



The Emerald Press



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Volume IV Issue 6

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Dunkin' or Duke? Its up to you

By Kyleigh Pearson

Nowadays, it seems like everyone has at least one platform of social media. With phone addiction on the rise, social media affects mental health, bullying, jealousy, and unhealthy comparisons. So do you want social media to affect your life negatively?

According to a Kaplan test survey, 38% of admissions officers look through applicants' social media profiles before making a decision. Many colleges also look after applicants get accepted.

In 2017, at least 10 incoming members of Harvard University had their acceptances rescinded after they were found to be sending lewd memes in a private Facebook group chat. The group chat started around December. The group allegedly shared sexually explicit memes and targeted minority groups. Harvard Administrators discovered the chat in Mid-April and shortly after they did, they revoked the students' acceptances.

In 2020, A star high school football player was going to play for Division 1 Cornell University.

However later that year he couldn't attend after the school saw a Snapchat video of him using racial slurs.

Another honor student in 2020 had their admission offer revoked by the University of Florida. The college found an Instagram post where she claimed she was "most definitely" a racist.

These are just examples of the many students each year that get their college acceptances rescinded because of a post on social media. This is not including the many students who don't even get an acceptance from a school because they saw their social media before the admissions process. Don't be that person who gets : You are no longer welcome here.

Social media also creates so many more problems. Many studies have shown a strong link between heavy social media use and mental health issues such as depression and anxiety. Humans are social creatures that thrive off one another. The more people prioritize social media as opposed to human interaction, the more you are at risk for developing mood disorders such as depression and anxiety.

Continued A2

(Dunkin' Continued)

Cyberbullying is a huge deal in today's adolescents. About 10% of teens reported being bullied on a social media platform. This data doesn't include the many subjected to bullying and offensive comments that didn't do anything about it. Spreading hurtful rumors, lies, and abuse can leave lasting emotional scars.

Images on social media can be detrimental to your health. Although many people know that not everything you see online is real, it still can make you feel insecure. People tend to only post the highlights of their lives, and rarely show the low points that everyone experiences. This leaves a feeling of envy when scrolling through someones air-brushed photos of them on their tropical beach holiday.

A study from the University of Pennsylvania found that reducing social media use to 30 minutes a day significantly reduced levels of anxiety, FOMO (Fear of missing out,) sleep problems, loneliness, and depression. Even if you just cut down on social media, it can change your mental health and mood drastically.

Social media isn't this dark and terrible thing if used correctly. Think about what you post. It might be funny to you but not to others.



**Thanks for all you've done
and again best of luck.**

Goodbye Mrs. Mendez

By Ian Skinner

This week, HCS had to give an emotional goodbye to a long time favorite. Personally, she always greeted me with a wide smile and made sure that the otherwise mundane interactions between us were anything but that. And it usually left us both higher spirited than before. This of course is a goodbye to the finest receptionist in all of the land, Mrs. Mendez. Whether it was when I ran into her while dealing with stressful college applications or when I was just simply coming back from my lunch, she always made me laugh. Even when it was at my own expense. Like this one time she tricked me for a whole two weeks into thinking that there was something wrong with the door. Of course she was just playing with me by pressing the button just long enough for the mechanical click of the door unlocking, but by the time I, or my friend, pulled on the door it was long closed again. No matter how well you knew Mrs. Mendez everyone felt her compassion and we all wish her the best of luck in her next chapter. Personally, I will miss my daily stops into the counselor's office to chat up my favorite school employee.

These
kids are amazing!!!
They truly made my
days brighter!!! Sharing
college acceptances, sports
stories, family times. I'll
miss.

~Ivette Mendez

How Ghostbusters: Afterlife Haunts Students at HCS



by Emilija
Morkevičius

The *Ghostbusters: Afterlife* movie came out November 19 and was pretty rad. It was definitely worth the 8 dollars. In the movie, the protagonist, Phoebe, moves to a new town with her family. She is very shy and her mother suggests she tells jokes to get to know people. The rest of the two hour movie is filled with the awkward reactions of people reacting to them.

Noa Stahlberg took this to heart. Our school has never been the same. The movie sparked the return of Stahlberg's dad joke phase. As a result, tens of tortured students have complained about the pain inflicted by them.

"Everyday I come to school and I am literally dying because I don't want to hear her jokes ever again," explains Shunsei Yamamoto, "I am in physical pain."

Owen Arquiett compares Stahlberg's puns to "the grime you find on the bottom of your toilet's upper lid when you haven't cleaned it since 1969."

June Loranty describes how the dad jokes are "so stupid that they become funny." She assesses the gravity of the trauma she's experienced saying, "They replay in my brain over and over and over again."

Abby Hagos sums up the situation in one word: "Cancerous." The victims of Stahlberg's humor couldn't agree more.

The Emerald Press

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Tornado Devastate Southern US

By Simon Klepeis

Late into the night of Friday, December 10th, a tornado rampaged through Arkansas, Illinois, Kentucky, Mississippi, Missouri, and Tennessee. The storm caused severe damage to architecture and local economies, while also causing 88 deaths across five states. However, another 122 people have been designated as missing, implying that the death toll is likely to rise. Although effects of the storm were felt across six states, the most devastating results of the storm were in Kentucky, which accounted for 74 of the reported deaths. The crippling effects of the storm can also be seen by the economic consequences it causes. Based on estimates from Corelogic, a property information and analytics company, around 3.7 billion dollars worth of damage was caused by destroyed property. Corelogic also determined that roughly 15,000 buildings were desecrated by the disaster.

The tornado has also brought into question the role climate change plays in natural disasters and the frequency in which they occur. While climate scientists have been able to establish a connection between global warming and hurricanes, heat waves and droughts, the same correlation has not been made for tornadoes. Historically, tornadoes of this magnitude rarely happen during the month of December. Despite this, destructive storms such as that experienced by

Kentucky and its neighbor are becoming much more frequent in the United States during this time of year. Similar storms have transpired in 2015, 2018, and 2019, following a fifteen year absence of such tornadoes. This timeline coincides with the increasing severity of climate change and its impact on global processes. These patterns give insight into the potential correlation between climate change and tornadoes.

Following a natural disaster such as that experienced by the aforementioned six states, many look to highlight what could have been done differently. A common problem in this type of calamity is that citizens are not given enough warning to evacuate to a safe location. However, in this scenario the natives of Kentucky and the states it borders received an alert about the impending tornado, describing where and when the storm would hit. In fact, alerts were released around 45 minutes before the storm began, drastically exceeding the average warning time of 15 to 18 minutes. The National Storm Prevention Center had also released a report in the days leading up to the event, stating that tornadoes were expected. These facts point to the conclusion that inadequate warnings were not the primary reason for the desecration caused by the tornado. In order to take precautions and prevent further loss of life, it is critical to determine other contributors to the terrible crisis and ensure that communities are sufficiently prepared to weather such an event in the future.

The Duality of Gen Z

By Sami Cigeroglu

Gen Z is arguably the most controversial generation. Ranging from people born in 1997-2012, this generation contains quite a large range of personalities. The biggest thing that separates us from other generations is that we're the first generation to grow up fully with the internet. This combined with strange circumstances like COVID-19 has caused us to embody many negative traits that come with 21st-century technology.

In my opinion, there are two main sides to Gen Z. Those born in 1997-2005 and those born in 2006-2012. The difference between the two is the stage at which social media and the internet were at when they were born. For the older half of us, we grew up with things like the Wii, early (good), YouTube, Nickelodeon, and not really any large forms of social media until we grew up a bit. Obviously, these things were massively different from what previous generations grew up with, but our childhoods still mainly revolved around going outside to play, build legos, and things of the sort.

The latter half of Gen Z has now grown up with Fortnite, Tiktok, other huge social media platforms, and These things have shown major negative effects on how these kids act now. They are far less social, overly concerned with social media, and I hate to say it but they are just straight-up weird (mainly 2008-12). Additionally, with COVID-19 and a two-year isolation, things got much worse for them.

I didn't just write this to give the

younger kids flack. I want to bring awareness to the negatives this new age of the internet has of growing up. In my opinion as a rule of thumb, I think kids shouldn't be introduced to things like iPads or gaming systems until around eight and should not have social media until 13. This would create a lot less dependency on technology while allowing kids to learn things like social skills and norms at a younger age.

Sami's Gift Giving Guide

By Sami Cigeroglu

It's that time of year again. Gathering with loved ones and/or not loved ones, spending too much on Christmas presents, making bad choices on New Year's Eve, and being forced to listen to Miriah Carrie's "All I Want For Christmas is You" every five minutes. Whoever you are, it's likely you have someone you want to get a gift for this Christmas and it's not always the easiest thing deciding what to get them.

I want to preface this by saying, yes it's the thought that counts, but if you're going to make someone an awful drawing or just get them a card; the odds are they aren't gonna love it. That being said, if you are truly a creative person, by all means, go for something like that. For the rest of us, picking a gift can be a hard thing for any reason, such as not knowing what they might want or what kind of hobbies they enjoy. I always say if you don't know what someone wants, just get them clothes. Everyone needs clothes and

even if it's not their favorite hoodie or t-shirt, they're still gonna end up wearing it at some point. Now a tip for the ladies. If you have a special guy in your life and are thinking about what to get him; buy him socks and something small for one of his hobbies. This could be anything from a headband or a water bottle if he plays sports, a new game or some deodorant if he's a gamer, and something like boots or sunglasses if he's an outdoorsman. Going back to the socks, a dude can never have too many socks especially if he plays sports. As a guy, I vouch for the fact that we all lose so many pairs of socks for no reason. Trust me, he'll appreciate it. And for the gentlemen looking for your special someone; sorry I can't help you gents.

Finally on to the parents. In my experience, moms love sentimental gifts, get her something that reminds you of her or something relating to common interests. For the dads, I can not stress this enough. Three amazing options, yeti cups, noise-canceling headphones for when he's on the lawnmower, and last but CERTAINLY not least, the iconic dad shoes, New Balance 608 V5 Casual Comfort Cross Trainers. You know what I'm talking about, the white shoes that dads across the nation have grown to love. Good luck with your search and have a very Merry Christmas.



In the Knight Light: Simon Klepeis

by Brooke Speer

Favorites:

Movie: *Lord of the Rings*

Book: *The Education of a Wandering Man* - by Louis L'Amour

Actor: Naomi Scott

Artist: Machine Gun Kelly

Song: *This Train Don't Stop There Anymore* by Elton John

Food: Stir Fry

Condiment: Sweet Chili sauce

Season: Summer

Color: Green

Place: Boston

Ice Cream: Cookie Dough

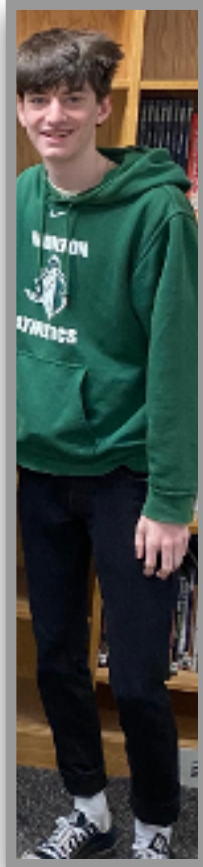
Phrase: "Out of pocket"

Web Site: ESPN

Store: Converse

Article of Clothing: Shoes

Sport: Basketball



Long Answers:

Deserted Island: "I would take matches"

Biggest Pet Peeve: Chad's

Awkward High School Memory: "Air balling a free throw by two feet."

VS:

Nike vs. Adidas: Nike

Slices vs. Oliveri's vs. Pub: Slices

Coke vs. Pepsi: Coke

PERSONAL LIFE:

Simon is a senior at Hamilton Central School, and is involved in Cross Country, Track and Field, and is an editor for the Emerald Press. Simon enjoys reading and

spending time with his homies in his free time. Simon plans to attend a 4 year university after graduation. Thanks for all you've done and again best of luck.

An Open Letter to the Chairs in the LGI

Emilija Morkevičius

Dear Chairs in the LGI,

With longing in my eyes, I gazed upon you as a naive elementary student. I only saw you in glimpses on rare excursions to the Junior/Senior High School wing. However, these images were burned indelibly into my mind, stained like that one spilled slushie in Mrs. Lehman's room.

Your scarlet color spoke of passion, your sleekness of a Subaru. I was especially attracted to your rotation feature. How I yearned to spin for hours and hours in your clutches.

Then I grew up.

In sixth grade, I sat down in your hard, cold, plastic embrace. I felt imprisoned, as if you were the entire public school system and not just a product of it.

I sat on you and suffered, my thighs sticking to your surface on warm days.

Every time I turned, you would groan and squeak.

You also had a habit of presenting me with unfortunate surprises. On the chance that my fingers accidentally slipped under you, there was a high probability that it would land in a piece of chewed gum.

My heart was shattered like the pieces of glass Mr. Alsup stood on his bare feet. During the PSAT, you were broken, slanted at an uncomfortable angle that probably gave me scoliosis. My lower back hurt for the next three days to come.

My darling, my sweet, how I miss the innocent days of my childhood. The years we have had together have drawn us apart and I will no longer sit in quiet agony.

Yours sincerely,

Yet another creature who grew up and became a disappointment.

Homemade Mac and Cheese

By Simon Klepeis

Macaroni and cheese is a recipe deeply ingrained in the traditions of the American public. Whether it be for Thanksgiving, Christmas, birthdays, or just any old day, macaroni and cheese is beloved nationwide. Despite the large-scale affinity for mac and cheese, opinions differ drastically on the best way to make it. It is no rare occurrence to see an argument started over the best type of pasta, cheese, or method of baking when it comes to making the classic dish. My family is no exception to this debate, and although I've been known to dabble in the boxed Annie's M&C, nothing is comparable to the homemade version of macaroni and cheese.

According to the Klepeis family, the only correct way to make this cheesy goodness is on the stovetop. This recipe has been in my family for over two decades, and is made so often that my mother no longer finds using the directions necessary at all. Although macaroni and cheese is a food which can be made all year long, it always hits different around the holiday season. No matter where you are, or who you're with, the creamy taste of macaroni and cheese always makes you feel at home. Whether you're looking to try a different variation on M&C or simply introduce a new family tradition, the classic food is perfect for ushering in holiday spirit.

My Favorite Recipe for
Stovetop Macaroni + Cheese

From Barilla

Comments _____

Prep Time: _____ Serves _____

Ingredients

1/4 cup (4 Tbsp) butter
1/2 cup all-purpose flour
3 cups milk
1/2 lb (8 oz) elbows, uncooked
1 1/2 cups cheddar cheese, shredded

Preparation

Melt butter in 4 quart saucepan over medium heat. Stir in flour. Cook 1 minute, stirring constantly. Add milk, stir to blend. Bring to a low, steady simmer. Add uncooked elbows. Cover and continue to simmer gently for 8 minutes, stirring occasionally. Mixture will thicken as it is cooking. Remove from heat. Add cheese. Stir gently.

Cooking Method: ☐ Stove ☐ Oven ☒ Microwave

Temperature: _____ Time: _____

Instructions until cheese is melted. Put into a casserole dish, cover + let sit 5 min before serving

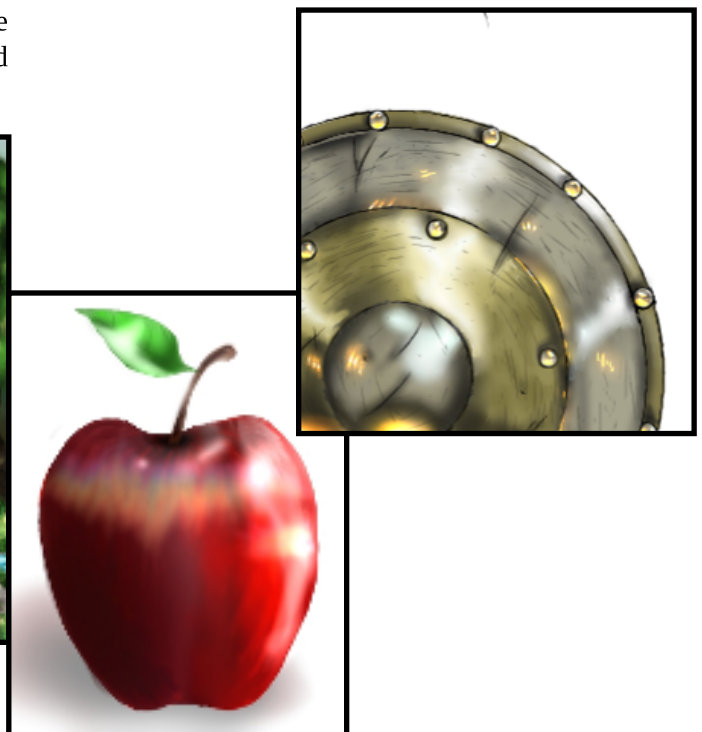
Double batch = 3775 cal 34



The Next Vincent van Gogh is at Our School

By Kyleigh Pearson

This week we are proud to recognize Reagan Toomath as our artist of the week. She decided to show us six pieces that she has been working on. One of which is on the coloring section of this issue. Reagan Toomath is a senior here at Hamilton Central and her future plans include attending college in the fall of 2022, majoring in animation. When asked what her inspirations were when drawing she said, “When I draw, it always depends on the music i’m listening to and what mood I am in”. The picture on the bottom left might look familiar because that is on the HCS Calender. When asked, Reagan said, “That drawing was just a small doodle on paper. I then started developing it into a whole drawing. While making it, I was listening to fantasy music. The piece in total took 11 hours to finish”. She also said, “I love art because when I have an idea, I’m able to put it on paper, while some can’t”. Reagan has also done other art pieces throughout the school including; (various artworks). It’s definitely safe to say Reagan will be success full pursuing her interest in animation. Her drawing skills displayed here is exceptional. Outside of art, Reagan is one of the kindest and most compassionate person you will ever meet. She always has a smile on her face and is so easily able to put a smile on others with her good-heart and/or artworks. This is why I chose Reagan to be highlighted in this edition. Congratulations Reagan, and keep up the great work.



Entertainment

December 17, 2021

B4



Drawing by Reagan Toomath

Entertainment

December 17, 2021

B5

Tier List

S	Christmas, Hanukkah, Kwanzaa, New Years, Sami and Tom's oop play, Zyzz
A	Break, Arcane, New Spiderman movie
B	Seltzer, Pop tarts, Iceland
C	Gen Z, <i>The Catcher in the Rye</i>
D	Colgate Finals
E	No snow, college apps
F	Missing Mrs. Mendez :(



The Battle on the Badminton Courts Returns

By Brooke Speer

The long awaited badminton unit has returned at HCS. After a year full of unknown gym units last year in the midst of the pandemic, badminton was missed by both the students and gym teachers. Most students would agree that badminton is easily one of the best units we do every year. Once you step onto that court, its game on, and almost no one comes off the court without sweating at least a little bit.



Badminton is over a month long, extending from before Thanksgiving break, and finishing up the last few matches after we return from winter break. With that being said, we have our first championship standings!

For the singles badminton tournament, the first champions have been crowned.

- ▶ Cell 9, T,R: Dom Niles
- ▶ Cell 8, M,F: Caleb Neuenschwander
- ▶ Cell 1, M,W: Andres Cardelus-Watkins
- ▶ Cell 2, T,R: Ryan Peters
- ▶ Cell 7, M,F: Micheal Mansfield
- ▶ Cell 2, full gym: Landon Latella
- ▶ Cell 3, M,R: Ezra Stahlberg
- ▶ Cell 2, T,R: Colleen Kelly,
- ▶ Cell 1, R: Logan MacPherson.
- ▶ Cell 3, M,R: Brooke Dunlay,
- ▶ Cell 2, T: Kiley Delaney
- ▶ Cell 5, T,R: the dynamic duo of Luke Langel and Izzy Catania
- ▶ Last but not least, for the highly talented Cell 7 senior gym class, Thomas Simpson reigns supreme.

As our singles tournament comes to a close, doubles has begun. Each doubles team will be competing with their assigned partner until after winter break in order to determine who will be at the top of the leaderboard for each respective gym class.

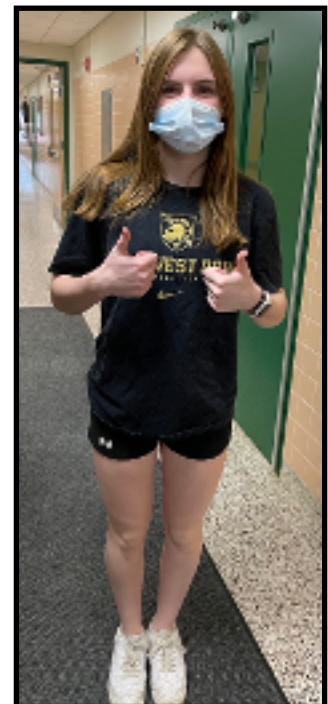
competitor and a pleasure to have in class, all according to Lepage.

Mrs. Reynolds also said than she has absolutely gone off in our badminton unit. She's been an unstoppable force in a very competitive class. Colleen has taken down impressive opponents such as Cooper Roy, Ryan Peters, Landon Latella, and Stephanie Bernard. It's difficult to get a point on Colleen in badminton because she covers every inch of the court. Don't give her a lofty return because she's sure to spike it right back on you. Colleen's knack to move her opponents while simultaneously freakishly covering every inch of the 20x22 foot court is impressive and leaves Lepage and Reynolds awestruck. Colleen Kelly is no doubt the gym class hero of the week and she earned it.

Colleen Kelly Cleaning up the Gym Courts

By Kyleigh Pearson

Colleen Kelly, also known as "Cleen" by our very own Mr./Coach Lepage is declared the second gym class hero of the academic year. Known throughout cell 2 as the girl that no one wants to play. Amazing court coverage with her outstanding speed and agility but don't let that fool you because she has one of the most powerful smash shots in the school. Rumor has it that Cooper Roy still wakes up sweating late at night due to the trauma "Cleen" put him through during cell 2. A fierce



Colleen feasting in gym class

Dinner Served on the Court

By Brooke Speer

Over the last two weeks, both boys and girls varsity basketball teams have been rolling. The boys opened the start of their season up on December 7th at the home of the Morrisville Eaton Warriors. Some say this is supposed to be a rivalry game, but year after year the results display blowouts. The Knights defeated the Warriors 88-39, running them right out of their own gym. Senior guard Tom Simpson led all scoring with 24 points. Other leading scorers for the Knights included senior guard Zach LaFrance with 16, and senior forward Sami Cigeroglu with 14. Sophomore guard Luke Jackson added 11 and Hudson Idzi delivered a double double with 10 points and 13 rebounds. Back home on Friday, December 10th, the Knights secured their second win of the season, blowing out the Poland Tornados 81-18. Leading scorers included Tom Simpson with 15 points, Sami Cigeroglu with 14 points, and Reese Snyder with 10 points. Sami Cigeroglu and Hudson Idzi collected 16 rebounds in total, with eight a piece. All four senior guards were active in their one- three- one defense picking up a total of 20 steals to lead the Knights to a well earned victory. Jake Wright, Zach LaFrance, Tom Simpson and Ian Skinner all had five steals each. The boys then traveled to Sauquoit Valley on a Saturday afternoon for a 3PM tipoff. After a tight first

quarter, with a tied ball game at 18 a piece, the boys pulled away with a 20 point win to secure their third win of the season. Zach LaFrance led all scoring with 18 points, followed by Tom Simpson with 16 points. Sami Cigeroglu added 14 points and eight rebounds, followed by Hudson Idzi putting up seven points and 10 rebounds to secure the win for the Knights. To close out an exciting stretch for the boys, they continued their winning streak back home on Tuesday, December 14th, in a hard fought win against New York Mills. The boys scored 35 buckets on Tuesday night, with 27 of them being assisted. The whole roster was on the stats sheet last night, but five of them stood out, putting up memorable numbers. Tom Simpson had 14 points, and nine assists, Zach LaFrance also had 14 points. Sami Cigeroglu had 12 points, including a monster dunk off an alley-oop from Tom Simpson, that got the crowd roaring. Reese Snyder had his best game of the season scoring a season high of 14 points. He also added 12 huge rebounds and four assists. According to head coach Tom Blackford, "Hudson had another great game, of what he always does." He added another double double with 10 points, 13 rebounds and six assists in the win for the boys. Coach Blackford said "That was the best game we have played by far, no matter what the final score was. I really like how we are playing, and how hard we are playing, along with sharing the ball." After a four game winning streak to start off a long awaited season, the boys have shown the

talent they will keep displaying over the course of the season. The Knights are without a doubt looking at a bright future ahead of them. If that doesn't show you what Hamilton basketball is all about, the girls varsity basketball team is also on a hot winning streak. On Saturday, December 10th, the Lady Knights also traveled to Sauquoit Valley for a 12PM tip off. After a battle on the floor, the girls pulled away with a 47-29 win. Freshman guard Reagan Hope led all scoring with 17 points, shooting lights out from beyond the arch. Senior guard Kyleigh Pearson also chipped in with nine points and seven rebounds in her debut of season, after breaking her foot in late September. Sophomore guard Lindsey Speer had a career high 12 steals to run Sauquoit out of the gym. Coming back home on Monday, December 13th, the girls picked up their second consecutive win against a strong New York Mills team, outsourcing them 58-22. Kyleigh Pearson led the way with 24 points, followed by Lindsey Speer with 16. Lindsey Speer also had another outstanding performance at the chaser position, collecting 12 steals to add to the stats sheet. With a full healthy roster, the Lady Knights seem to be rolling on the right track, and are looking at a memorable and victorious season headed their way.

Question of the Week

December 17, 2021



"A brother got two sisters instead." - Caitlyn Acampora



"Cat" - Elliot Pendleton-Witherspoon



"Snowmobile" - Mr. Snyder



"A segway, the big one." - Andres Cardelus-Watkins

What did you want Santa to bring you that you never got?

By Ian Skinner



"PS5, still waiting..." - Mr. Houck



"A hoverboard" - Gavin Rutledge



"Big wheels" - Ms. Jerome



"Dog" - Naomi Meyers