Care for a Carnation?
By: Gabby Hidziak

Every year at RSCS, the current senior class sells carnations to the other students for Valentine’s Day. There are four colors to choose from, which are meant to denote a specific meaning. White means “I’d like to get to know you”, pink means “I like you”, red means “I love you”, and the multicolored carnation is a declaration of friendship. Students have been handed forms by their English teachers if they’re interested in purchasing carnations, and the table will be outside the cafeteria until Friday, February 2. The price for carnations is $1.25. The traditional sale is a fundraiser for the senior class of 2018, and has been for multiple years. The carnation sale has been around since the 1990s.

Beginning January 24, a table was set up outside the cafeteria holding forms for students to purchase the flowers if they wish. The table is being manned by senior class officers, President Victoria Young, Vice President Alexis Fahey, Treasurer Sarah Calta, and Secretary Gabriella Hudziak.

The flowers will be delivered first period on Valentine’s Day. Mrs. FaithAnn Young described the process, “Teachers are asked to put their blue recycling bins outside of their classrooms the night before with a little bit of water in the bottom. The plan is to deliver them the night before so they’re ready for the teacher to distribute on Valentine’s Day.”

Senior Night for Girls Varsity Basketball
By: Dhara Patel

On January 23rd, Richfield Springs Central School hosted senior night for the Girls Varsity Basketball seniors prior to their game against Westmoreland. Families filled the stands, ready to greet the senior girls in their recognition ceremony. Seniors Ashley Teachout, Jessica Klem, Jenny Seamon, Bailey Waid, Peyton Coones, and Dhara Patel were recognized, as well as 2 Westmoreland seniors. Many of the underclassmen on the team wrote heartfelt letters to the seniors, which were read privately prior to the game. The seniors received candies and flowers, and after the recognition, the girls started the game against Westmoreland strong. JV sealed the win and Varsity was also victorious, winning 49-35. Peyton Coones had a game high of 14 and the rest of the Indians chipped in to seal the win. “I was very overwhelmed with emotion,” said senior Peyton Coones. “It hadn’t hit me that I was a senior until I heard my name that night called out and saw my parents walk down to meet me.” Jessica Klem stated, “Senior night was amazing but didn’t seem real at first. Then, once I was called out with my parents it all hit me, and it was a bittersweet happy/sad feeling.” Jenny Seamon said, “It was a bittersweet night and I’m glad I was able to share it with so many loving people.” “It’s really emotional realizing that my basketball career is over,” noted senior Bailey Waid, “especially since I’ve been playing since 4th grade.” Senior Ashley Teachout stated, “I love the game, and I’m sad that my basketball career is ending. I’ve made a lot of memories and am going to miss it.” As bookkeeper for the Varsity team, I can honestly say I’m going to miss watching my friends play. I love cheering them on, both home and away, and watching them succeed from the sidelines. They work so well together, and I’m proud of everything they’ve accomplished. The girls have been playing together for years now, and have definitely left their mark on Richfield Springs Central School.

Super Bowl LII is a competition between the New England Patriots and the Philadelphia Eagles. The last time these two teams played together in a Super Bowl was 13 years ago, with the Patriots winning 24-21.

New England staked their place in the biggest game of the season by pulling off an improbable 24-20 win over the Jacksonville Jaguars. This comeback victory over the Jaguars means that New England is headed to the Superbowl for an NFL-record 10th time. The Eagles advanced to Super Bowl LII by destroying the Minnesota Vikings, 38-7, in a game that was anything but close. Minnesota’s chance to be the first team to play the Super Bowl in their home stadium was crushed with Philadelphia’s dominating win. For the Eagles, this is their third trip to the Super Bowl and they’re still hoping for their first win, losing to the Patriots in Super Bowl XXXIX and to the Raiders in Super Bowl XV.

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Senior Spotlight

Jessica Ann Klem was born on April 14th, 2000. Jessica enjoys spending time with friends and family in her free time, and she also enjoys visiting her camp in the Adirondacks. Jessica is an only child and lives with both her parents. Jessica stated science is her favorite subject, “because I find it fun and interesting to learn about.” Jessica enjoys pop music the best, and her favorite artist is Shawn Mendes. She hopes to see Shawn in concert one day.

When asked if she was excited to graduate, Jessica stated, “Yes, but I will miss my friends.” She hopes to attend Nazareth College for Physical Therapy when she leaves high school. Jessica is also hoping to play softball at college, as she has been playing ever since seventh grade.

Jessica is involved in many extracurricular activities such as basketball, softball, SADD, yearbook and National Honor Society. She is also captain of the Varsity Basketball team. When asked if she had a life motto that she likes to follow, Jessica stated, “Work Hard Dream Big.”

Senior Spotlight

Austin Michael Snyder was born on August 23, 2000. Austin enjoys hanging out with friends, eating food and sleeping in his free time. Austin has one younger brother. Austin stated gym is favorite subject because, “I enjoy sports.” For music Austin stated, “my favorite genre is rap and my favorite artist is either Kodak Black or Lil Xan.”

Austin hopes to attend Utica College for Criminal Justice after highschool, and has stated that he is very excited to graduate.

For extracurricular activities, Austin is involved in several different sports. Austin plays on the Varsity Soccer, Basketball, and Baseball teams.

When asked if he had a life motto that he tries to follow, Austin stated, “If someone wants you to do something, do it bad the first time so they don’t ask you again.”

Welcome to Winter in PyeongChang

By: Gabby Hudziak

The opening ceremony for the twenty-third Winter Olympics will be held on February 9 in PyeongChang, a city in the Republic of Korea known worldwide as South Korea. The games will feature various events such as alpine skiing, a biathlon, figure skating, curling, and hockey. The games will last for the majority of February, ending on the 25. The Paralympics, the Olympic gathering for disabled athletes, also held in PyeongChang, will last from March 9 to March 18.

Various aspects that are unique for every Olympics find themselves heavily based in Korean culture this year. The new logo for these games, as a new one is released for every Olympics, was based on Korean Hangul. Hangul is the writing system used for the Korean language. The logo features two characters, the first representing the harmony of heaven, the earth, and humans, and the second represents snow and ice. A mascot has also been introduced for the games, Soohorang, a white tiger. White tigers are considered the guardian animals of South Korea.

For the first 30 years of the modern Olympics, the games were held every four years but only during the summer. The Winter Olympics began in 1924, but never reached the popularity as the Summer Olympics. The games were held every four years with the winter games held months before the summer, and they never reached the popularity that Summer Olympics had. In 1986, the Olympic Committee announced that the Winter and Summer Olympics would be held two years apart starting with the completely independent Winter Olympics in 1994.
‘I Just Signed Your Death Warrant’: An Update on Larry Nassar
By: Dhara Patel

In the last issue of the Tomahawk, we explored the case of Larry Nassar, USA Gymnastics and Michigan State doctor who had been accused by numerous women of sexual misconduct and abuse. Since then, the once world-renowned sports physician treating America’s foremost Olympic women gymnasts will now spend the rest of his life behind bars. Larry Nassar was sentenced to 40 to 175 years in prison, a judge announced Wednesday.

A total of 156 victims spoke, recounting similar stories of how they went to Nassar to receive treatment for sports injuries only to be sexually assaulted and told it was a form of treatment. Nassar had pleaded guilty to seven counts of criminal sexual conduct in Ingham County in Michigan and admitted to using his trusted medical position to assault and molest girls under the guise of medical treatment.

Before delivering her sentence, the judge read aloud a letter Nassar wrote to the court recently in which he defended his medical care, said he was “manipulated” into pleading guilty, and accused the women of lying.

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The Ruler of All Things: Sleep
By: Alexis Fahey

Sleep is a vital indicator of overall health and well-being. We spend up to one-third of our lives asleep, and the overall state of our sleep health remains an essential question throughout our lifespan. Stimulants like coffee and energy drinks, alarm clocks, and external lights—including those from electronic devices—interfere with our circadian rhythm or natural sleep/wake cycle. Sleep needs vary across ages and are especially impacted by lifestyle and health. To determine how much sleep you need, it’s important to assess not only where you fall on the “sleep needs spectrum,” but also to examine what lifestyle factors are affecting the quality and quantity of your sleep such as work schedules and stress.

Questions that must be asked in order to accurately determine the amount of needed sleep are:

* Are you productive, healthy and happy on seven hours of sleep?
* Or does it take you nine hours of quality ZZZs to get you into high gear?
* Do you have health issues such as being overweight? Are you at risk for any disease?
* Are you experiencing sleep problems?
* Do you depend on caffeine to get you through the day?
* Do you feel sleepy when driving?

There are ranges for how much sleep people should receive, based on their age:

* Newborns (0-3 months): Sleep 14-17 hours each day
* Infants (4-11 months): Sleep 12-15 hours each day
* Toddlers (1-2 years): Sleep 11-14 hours each day
* Preschoolers (3-5): Sleep 10-13 hours each day
* School age children (6-13): Sleep 9-11 hours each day
* Teenagers (14-17): Sleep 8-10 hours each day
* Younger adults (18-25): Sleep 7-9 hours each day
* Adults (26-64): Sleep 7-9 hours each day
* Older adults (65+): Sleep 7-8 hours each day

To improve your sleep, there are several things you can try improving in your lifestyle such as:

* Stick to a sleep schedule, even on weekends.
* Practice a relaxing bedtime ritual.
* Exercise daily.
* Evaluate your bedroom to ensure ideal temperature, sound and light.
* Sleep on a comfortable mattress and pillow.
* Beware of hidden sleep stealers, like alcohol and caffeine.
* Turn off electronics before bed.

Most importantly, make sleep a priority. You must schedule sleep like any other daily activity. Don’t make it the thing you do only after everything else is done – stop doing other things so you get the sleep you need.

Super Bowl
~Continued from Page 1~

Super Bowl LII will be held on Sunday, February 4th at U.S Bank Stadium in Minneapolis, Minnesota. This game will be the second time the Super Bowl was held in Minnesota. In January 1992, the Washington Redskins dominated the Buffalo Bills, 37-24, in Super Bowl XXVI. Kickoff is scheduled for 6:30 pm and NBC will broadcast the game. Al Michaels and Cris Collinsworth will be commenting with Michele Tafoya reporting from the sidelines.

It’s been shown that viewership of the Super Bowl increases when the Halftime Show is on. Justin Timberlake has been scheduled to play at halftime. He played back in 2004 with Janet Jackson, who’s wardrobe malfunction was revisited by Timberlake this year when he promised that wasn’t going to happen again. Coincidentally, the Patriots were also playing during that Super Bowl, beating the Carolina Panthers 32-29.

Have story ideas for the staff of the Tomahawk?
Email Mrs. Lamphere
hlamphere@richfieldcsd.org
School Shootings in 2018
By: Alexis Fahey

There have already been 11 school shootings in 2018. Since 2013, there have been nearly 300 school shootings, that’s an average of about one a week. The most recent incident happened January, 24, when a 15-year-old student at a rural Kentucky high school went on a shooting rampage, leaving two teens dead and more than a dozen others injured. Sadly, this deadly tragedy happened just one day after a 16-year-old boy shot a 15-year-old girl in the cafeteria of their Italy, Texas high school. On the same day as the Texas shooting, a person driving by a high school in New Orleans shot into a group of students in the parking lot. Also on January 23, a 16-year-old boy opened fired on campus, killing two and injuring 18 others at Marshall County High School in Benton, Kentucky.

On January 22, A 16-year-old boy shot and injured a 15-year-old girl with a semi-automatic handgun in the school cafeteria. He was taken into custody after the incident, at Italy High School in Italy, Texas. Also on January 22, an unidentified person pulled up in a truck and shot into a group of students standing outside the school during lunch time. One teenager was sent to the hospital with a superficial injury in NET Charter High School in New Orleans, Louisiana.

On January 20, a North Carolina football player from Winston-Salem State University was shot to death while at an event at Wake Forest University in Winston-Salem, North Carolina. On January 15, Police believe two suspects in a car exchanged gunfire with a person in a dormitory parking lot. No injuries were reported, but a bullet entered a dorm room during the incident at Wiley College in Marshall, Texas.

On January 10, a criminal justice student fired a bullet through a wall after mistaking the firearm for a training gun at Grayson College in Denison, Texas, no one was injured. On the same day, A gun was fired on campus at the California State University in San Bernardino, however, no injuries were reported. On January 9, a 14-year-old boy was found dead from a self-inflicted gunshot wound in the school bathroom, at Coronado Elementary School in Sierra Vista, Arizona. On January 6, A 32-year-old man was arrested after firing a pellet gun into a school bus. No children were injured, but a window on the bus was shattered, in Forest City, Iowa.

On January 4, Shots were fired from outside the school into the school’s administration office, at New Start High School in Burien, Washington but no one was injured. On January 3, a 31-year-old man shot and killed himself in the school parking lot after hours of negotiation with police. The man called authorities, said he was suicidal and had a handgun at East Olive Elementary School in St. John’s, Michigan. Let’s hope that these horrifying acts end.

Legendary singer-songwriter Neil Diamond has been diagnosed with Parkinson’s Disease at the age of 77. Parkinson’s Disease is a disorder that affects progressive movement in the nervous system, over a long period of time. This disease comes with many symptoms that affect some, but not all victims. Diamond has been performing for over fifty years and has scored 37 top 40 hits with his music. Although Diamond has been widely successful, he has only won a single Grammy in his impressive career. Songs written by Diamond includes “Cracklin’ Rosie,” “Song Sung Blue,” and “You Don’t Bring Me Flowers.” Diamond has announced that he is retiring from touring due to the disorder, but he also stated that he plans to continue making music. Diamond was honored with a Lifetime Achievement Award at the 60th annual Grammys this past Sunday. Although the award was not televised, a special concert is in the works for the singer and his fans this coming summer.

“I’ve just signed your death warrant,” Judge Rosemarie Aquilina said in a Lansing, Michigan, courtroom. “I find that you don’t get it, that you’re a danger. That you remain a danger.”

The case has been seen as a victory to women in the #MeToo movement, inspiring women to use their voices to take a stand against sexual predators and sexual abuse. #MeToo spread virally in October 2017 as a two-word hashtag used on social media to help demonstrate the widespread prevalence of sexual assault and harassment, especially in the workplace. It followed soon after the public revelations of sexual misconduct allegations against Harvey Weinstein. The movement has continued to gain speed, especially after the results of the Nassar case. This can be seen as a victory to all those who have been sexually assaulted.

With the start of Quarter 3, Seniors are half way to graduation!! Let the count down begin!
Peyton Coones

Favorite sport: Basketball.
Favorite subject: History.
Favorite Ice Cream: Chocolate chip cookie dough
Future Plans: I am hoping to attend SUNY Geneseo for Biology. I then hope to attend a post Physicians Assistant program.

How long have you been in basketball?
I have been playing basketball ever since Biddy Basketball in third grade.

What will you miss the most?
I will miss both Coach Mayne and my teammates the most. I love the feeling I get when we all play together on the court and you can hear the crowd and cheerleaders cheering from the sideline.

What is your fondest memory?
My fondest memory was the recent senior night. It had not really phased me that I was actually a senior until that night. To see my family and everyone else celebrate our highschool playing careers really made me feel proud.

What advice do you have for future basketball players?
For future basketball players I would just like to tell them to have fun and play hard. If you put work in and continue to improve at practice, it will make playing games a lot more enjoyable. It will also bring you closer as a team, as you know to push each other to the best of your capabilities.

Gabriella Hudziak

Favorite sport: Hockey
Favorite subject: Is study hall a subject?
Favorite Ice Cream: Chocolate
Future Plans: I plan on majoring in Communications at either Oswego, Utica, or St. Rose.

How long have you been in cheerleading?
I have been a cheerleader since last year, and I kind of just joined on a whim.

What will you miss the most?
I think I’ll miss just cheering at games the most, though I am also very partial to the uniforms. I like trying to rile the crowd up and inspire them to cheer with us. Though I suppose “try” is the operative word there.

What is your fondest memory?
It was one of the first games of the season and the girls’ basketball team was playing against the Mustangs. The visitors’ section began cheer- ing “Let’s go, Mustangs!” and I remember that the whole cheerleading squad began cheering back at them “Let’s go, Richfield!” The rest of the crowd joined us, and the visitors’ section stopped shortly after.

What advice do you have for future cheerleaders?
Don’t let other people get to you. You’re going to deal with so many problems with other people while you’re on the squad; people insisting you’re not in a real sport, no gym time, just so many people not giving you the time of day. It’s easier said than done, but don’t let them get to you.

Salt to the Sea

By: Isabella Hudziak

In every conflict, there are many sides to the story. This is true throughout history. The novel Salt to the Sea by Ruta Sepetys travels back to 1945 during World War II. The story is written in first-person, switching through four main characters: a Prussian thief, a Lithuanian nurse, a Polish refugee, and a German sailor. In the midst of war, their paths collide.

The four main characters are all young, thrown into difficult situations in the war. The Prussian thief is a teenager named Florian who has a mission to carry out that could get him killed. He meets a Polish refugee named Emilia, young and afraid, and they travel together. The duo treks through the heavy snowfall and stumble upon a group of civilians held together by Joanna, a Lithuanian nurse. The group pushes through perilous dangers to reach a harbor for escape, where German sailor Alfred Frick is stationed.

The essence of the book relies on the shifting perspectives between main characters. Each character has a set of motivations and emotions wrapped up nicely in a consistent writing style from Sepetys. The author touches upon the Baltics during World War II and the plights refugees faced when the Third Reich was beginning to crumble - hunger, injury, fear, and death.

Sepetys strengthens her storytelling with specific wording. She takes a character and fleshes them out over two-page chapters through introspection directly in their head. You feel directly in step with each character, but Sepetys cleverly ends one character’s recount to shift into another view. Each event is viewed by more than one main character, and as such,

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Salt to the Sea
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Sepetys gives differing perspectives on one single event.

While the book lacks descriptive imagery, it feels unnecessary in a novel of this caliber. The book can be compared to diary entries found from after the Second World War. It feels familiar, the way you would not describe your surroundings in overwhelming paragraphs in your head. Instead, you would instinctively pick up on things important or interesting to you, which Sepetys displays wonderfully.

The title confused me initially. When I picked up the book in the library and began it with little interest, I wondered: “Why is it titled ‘Salt to the Sea’?” By the end of the novel, an epiphany hit me when Sepetys cleverly inserted a title drop. In war, there are thousands of people suffering. Refugees are forced out of their homes and lives as a result of something they could not control. Sepetys focuses only on four individuals affected by World War II, when in actuality, there were thousands worldwide impacted drastically.

Sepetys makes the comparison that the main characters are like “salt to the sea,” in other words, one of many but just as important as the rest. The novel benefits from this slow realization, making the final statement impactful and lasting to the reader. Personally, the straightforwardness of the text and the way Sepetys leads into the climax is wonderfully done.

I would give this book a 5 out of 5 rating. I sincerely recommend it to anyone who enjoys introspective first-person works, historical fiction, and diary-like writings. There are heavy topics mentioned within the novel, primarily the harmful effects of war on civilians.

Question Corner
By: Victoria Young

Which Olympic event are you the most excited to watch this year?

Maggie Worobey - Ice Hockey because I like watching the fights.

Lauren Johnson - Ice Hockey because I find hockey interesting. Also occasionally, my family and I go watch our favorite hockey team play.

Jackson Waid - Ice Hockey because ICE HOCKEY IS THE BESSSSSSSSSSTTTTTTTTTTTTT.

Julie Smith - Figure Skating because I just like to look at the wonderful talent that they have.

James Dowd - Snowboarding because Shaun White is in the Olympics with his perfect score.

Josh Misencik - Snowboarding because sick jumps mate.