gives freedom to his/her partner.
- They trust their partners.
- Not afraid of being left.

- Encouraging towards his/her partner because he/she doesn't focus on his/her own issues.
- Not afraid to mingle with friends, families, even to an ex of partner.
- They are not bothered with their partner's exes.
- Not easily affected by what people say about them.

Dating:

- ✓ Confident people always show up.
- ✓ Rejection does not bother them.

- ✓ Can be spontaneous and fun to be with.

The Rec Room

Monthly Entertainment Picks from Paul V. Moore Students

MOVIES & TV

Movies Of The Month: *Dune 2*

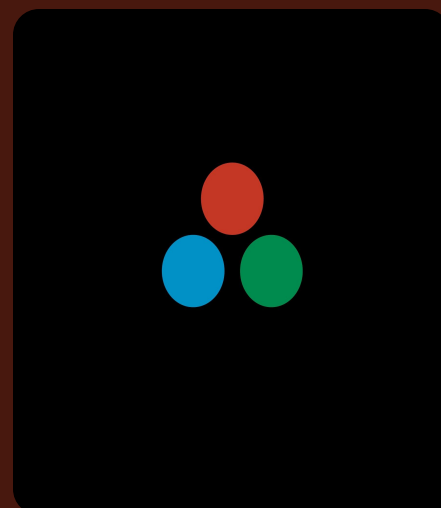
The much anticipated release of *Dune 2* is here, and most say it was worth the wait. This fantasy about belief and doubt, survival and struggle, and idealism and nihilism has left moviegoers breathless. Some critics say it's one of those rare films that comes along every now and then, so be sure to take their advice and check out this visually stunning attempt to bring myth and fantasy to life!



MUSIC

Song Of The Month: New Album- 1989 (Taylor's Version) by Abigail Tetrault

This revised version of her album, *1989*, was released October 27th. This album was a much awaited release by the Swifties. This is not the first revised album she has released. Earlier this year, we saw her re-release the album *Speak Now*, and in 2021, *Red and Fearless*. With the next Taylor's Version album *Reputation* re-release date unknown, it is a much anticipated album to close off her rerelease chapter.



LITERATURE

Book Of The Month: *Truthwitch* By Susan Dennard

What if you had the power to know when people were lying or telling the truth? Well, that's exactly what happens in this first book of the series that follows Safi, the main character. Safi's best friend also has magical powers, but she does not understand them, and in a world that has been ravaged by war, both girls are on a quest to determine which alliances to make, or break. Check out this "magical world, with ruthless politics, romance, and characters who grab you and won't let go."



Student Spotlight

Ode to The Night

By Edward Kinslow

The darkened silence is my favorite time,
The stars sit in the sky and shine.
The wind hits my face just right,
Oh, how I love the night.

The man in the moon is my best friend,
For he'll always be there in the end.
The fireflies glow with light so bright,
I might just catch some in the night.

The dark is the best,
For the secrets they rest.
No one is awake,
Except me as I take my break.

The day time is alright,
But, by God, I love the night!
The sunlight is okay,
But the night just makes my day.





Are You Dating A Narcissist?

By Julianna Hare

Narcissistic personality disorder is a mental health condition in which people have an unreasonably high sense of their own importance. They constantly seek too much attention and want others to revere them. People with this disorder lack the ability to acknowledge or consider the feelings of others.

Have you ever wondered if you're dating a narcissist, or possibly wondered if someone else you know may be in a relationship with a narcissistic person? Many people minimize the fact that they're partner makes them feel this way and may blame the behaviors on other things; "I did something to set them off to act this way," or they make excuses, such as, "they've been through traumatic experiences and are trying to get over the situation."

Between 0.5%-5% of people have narcissistic personality disorder. Typically around 7.7% of males and 4.8% of females in the general population have this mental health disorder. When first dating a narcissist it can be the best thing ever. Over time, things begin to change and they're never in the wrong, or they try to control you and play with your feelings. They make you believe you're extremely loved and cared for, but then make you feel awful for the tiniest thing. They try to make you feel unworthy because they always make you the bad guy. Dating someone like this can come with some great challenges.

It's hard to know what to do when you are with a narcissist. Do you leave them to save yourself? Do you try to help them be better, not only for you, but for themselves or their possible future relationships? If you or a friend is in a narcissistic relationship/friendship, seek help to figure out what is best for you or your friend. No one should have to suffer or be unhappy to satisfy somebody else's needs.

[Narcissistic personality disorder - Overview - Mayo Clinic](#)



Spring

*Spring appears in whispers
and hushed tones,
as the bellowing winter
bows away.*

*Drowsy flowers come to
attention,
waking from their sleep-
yawning;*

*with heads turned upward towards
the Maestro called Sun—
I watch with anticipation
as...
the concert begins.*

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

Featuring Articles Written By: Jonah Martinez, Raechel Fleischmann, Angilee Haberer, Kiera Meneilly, Abigail Tetrault, Julianna Hare,
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