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Avon Grove High School, West Grove, Pa.

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Catchphrases create strong connections in the classroom

By
Brooke Bellaver
Staff Writer

"May the force be with you," "To infinity and beyond," and "I am Groot." These are all famous movie catchphrases, which create familiarity and a connection to the audience.

Catchphrases are a great way to create comfort and familiarity, which are both important to have between teachers and their students. Many teachers throughout Avon Grove have familiar catchphrases that help them connect to their students, creating a better learning environment.

One of the most recognizable teacher catchphrases is "Find a way," said by Mr. Coffey, otherwise known as Coach Coffey. Mr. Coffey is not only a teacher at Avon Grove, but he is also the head coach of the varsity football team.

"When applying for the football coach position, I found a book titled, *Find A Way: What I Wish I Knew When I Became A Head Coach*," stated Coffey. "From this book, I took away that no matter what, I would make every player at AG feel valued and appreciated."

Coffey uses this catchphrase at practices, games, in Schoology posts, and in the weight room.

Also, every year, the football team's shirts have "Find a way" written on them, as well as a "Find a way" decal on the back of each player's helmet.

"The true meaning of 'Find a way' is focusing on controlling

what we can. To be a successful team, everyone has to focus on their job and learn from their failures, finding a way to overcome challenges."

Coffey hopes that his players will continue to use this catchphrase throughout their lives, never giving up when things get tough.

Another teacher with a recognizable catchphrase is Mr. Horning. Mr. Horning teaches multiple courses at AG, including Game

"I believe that the biggest mistake people make is staying in the same place when they are miserable. When we get stuck in our comfort zone, we do not grow."

By telling this quote to others, Mr. Horning hopes to inspire them to try new things. He wants his students to understand that they have options in life and they don't have to follow what others think is normal.

Mrs. Vaddi is a science teacher at Avon Grove who has a similar catchphrase to Mr. Horning. Her catchphrase, also one of her favorite messages, is "Focus on what you can control, not what you can't."

"I want kids to focus on what is in their hands, not worrying about the outcome. For example, students should focus on the amount of effort they put in and their time management. After this, they have no control over what happens, so they shouldn't worry too much about it," said Vaddi.

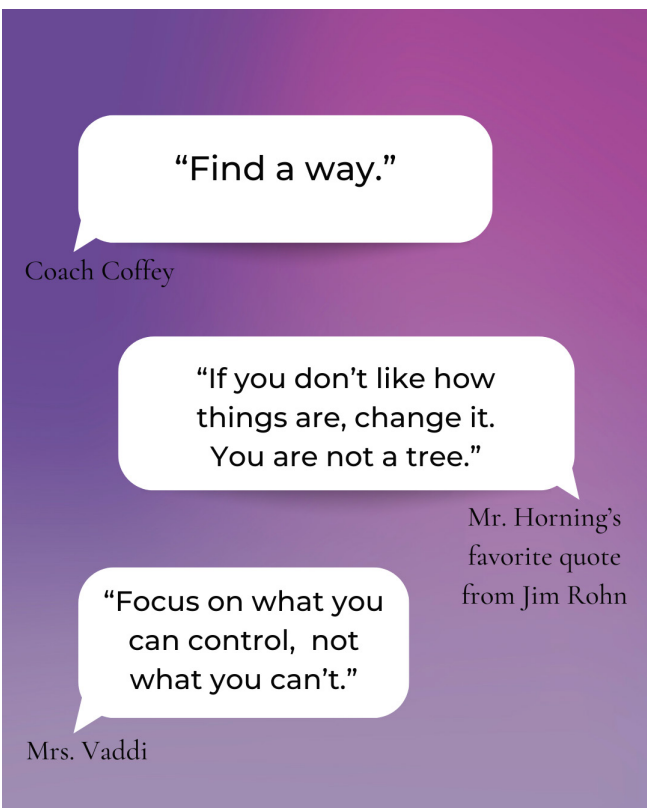
Mrs. Vaddi wants her students to realize that worrying about the little things will cause more stress in the end. Also, she wants to convey the message that things like grades aren't more important than someone's overall being.

By having a familiar catchphrase, teachers create connections and relate to their students. Teachers are able to motivate their students and release some of the pressure that school can put on them, creating a better learning space.

Design. His catchphrase is, "If you don't like how things are, change it. You are not a tree." This is actually a quote by Jim Rohn, a motivational speaker.

"I found this quote by listening to Jim Rohn on YouTube, as well as reading his books," said Horning.

This quote was very inspiring to Mr. Horning, as he loves to travel.



CLASS OF 2024

Senior boys dress to impress for coveted title of Mr. Avon Grove



-Photos courtesy of AGHS Yearbook

Above: Contestants Oziel Quintero, Matt Moerder, Tommy Canahan, Vish Rajinikanth, Kody Parente, Nate Schinzel, and Nolan Kleinguenther kick off the evening with a spectacular group dance.

Below: Kody Parente (left) and Nolan Kleinguenther (right) conclude their rendition of "Oklahoma Smokeshow" by Zach Bryan by showing off their air guitar skills.

Read the full story on Page 4



SPORTS

Philadelphia Eagles fund girls flag football

By
Mary Kate D'Ambrosio
Staff Writer

Football is coming back to Red Devil Stadium this spring, but it's going to look a little different.

Instead of cheering for the Red Devil's boys football team, get ready to support the first ever girls flag football team.

As a PIAA District I school, Athletic Director Mr. Kyle Christy received an email from the Philadelphia Eagles saying that if the school wanted to participate in girls flag football, they could

fill out a grant application to be considered.

"50 out of like a thousand schools got picked," said Christy. AGHS was 1 of the fortunate 50.

With the Philadelphia Eagles' grant, the team's first year is fully funded.

They are provided with all the equipment needed such as flags, jerseys, and a port-a-field.

The port-a-field is a lining system designed to be unfurled on any field to create the boundary.

It is a wide tape made of nylon so that the field does not have to

be lined with paint.

This enables a team the flexibility to play with boundary lines on any surface.

The Eagles also set the game schedule and provided the coaching stipend.

AGHS alumni Taylor Fox will be coming back to her alma mater to coach the girls team.

Fox is currently a freshman at West Chester University studying exercise science. She is also a part-time assistant coach with the West Chester football team as a film assistant.

Christy is hoping to practice 5 days a week. He isn't sure on the times yet, as he wants to see what works best for the girls interested and then gauge the practice times and roster based off of that.

Girls flag football is considered to be an emerging sports program, and is not officially a PIAA recognized sport. Yet.

In order for a sport to become PIAA recognized, there has to be 100 schools that are officially sponsoring girls flag football.

"We're not quite at 100 yet but

their target goal was for it to be a PIAA sport in the 2025-2026 school year," Christy quoted.

The last PIAA recognized sport was girls wrestling last year.

Prior to that, the last new sport was cheerleading ten years ago in 2013.

COMMUNITY

Local store 'rooted' in New London

Rooted gives small businesses opportunities to sell their products

By
LeeAnn Baker
Staff Writer

Where every shelf tells a story, Rooted intertwines the elements of design and local identity, inviting you to discover a retail experience that resonates with the heart of the community.

Rooted is a local business that is located in New London, Pa. and Newark, Del. The store is designed to "be a welcoming space which weaves the community together," according to their website.

Along with their website, the "Rooted Recipes" section offers free recipes for anyone to try: peppery citrus baked salmon, ginger teriyaki pulled chicken tacos, and gourmet bacon & grilled cheese.

The store creates a space for over 250 small business owners to sell their products. Some of these products include home decor, clothing, paintings, jewelry, and their famous gourmet popcorn with flavors like cookies and



-Photo by Mark Hostutler

One of Rooted's locations on State Road cream or cinnamon bun.

"My business is HGS Designs which stands for my whole name. I started before COVID in 2019. I am an online business and I sell phone cases and apparel," stated Avon Grove sophomore Hannah Strawhecker.

"I found out about Rooted because it is really close to me. My

family would go to the candy store that used to be there and then when it switched to Rooted we wanted to check it out."

Rooted was founded in November 2014, according to their website.

Strawhecker stated that "when I went into the store I saw that it was a retail store and I thought

that my brand would fit the aesthetic of the shop.

"The process of being included within their store was fairly easy," stated Strawhecker. "I brought in some of the phone cases that I made and showed the manager my Instagram page. I explained to them what I make and asked them if I could sell my phone cases there."

For about a year, Strawhecker has been associated with Rooted.

"I have definitely noticed a difference in sales because I can reach more people through Rooted. My sales also depend on the amount of work I put in and how often I am restocking the phone cases there."

When small businesses sell their products within Rooted, their profits are based on individual sales.

"Everyone who works there is really sweet and they're so easy to work with. I am glad that they gave me the opportunity to sell there."

The products in their store

switch seasonally and by holiday. They recently had a Valentine's Day collection which included Valentine's themed lotion, candles, sweatshirts, t-shirts, and more.

The store has now switched to their annual spring collection with products ranging from their two locations.

Rooted hosts many community based events. An upcoming event is their annual "Spring Fling" on Saturday, March 23. This includes photos with the Easter Bunny, a petting zoo, face painting, crafts, games, and a food truck.

"I found out about Rooted from my sister who used to work there," stated current Rooted employee Lyndsey Gaebel.

"I began working in September of 2023 and I work as a cashier. My favorite aspect about working at Rooted is meeting new people and the products that they sell because I love buying them."

PRODUCT REVIEW

Streaming services have negatively affected cable TV

By
Connor Graber
Staff Writer

Cable television was invented in 1948, and in 2022, it started to fall.

Streaming services have been on an upward trend and overtook cable in July 2022 by only 0.4% of total television usage. In July 2023, streaming services rose to 38.7% of total television usage and cable was down to 29.6% usage according to Nielsen.

Live sports is still an advantage cable has over streaming with its most watched program being *NFL Sunday Night Football*. Super Bowl LVIII was the most-watched telecast in U.S. history with 123.4 million viewers seeing the Chiefs defeat the 49ers in Las Vegas.

Unfortunately for cable, ESPN, Fox, and Warner Bros. Discovery are forming a joint streaming program for all major sports in the U.S.

"If there was a streaming service strictly for sports, I would probably cut cable," said senior Sahil Qureshi.

Qureshi still watches cable and he mostly watches sports. He still has streaming services and mainly uses Netflix.

83% of households have at least one streaming service according to Exploding Topics.

Senior J.J. Martin cut cable four years ago. He has Netflix, Hulu, Disney Plus, Paramount Plus, Amazon Prime Video, Max, ESPN Plus, YouTube TV, and Apple TV.

With the amount of streaming services he has, he doesn't need cable. For sports, Hulu, Max, Amazon Prime Video, Paramount, YouTube TV, ESPN Plus and Apple TV all have live options.

Almost all the streaming services have live games and YouTube TV is very similar to cable, but without the satellite television subscription.

The combination of ESPN,

Fox, and Warner Bros. Discovery will allow for almost every major sports game to have a platform and for anyone with the service to watch the games.

Streaming offers a lot more flexibility as viewers can watch their favorite whenever they want and some services even get new show episodes the day after they air.

Each streaming service has its strengths and weaknesses. Netflix is the most well-rounded streaming service with a plentiful amount of quality shows, and movies.

Disney Plus is the best streaming service for young families with all the classic Disney movies. They are also a good streaming service for multiple fan bases with their original Marvel and Star Wars shows.

For families that have or are looking to cut cable, Hulu is one of the top services to get, with their live television. They also have a



wide variety of shows and movies making it one of the better streaming services.

Disney Plus, Hulu, and ESPN Plus can be bundled together giving many movies, shows and live television.

Max is another streaming service that has all around good entertainment. They have live NHL and NBA games, the entire DC

universe, Emmy-winning shows, classic shows and a multitude of movies.

Whatever the viewer wants to watch, they can find it on a streaming service. If not, cable television is still a good source of entertainment.

COURSE SELECTION

Dual enrollment or AP classes?

Students can earn college and high school credits

By
Mary Kate D'Ambrosio
Staff Writer

As hardworking high school students prepare for the upcoming course selection, many face the decision of AP (Advanced Placement) or dual enrollment course work.

AP classes are easy to enroll, rigorous and fast paced courses offered throughout the entire year with a test developed by the College Board and administered for a fee at the end of the year.

There are nearly 40 course options available in arts, English, history and social science, math and computer science, science, world languages and cultures.

Some students may prefer the AP pathway because they can take their selected course in a familiar school environment

with comfortable classmates and teachers. There is also an added 10% GPA boost.

Each individual test costs a student \$110. Just because they are taking the test does not mean the student will pass the exam and gain college credit. Tests are scored on a 5 point scale.

College Board considers a score of 3 or higher to be a passing grade, although recent reports indicate that approximately two-thirds of colleges that accept AP scores require a grade of 4 or 5 for college credit.

In 2023, nearly 243,000 students took AP exams across the globe; 22% earned a 4, and only 15% earned a 5.

Dual enrollment is another way for high school students to experience the rigor of introductory level college classes while also being enrolled in high school. Students

earn credits for high school and at the community college.

In terms of finances, dual classes are offered at a lower cost than regular college tuition. Guidance counselor Mr. Scott Searfoss explained that one three-credit course ranges from \$1,704-\$4,485 at local universities, while a three-credit course for a dual enrollment student at a local college is \$390.

Dual enrollment credits can transfer automatically to your choice college if you get a C or better, if the college accepts the credit. You don't have to take an exam to get credit, you just have to pass the course. You aren't leaving it up to one exam.

At some four-year collegiate institutes, a student is allowed to transfer up to 60 credits through dual enrollment. This means a student can either go into college

as a true freshman if they only took one course such as ENG 100 or ENG 112, or you can go into college as a first or second semester sophomore or junior.

Some logistical bumps a student should consider while making this decision is they must provide their own transportation to and from their classes at the community college, but the college does offer some classes fully asynchronous.

If a student is looking for a specific course to fill their schedule, there are some courses that may not be offered every year, and the class times and spots are limited so it may be filled or it may not fit in a time that works for students.

Dual enrollment courses do not offer students any GPA boost in high school.

Mr. Dominic Martelli, an AP Psychology teacher stated that "when



HERALD SPORTS

● **Mar. 9**
Baseball

@ Delaware Military Academy, 12:00p.m.

● **Mar. 11**
Softball

vs. Neshaminy, 3:45p.m.

● **Mar. 12**
Boys Lacrosse

@ Council Rock, 3:30p.m.

Boys Tennis

@ Haverford, 3:45p.m.

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BOYS BASKETBALL

Ziegler's determination inspires team

By
Joe Lewis
Staff Writer

AG big man Adam Ziegler has been through adversity throughout his years in high school, but this year he is part of the reason why the Red Devils have their first playoff berth in seven years.

Ziegler has played basketball since he was five years old, and has lived and breathed basketball ever since.

This past year there has been an energy shift within the program, different from Ziegler's previous high school years.

Ziegler says this year was different because they honed in on their defense, which helped AG basketball clinch their first playoff berth since 2017.

"We made it a key point to dial in on our defense. We knew if we could get stops we could beat teams in transition," says Ziegler.

In addition to the team's defense, there was a head coaching change. Coach Grant Harding was appointed.

Ziegler says Coach Harding has held them accountable, which is pivotal to success.

"He has held us accountable for everything we do. He brought the toughness we needed heading into the season, and continues to preach it everyday. He gave us

that edge that we use to succeed," stresses Ziegler.

Ziegler is no stranger to adversity; he battled a wrist injury. Ziegler fought back, returning a few weeks later.

On January 6, the injury occurred on a fast break after a missed free throw against Great Valley. Ziegler went up for the dunk and fell on his wrist.

"I made a promise to myself before the season to do whatever was needed of me in order to help the team win. I got hurt, but that didn't stop me," he says.

Ziegler returned just before the playoffs. The playoffs is exactly what the program needed in order to get back on track.

It was a process getting back to the playoffs after a seven year drought. But the team trusted the process.

"Feels like all the hard work we put in is paying off. Obviously our mindset is still to win, and we're going to do whatever needs to be done to ensure that," stresses Ziegler.

Sadly, the Red Devils season came to an end after a 75-60 playoff loss to Perkiomen Valley on February 16.

It was a promising end to the season for the program, but sad at the same time.

"I'm gonna miss playing with that 'Avon Grove' written across

my chest and being able to represent my school whenever I play," says Ziegler.

Despite an end to the Red Devil's season and Ziegler's high school stint, Ziegler has a bright future ahead of him. He will be attending Fairleigh Dickinson University at Florham.

Just like this year for AG basketball, there is a new coach for FDU Florham. Ziegler is accustomed to culture changes, and he is anxious to be a part of another.

"It's a new coach this year so I saw an opportunity to be a part of a change of culture, and it really caught my attention when I knew I could have a good role in helping create a powerful image for the program," says Ziegler.

Ziegler's work ethic is often contagious, and his teammates would agree.

"Hardworking, dedicated, and leader are just a few of the great words that can be used to describe Adam," illustrates sophomore guard Tashaan McClain.

"There's not a day that Adam doesn't go 100 percent," says junior forward Sebastian Binstead.

"He's a hard worker and he leads by example," adds Binstead.

It's safe to say that Adam has a bright future ahead of him, with his contagious work ethic and his determination.



-Photo courtesy of Tommy Conahan
Ziegler goes for a slam dunk against Downingtown East on January 30. The Red Devils won 70-51.

CLASS OF 2024

Track and field stars commit to Penn

By
Maddie Butler
Senior Editor

These two talented athletes have one thing in common: both are committed to play at the University of Pennsylvania next year as Veenema is committed for soccer and Chase for javelin.

Apart from academics, Chase and Veenema are also incredibly dedicated to their studies as well.

Veenema, who will be majoring in biology, summed up both of their choices to attend Penn as it is a "really great academic school, but still remains a competitive ivy league school for sports."

Veenema has already gone on her official visit of the school in which athletes "hang out with the team and [meet] all the coaches."

She says this experience allowed her to "know what next year is going to be like," and has made her "excited to attend the school."

As Penn is so academically rigorous, both have had to plan out their classes carefully to meet the recommendations made by the school.

For Chase, who plans to major in economics, Penn "recommended that I take 5 more APs this year because I had 5 to begin the school year with."

This has been a big commitment for both Chase and Veenema to juggle during their senior year, but neither have lost sight of what is to be expected of them next year.

Veenema has continued to practice and stay in shape despite it being out-of-season for high school soccer, and is working

to "make sure my soccer abilities are up to speed before next year."

Mary-Kate Walker, a senior at AGHS who is also committed to play soccer at Sacred Heart University, has played alongside Veenema since 7th grade, and believes that Veenema will have no problem stepping up to the challenge next year.

"She has the commitment and determination to go far, so I think she will do really good at Penn," contributes Walker.

Walker describes Veenema to be a player with a diverse set of skills as "she is really good on the offensive end and defensive end" of the sport.

Besides the school team, Veenema is also a part of the soccer club called Penn Fusion that has allowed her to greatly increase her dedication to the sport.

In order to "stay at the same level that I got recruited at," Chase has also worked very hard to maintain his routine when throwing javelin.

Coach Fritsch, the throwing coach at Avon Grove High School, adds that "he and I have made up a gameplan over the years, and he has followed that pretty religiously."

The gameplan involves a warmup routine developed by Chase with "a series of rope drills and medicine ball drills that is done before he even starts to throw the javelin," as well as practicing footwork and easy tosses.

In all, "it takes him a good 20-30 minutes to warmup," according to Coach Fritsch, which allows him to get in the mindset and block out any distractions.

Coach Fritsch shared a specific example of Chase's ability to zone in on throwing with last year's state meet where he "was

able to focus and stay with himself despite the amount of people there."

At this meet Chase earned the medal for sixth place in javelin and broke the school record for the third time that year.

As for other student athletes who wish to commit, Chase stresses that you should "reach out to schools that you want to go to. Don't wait for them to reach out to you."

Veenema adds "to take your time deciding what school you're going to go to because it feels really rushed in the moment, but you have more time than you think to make the decision."

Although time is winding down before the two head off to Penn, they both will continue to represent AG athletics this spring on the track and field team.



-Photo courtesy of AG Track and Field
Elias Chase and Eden Veenema committed to the University

CLASS OF 2024

Moerder wins Mr. Avon Grove 2024

By
Riley Wiercinski
Senior Editor

Despite the technical difficulties and relentless ginger jokes, Matt Moerder stole the hearts of the judges and was crowned Mr. Avon Grove 2024.

Moerder took an early lead in the group dance, followed closely by Kody Parente and Vish Rajinikanth.

They boogied to a series of timeless songs like the "Cupid Shuffle," the "Macarena," and the "Chicken Dance," while hitting the nastiest stanky legs imaginable to Silentó's "Watch Me" and breaking it down to "Single Ladies."

Tommy Conahan, while not being a contestant, stole the show with a slide that elicited one of the loudest cheers of the night.

"I don't really have any other acts or talents aside from drumming," said Conahan. "I'm kind of honored with the response I got from the crowd. They were amazing the whole night."

Parente took off running in the formal wear portion of the evening, leading him to be crowned Fan Favorite. He strutted across the stage in a black suit jacket over a cat t-shirt and several sets of blue beaded necklaces, and topped the whole ensemble off with a black bucket hat.

The majority of competitors

donned onesies of various animals.

Nolan Kleinguenther sauntered around in monkey pajamas, while Nate Schinzel embodied the role of Tigger from *Winnie the Pooh*. Rajinikanth added to the onesie trend as he danced around as Scooby-Doo.

Moerder stood apart from the crowd by cartwheeling around in an inflatable leprechaun suit.

The use of costuming wasn't limited to the formal wear segment as the nominees sported various onesies throughout the night.

After Kleinguenther demolished the Red Devil mascot, Scorcher, in a bottle flipping competition, he was joined onstage by Parente, who took on the role of Winnie the Pooh, as the duo sang Zach Bryan's "Oklahoma Smokeshow." This was one of the most riveting performances of the night, enticing the crowd to set the mood by waving their phone flashlights in the air.

Paying tribute to his younger self, Parente pulled out some old dance moves to "Gangnam Style."

"I have the best dance moves in the business," said Parente, who was banking on his smooth moves to win over the audience.

Schinzel's heartfelt rendition of "I Want It That Way" by The Backstreet Boys surprised every-

one as he tossed roses into the crowd. While he took the role of lead vocals, his expertly choreographed routine included two backup singers: Parente and Isaac Partridge, who made his Mr. AG debut in a Bugs Bunny onesie.

Rajinikanth finished the talent section with his interpretation of the *Just Dance* version of "Maneater" by Nelly Furtado that elicited dancing from the audience and his fellow competitors.

However, Moerder's act was the most memorable. Alongside Conahan on drums and Oziel Quintero on bass, the currently unnamed band specializes in grunge covers like "Brain Stew" by Green Day, "Say It Ain't So" by Weezer, and "Teenage Dirtbag" by Wheatus.

"Ozi is such a great guy. When the Holiday Holla came around he said, 'I play bass,' only for [Tommy and I] to find out that he hasn't played in like three months," said Moerder with a laugh. "The progress that he has made since when we started and now is exponential."

Moerder's first attempt at working with another artist was the 2023 Holliday Holla where he performed with Dan Ciccone, the winner and fan favorite of Mr. AG



-Photo courtesy of AGHS Yearbook

Matt Moerder steals the show with his band's three song set of "Brain Stew" by Green Day, "Say It Ain't So" by Weezer, and "Teenage Dirtbag" by Wheatus.

2023.

"When you work with Dan Ciccone, he is just amazing. But Tommy always gets the job done and is extremely fun."

The night was closed with contestant interviews full of crazy questions and even crazier answers.

Parente discussed the importance of croutons in a salad, while Schinzel wants to shred some waves in Lake Michigan, and Rajinikanth displayed his undying love for his "partner-in-crime," Collin Duff.

Yet the final question of each

interview was, "Why do you think you should be the next Mr. Avon Grove?" Some took the more humble approach by noting the talent and dedication of the other competitors, while others wanted to highlight their strengths.

Kleinguenther stumped the judges by asking the simple question, "Why not?"

Thursday, February 22, 2024 was certainly a night to remember full of laughs, smooth dance moves, rose petals scattering the auditorium floor, and a toast to another year of senior boys entertaining their peers.

PROFILE

When words collide: Emotional benefits of creative writing

By
Giselle McCullough
Staff Writer

"Words matter." This is something you've heard your English teachers and elderly relatives say to you time and time again whether it be about your grammar or the true meaning of your words.

This is especially true for sophomore Andrew Perry.

Many teenagers will tell you they find writing and reading boring, too difficult, and/or unnecessary. But what many people don't realize is how emotionally beneficial writing is and how emotionally maturing reading is.

Andrew Perry loves to indulge in the art of writing. He feels that writing is a strong form of emotional expression.

"Story writing mainly evokes confidence in me. It emotionally benefits me to write because it allows me to project my own experiences as a human onto my twisted ideas," he says.

Due to today's societal perception of emotional expression, many don't seem comfortable expressing their feelings and thoughts, even if it's to themselves in a journal. They're just not prepared to reveal their truth to themselves.

Andrew understands that "writing can act as a means of expressing creativity through a medium that may or may not be familiar to some. Releasing creativity through this medium could

also lead to the writer learning more about themselves through things such as projecting into characters."

Writing has been proven to be very emotionally beneficial from a medical standpoint.

"Writing as a form of therapy to improve physical or mental health has a long history and is widely reported in psychology textbooks as being of therapeutic value. It can take many formats including developmental creative writing and other epistolary approaches," according to the National Library of Medicine.

Therefore, it can be theorized that reading is emotionally maturing the reader as they are reading the advanced emotional expression of others.

"Reading enhances your critical thinking skills and creativity. It also broadens all your feelings, from happiness and surprise to sadness, fear and anger," according to NuvanceHealth.org

But the stigmatism around writing and reading isn't only caused by societal norms to keep quiet. Societal norms only cause this type of self-expression to be done in your freetime.

A lot of the bad stigmatism around writing and reading is caused by school. Learning to read can be very difficult and if children had a negative experience, they might not be inclined to read in adolescence.

Once adolescence is reached,

classes start choosing the books students read and forcing them to read a specific amount in too short of time making it seem the least enjoyable to do in freetime.

Similarly for writing, school mandates the educational projection of grammar, correct punctuation, and analysis and proving that you're aware of that analysis through the providing of evidence and arguing, as well as the stressful imbalance caused by timed essays.

If schools were able to make reading and writing feel more enjoyable in childhood and make them feel less forced in adolescence, maybe the stigmatism would dissipate.

So the question remains, "What can people do to change and fix these stigmatism?"

"First, teachers have to provide it as a way of self-expression in general and as a process," English and creative writing teacher Mr. Wimer believes.

This could be things such as providing icebreaker-like games throughout the year instead of only at the beginning of the year. Or maybe writing a journal, whether it be based on a class prompt or just a provided free write.

"We could simply just create a safe space for students to feel comfortable creating or create more opportunities and options for students to be able to create freely," says Mr. Wimer.

"Most of the work to provide



-Photo courtesy of Andrew Perry

Perry writes his interpretation of the new student experience with a mysterious twist through his short story, "Black Autumnn."

emotional expression for oneself is done independently. Doing things independently and not within an influenced atmosphere is when the most benefits occur," states Mr. Wimer.

"Likewise, the emotional connection that you can form during reading is more beneficial when not being composed for a prompt."

Andrew Perry can attest to this.

"I like to write because it allows me to creatively expand on small ideas into something larger

and more complex. Everybody has their own 'escape from reality.' Sometimes it's fun to get lost in your own head. It also evokes confidence in me because I become aware of how much effort, time, and work I put into it."

Grammys make a comeback

By
Tucker Ross
Staff Writer

16.9 million Americans tuned in to the 66th annual Grammys on February 4 in Los Angeles. This was more than in 2021, 2022, and 2023, which marks a resurgence in Grammys viewership.

Trevor Noah, who has been praised in past years for his ability to blend humor with a deep appreciation for music, returned again to host in 2024.

Avon Grove sophomore Joseph Bareto claims that the Grammys is "an event that highlights the best of the best in music," so Trevor Noah's style is perfect for it.

During his opening monologue, Noah poked fun at Taylor Swift's camera time during NFL games recently, a jab that hit home with a lot of football fans.

91 grammy awards were handed out this year for different categories. According to Livemint.com, Phoebe Bridgers took the title of most Grammys this time, walking home with 4 of them. These included Best Pop Duo/Group Performance, Best Rock Song, Best Rock Performance, and Best Alternative Music Album.

AGHS sophomore Henry Merill pointed

out that this year was "full of fun moments and shocking surprises."

SZA was the most nominated artist with 9 nominations in total with 3 wins to show for it: Best Pop Duo/Group Performance, Best Progressive R&B Album, and Best R&B Song.

Swifties won't be surprised that Taylor Swift was awarded album of the year for the fourth time.

Some fans weren't completely satisfied with the winners, however, with Aniya Dorsey, a junior at St. Georges Technical High School in Delaware, remarking that "Drake should have won Best Rap Album of the year."

But a lot of people have been talking about the controversial incident with Killer Mike.

Mike was arrested just hours after winning Best Rap Album award for *Michael* as well as Best Rap Performance and Best Rap Song for "Scientists & Engineers."

A video shows Mike being led away from the ceremony by police in handcuffs. An LAPD spokesperson clarified that he was arrested for a physical altercation that took place.

According to NBC News, Mike blames



Grammy's viewership in millions



Credit to the Seattle Times

this altercation on an "overzealous" security guard. But not even this controversy could overshadow that night's legendary moments such as when Miley Cyrus received her award for Best Pop Vocal Performance

from Mariah Carrey, after beating out Taylor Swift, Billie Eilish, Doja Cat, and Olivia Rodrigo for the prize. That scene captured the whole 2024 Grammys experience in just one moment: iconic.

Lunar eclipse coming in March

By
Adam Swift
Staff Writer

The first astronomical event of this edition is the new moon on March 10. Go outside after sunset to not see the new moon! Due to the position between us and the Sun, you cannot see the moon because of the Sun's brightness.

On March 20, the spring equinox will take place, being the first day of spring in the northern hemisphere, and the first day of fall in the southern hemisphere. The equinox, as you can tell by the name, is when there is equal amounts of daylight and nighttime,

however, since this is the spring equinox, the amount of sunlight in a day is increasing.

In other news, the next full moon of March is going to be a lunar eclipse. It will be a penumbral lunar eclipse, which means that the Earth's shadow doesn't block out the moon entirely, however the sunlight hitting the moon travels through the Earth's atmosphere causing the moon to be a pink-ish hue.

Here in West Grove, we are in the path where we can see the pink moon all night, as opposed to just at moonrise and moonset. This is the first of two exciting as-

tronomical events that lunar cycle because the next new moon after the lunar eclipse is a full solar eclipse. Though, I'll save that for a future edition.

As you may have noticed when you're getting up for school, the sun is rising earlier and earlier every day. This is due to the axial tilt of the Earth this time of year. It will be at its peak day length on the summer solstice, but for now, the spring equinox is upcoming.

On that day, there will be exactly equal amounts of day and night.

That's all before the next issue, but don't worry, next month is



packed with events visible to anyone willing to step outside. Until next time, happy stargazing!

Editor's Note: All data and information sources are from the National Aeronautics and Space Agency's website (NASA.gov).

TikTok goes silent as contract expires

By
Lydia Ramsey
Column

On the first of February this year, millions of videos went silent on the massively popular social media app, TikTok, which originally found popularity with its lip-syncing and music-oriented content (previously being named Musical.ly until 2018).

So, shock was a reasonable response when license negotiations with the platform and Universal Music Group caused songs from artists such as Taylor Swift, Drake, U2, and Ariana Grande to be pulled off.

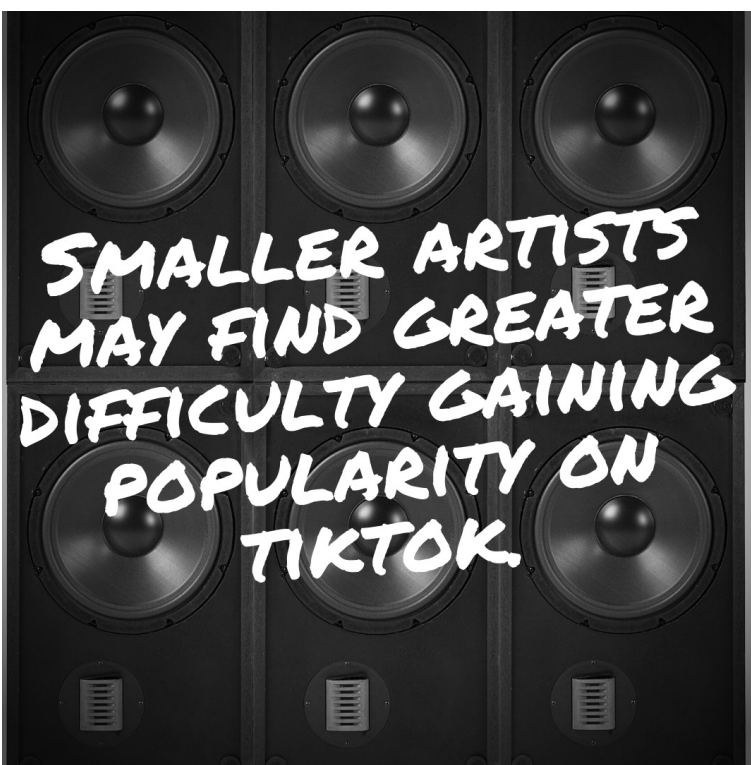
Users of the app with a larger amount of content were angered, as a large percentage of their videos suddenly lacked sound.

Why did this contract conflict occur in the first place?

According to a *New York Times* article, "On Tuesday, a day before its licensing contract with TikTok was set to expire, Universal—the largest of the three major record companies—published a fiery open letter accusing TikTok of offering unsatisfactory payment for music, and of allowing its platform to be 'flooded with A.I.-generated recordings' that diluted the royalty pool for real, human musicians."

The following Thursday, music in relation to Universal was removed from the app, with the muting of multiple clips showing the broken partnership.

Although the future of TikTok doesn't look completely silent and



hopeless, the negative repercussions of this action is not hard to imagine. Smaller artists who find success and popularity on this platform may find greater difficulty achieving this as aid by Universal will no longer be given.

Additionally, TikTok itself will struggle with lost revenue from the missing artists and the downloads and interactions they create.

However, it's not a far reach to have the belief that TikTok will manage to prevail through this minor setback, as it has adapted to other changes before.

Personally, I haven't seen any decrease in user engagement. If anything, the creativity of said content has been forced to increase, as clever ways to compensate for the lack of audio have risen.

Fortunately, it doesn't seem as though more music will be pulled from the audio library of TikTok.

News Briefs

Caitlin Clark breaks the NCAA women's career scoring record with a signature 'logo 3'

Iowa State basketball player Caitlin Clark broke the women's career scoring record on February 15 playing Michigan State. It took Clark less than three minutes to score the eight points she needed to surpass Kelsey Plum's record using her signature shot, a 35-foot three-pointer. The game ended with a 106-89 victory over Michigan State and put Clark at 3,569 points, setting a new record for women's basketball, according to AP News.

~By LeeAnn Baker

According to Microsoft and OpenAI, hackers are using ChatGPT to refine and improve their existing cyberattacks

Microsoft and OpenAI revealed that hackers are getting better at using ChatGPT to their advantage and now they are starting to use all the new AI technology emerging, according to *The Verge*. They also suspect that Russia is behind a lot of it. The Strontium group, linked to Russian military intelligence, is using LLM, a large language model. The hacking group, known also as APT28 or Fancy Bear, has also been using LLMs to help with scripting tasks.

~By Cailin Maley

Kansas City Chiefs become the first team to win back-to-back Super Bowls in almost 20 years

The Kansas City Chiefs, who have won three Super Bowls in five seasons, have become the NFL's third-time Super Bowl champion this past Sunday. The Chiefs secured a 25-22 overtime win against the San Francisco 49ers at Allegiant Stadium in Las Vegas, Nevada. This marks the league's modern-day dynasty. The Chiefs' second-half comeback and late heroics in overtime helped them win the game. According to *The Athletic*, the Chiefs' drive, led by quarterback Patrick Mahomes, was a must-have for them, as they have built a reputation for being most dangerous when holding the ball last.

~By Tucker Ross

Dog finds mummified monkeys in passengers suitcase

When completing a routine bag search, a US Customs and Border Protection dog found mummified monkeys, according to AP News. The passenger was returning from Africa when the dog found the mummies, as well as dried fish. This meat, referred to as bushmeat, is illegal in the U.S. because it has a high threat of disease. No charges were made, but the luggage was seized by the US Centers for Disease Control and Prevention.

~By Brooke Bellaver