



# THE DEVIL'S HERALD

**Sports**

**Senior Sendoff**

Page 3

**AG Life**

**Taylor Swift**

Page 4

**Inside**

**News** Page 2

**Sports** Page 3

**AG Life** Page 4

Avon Grove High School, West Grove, Pa.

Friday, November 18, 2022

Volume 24 Issue 3

## COMMUNITY

# From West Grove to Western Tanzania

## Project C.U.R.E. makes a difference for those around the world

By

**Gaby Bellaver**  
Senior Editor

In less developed nations, many cannot afford health care. If they can afford it, hospitals may not have the proper supplies to treat their patients.

These countries are in desperate need of medical supplies. From beds to vaccines to IV poles, these developing nations need all the help they can get.

For the last 30 years, Project C.U.R.E. has become the world's largest distributor of medical products. Since its foundation in 1987, Project C.U.R.E. has provided over 2,000 cargo containers of life-saving medical supplies and equipment to more than 135 countries.

Project C.U.R.E. has seven distribution centers throughout the United States including a Philadelphia location. That center is just a hop, skip, and a jump away from Waltman Way. The Philly center is found at the end of Federal Road and inside the Dansko warehouse in Jennersville.

The facility opened in 2015 and has helped countries like Nigeria, Greece, Ukraine, and many more receive crucial medical supplies.

Countries in need, like Nigeria and Ukraine, will reach out to Project C.U.R.E. members asking for assistance. Volunteers will then head down to these locations to give an assessment.

Their goal with these assessments is to make sure they send supplies that fit the needs of the hospitals/medical centers.

"Our model is really a customized container specific to that location. We work with the health care providers to figure out what they need," said Kathy Hrenko, the director of operations for the Philadelphia center.

After the list of needs is sent out, one of the Project C.U.R.E. facilities will start the packing process.

First comes sorting all of the consumable supplies. Sorters figure out what categories the supplies go into. The supplies then get put into bins and then get audited to make



-Photo courtesy of Kathy Hrenko

AG Med Club stacks boxes filled with medical supplies. These supplies will be sent to aid children in Tanzania.

sure they are in the right spot.

Once the bins have been approved, the supplies are put into boxes according to the product code. The boxes then get weighed and then get an inventory label.

Eventually, the boxes will get moved into the warehouse. This manual labor is all done by volunteers.

Once in the warehouse, the boxes will wait to be put on a pallet. These pallets will have many boxes on them of equipment that a certain country needs.

The warehouses also store biomedical equipment including anesthesia machines, suction pumps, sterilizers, centrifuges, etc. Stored medical supplies range from ban-

dages to needles to surgical packs.

SEE PROJECT CURE PAGE 2

## NEW HIGH SCHOOL

# More student parking open on campus

By

**Ella Bartnik**  
Staff Writer

We finally have begun to see the end of our school's construction come to light, proven by the near completion of both our new auditorium and gymnasium.

The most anticipated project for many juniors and seniors though, was the completion of the new parking lot.

This new parking lot brought the total number of student parking spots up to 326, a much higher number than the 214 spaces allotted to students at the old school.

Many student drivers who did not get a parking spot at the beginning of the school year have been anxiously awaiting this moment, but unfortunately, not everyone found themselves receiving a parking space.

This led many students to ask the question of who receives priority when deciding student parking and why.

With hundreds of eligible drivers applying to receive a parking space, it is reason-

able to assume that the school might not have room to accommodate all of them.

Despite this, that doesn't change the negative feelings emanating from those who didn't receive one.

The school and administration did try to make as many parking spots available to students as possible.

"Originally, students were only going to park in the front lot, but we wanted to allow for as many students to park on campus as possible. Therefore, we added student parking in the back lot as well," said Avon Grove High School Principal Dr. Snead.

However, with no plans to add additional parking spaces anytime soon, some students will have to simply wait and try again next year.

While waiting, here is important information that will help you plan and secure that parking space for next school year.

According to school administration, student parking is prioritized into 4 areas.

Priority 1 will give spots to any students in Dual Enrollment courses, Co-op students,

those in the Teacher Leadership Academy, Health Career Academy, and Allied Health, as well as students who have internships.

Priority 2 will give spaces to seniors who are employed, involved in seasonal sports, and/or other school activities/clubs.

Priority 3 is for all other seniors, and Priority 4 is then given to juniors who are employed after school, involved in seasonal sports, and/or school activities/clubs.



-Photo by Jackson Morris

Students with parking permits will be able to park in the back of the high school.

COMMUNITY

# Med Club lends a hand around the world

FROM PROJECT CURE PAGE 1

Medical equipment that is durable and nonelectrical such as beds, desks, IV poles, crutches, over-the-bed tables, ICU beds, chairs, and anything else that would be needed in a medical center, is also stored here.

All of these wonderful supplies have been donated. Hospitals will gift resources that are no longer needed in the U.S.

The equipment is still in good working order but tends to be a little older. When U.S. hospitals get the newer more advanced models, they must get rid of the old equipment.

"One of the reasons people donate things to us is because [the supplies] are expired or close to being expired," explained Hrenko.

The resources, especially for those in great need, are still functional for a short period of time. "Some countries cannot take expired medical resources, so we send them supplies with 'long life.'"

For the Philadelphia location, Jennersville Hospital was a large donor of biomedical equipment, medical equipment, and medical supplies.

"When we opened up we had an empty warehouse. Jennersville Hospital was our very first

procurement partner and we got so many amazing supplies and equipment," reflected Hrenko.

"We were sad to see that the hospital was closing. But when they finally made the decision that that was what's going to happen, they had all of these surgical instrument trays that had been built for upcoming surgeries, and they gifted all of that to us."

Hrenko and Project C.U.R.E. were able to send these supplies to Ukraine. Some of the equipment could help with immediate wounds, while others will help with more complicated emergencies.

"We gifted them something from little old Jennersville Hospital. That's going to end up who knows where. [The supplies] could be working on somebody's brain! It's pretty amazing that that is possible," said Hrenko.

"Even though it was sad, good things still came from that."

On a warm Friday in November, the Avon Grove Med Club made a stop by the facility. Along with monthly presenters to learn about different medical fields, the Med Club aims to gain hands-on experience in the medical field.

"We wanted to find volunteer opportunities. With COVID it was hard to get into hospitals," said President Kalli Albers. "We stum-



-Photo by Gaby Bellaver

Med Club members search the warehouse to find the correct supplies.

bled upon Project C.U.R.E. and made plans to visit and help them out."

The Med Club has been stopping by the warehouse for 2 years now. On this trip, Med Club members pulled almost 100 boxes that would be put on the truck for Tanzania.

The boxes the members pulled held bandages, bedlinens, surgical gowns, skin supplies, catheters, syringes, casting supplies, and braces. Tanzania hospitals also are getting biomedical equipment and beds.

"I've always enjoyed helping out at Project C.U.R.E.," said ju-

nior Ainsley Holman. "The people are wonderful and it's amazing to see what we can accomplish in such a short amount of time."

There are 6 different medical facilities in Tanzania where these products will be sent to. The supplies will make an impact on hundreds of thousands of people.

"It makes me feel happy and proud that the work I'm doing is being put to use. Knowing that I changed someone's life by helping pack a box that will provide them with better healthcare is amazing," continued Holman.

Project C.U.R.E. welcomes anyone who wants to volunteer

with open arms.

As for Avon Grove's involvement: "We hope to find more dates in the future where we can stop by and help," said Albers. "It's a great opportunity to learn more about the medical field on a global scale and make a difference."

To sign up for Project C.U.R.E visit their website <https://project-cure.org/location/philadelphia/> and learn about all the wonderful volunteer opportunities and internships they offer.

COMMUNITY

# To jump or not to jump?

## The practice of daylight saving time has been threatened by the proposal of the Sunshine Protection Act

By  
Riley Wiercinski  
Editor

Let's get one thing straight: it's daylight saving time, not daylight savings time. And everything you thought you knew about it is a lie.

Daylight saving has nothing to do with farmers.

Or conserving energy.

Or Ben Franklin.

Or boosting the economy.

Or Americans just being difficult.

Originally nicknamed "War Time," the Germans established daylight saving in 1916 to cut artificial light usage and conserve fuel for troops in World War I.

Americans got their first taste of daylight saving in 1918, however, it was quickly squandered by President Woodrow Wilson after intense debates of relevance in times of peace.

When Franklin D. Roosevelt became president in 1942, he re-instituted "War Time" with a twist. He established a bi-yearly time change to maximize daylight, however, this twist was highly controversial and inevitably split the country.

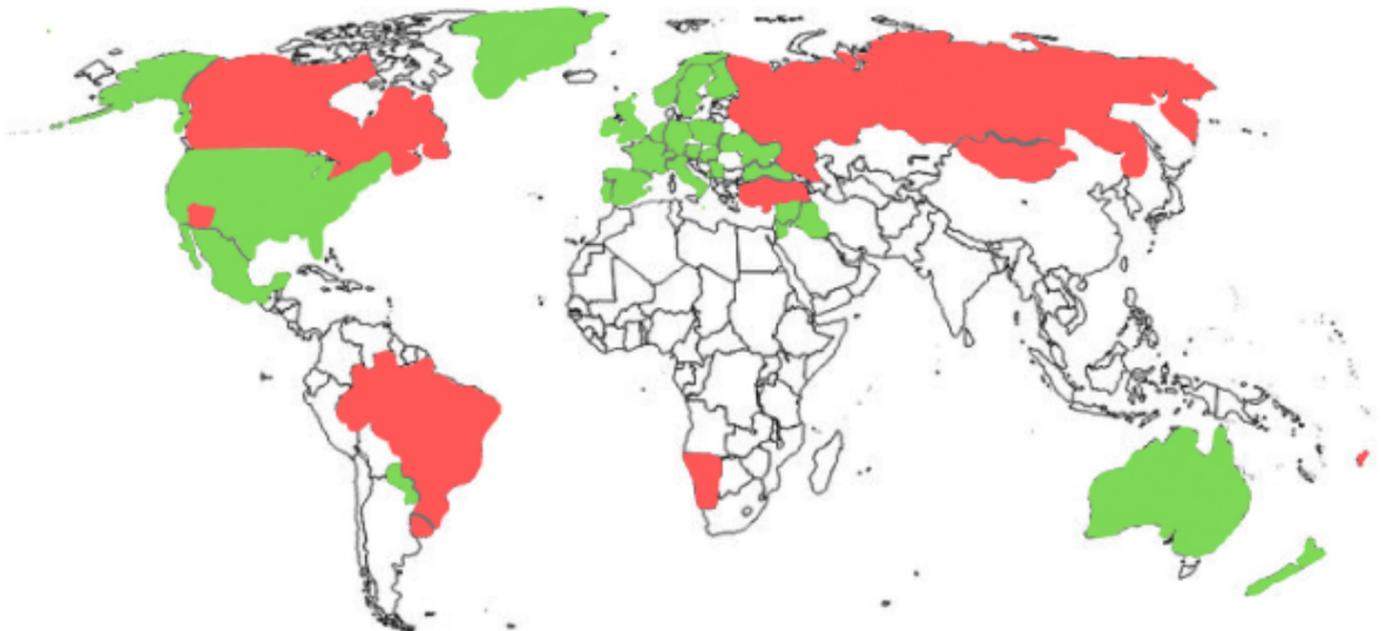
Roosevelt's version of daylight saving came to a close with the end of World War II, leading to further state conflicts and nationwide division.

Congress soon grew tired of constantly shifting time and instituted the Uniform Time Act of 1966.

## WHAT COUNTRIES PARTICIPATE IN DAYLIGHT SAVING?

According to [WORLDDATA.INFO](http://WORLDDATA.INFO)

KEY:  
CURRENTLY PARTICIPATE  
ABOLISHED  
NEVER PARTICIPATED



The Uniform Time Act established time zones and mandated standard time across the country. It was declared that all clocks would "spring forward" at 2:00a.m. on the last Sunday of April and "fall back" at 2:00a.m. on the last Sunday of October.

However, states had the power to exempt themselves from Congressional time changes. They had the opportunity to opt-out of

yearly clock advancements, but they couldn't return to daylight saving without federal permission.

Arizona and Hawaii jumped at this opportunity, quickly removing themselves from the observation of daylight saving.

The current system of daylight saving in the US was implemented in 2007, in hopes to give young children more sunlight while trick-or-treating on Halloween. The

annual advancement now takes place on the second Sunday of March, while clocks turn back on the first Sunday of November.

A study by the US Department of Energy in 2008 shows that daylight saving time has been proven to save at least 1.3 billion kilowatt-hours per year.

"This is roughly the amount of electricity used by more than 100,000 households for a whole

year," the US Department of Energy told CNN.

However, while daylight saving reduces light usage, a 2008 study by the National Bureau of Economic Research found that the time change increases the demand for heating and air conditioning.

SEE TIME PAGE 5



# HERALD SPORTS

● **Nov. 18**

**Boys Ice Hockey**  
vs. Downingtown East,  
Ice Line, 6:30p.m.

**Girls Ice Hockey**  
vs. D'town East-Shanahan,  
Ice Line, 7:50p.m

● **Dec. 5**

**Boys Ice Hockey**  
vs. Unionville,  
Ice Line, 9:15p.m.

● **Dec. 6**

**Boys Basketball**  
vs. Sun Valley, 6:45p.m.  
**Girls Basketball**  
@ Chichester, 6:45p.m.

Friday, November 18, 2022

Page 3

**CLASS OF 2023**

## One last ride

### Senior athletes say goodbye to their fall sports

By  
**Jackson Morris**  
Senior Editor

For the Class of 2023, this year has been a year of "lasts." Last first day of school, last spirit week, last Homecoming.

For senior athletes, there has been a completely different set of "lasts." Last time trying out, last home game, last meet, last time putting on the uniform.

Senior athletes have poured their hearts and souls to their respective teams, and, for many of them, saying goodbye to their sport has been an emotional and bittersweet process.

Senior soccer player Tyler Clark, like many, isn't ready to say goodbye. Clark says it has been hard not just because of this being his last season, but also because of the desire to go farther with his team during the season.

"Saying goodbye was very difficult because we could've gone farther past the regular season, but this will be an experience I will never forget."

The boys soccer team finished 9-9 and only 2 spots away from a playoff berth.

On the contrary to Clark, some seniors are ready to say goodbye to their fall sport. Cross country

runner Ethan Hudson said that while he will miss XC, he is ready to say goodbye.

"Even though it makes me sad that XC is ending, it's like a big relief when I hear it's coming to an end. Cross country made a big impact on my life and now I will always have great stories to tell later in life about the team and how fun it was to run and get to know everyone individually."

Some fall sports seniors don't have to say goodbye just yet, however. Cheerleader Karina Greco says the end of the fall season is one of two goodbyes she is still not ready to say.

"Cheerleading has been apart of my life for ten years and soon I have to say goodbye. Although FNL (Friday Night Lights) is ending, I'm looking forward for competition season and performing with my team a couple last times," said Greco.

For a lucky few senior athletes, the end of their high school athletic career is just the beginning. Cross country captain Gavin McGinn and girls volleyball player Alexa Kelleher both say this season has been bittersweet, but they are both excited for the next chapters of their athletic careers.

"I am ready to move on and continue running cross country

in college. The past four years of cross country have been nothing but amazing, and I wish all of my fellow seniors good luck if they choose to continue their sports through college," says McGinn.

"It helps me to know that I will be playing in college and that wasn't my last ever game of volleyball. However, it is still hard to say goodbye to the people I've been playing with all throughout high school," says Kelleher.

While different seniors are taking different approaches to coming to terms with their final season, all have said that goodbye has been less than easy. One feeling that can overcome the sadness that these seniors feel, however: gratitude.

Many seniors, including girls soccer player Rachel Enache, says that gratitude surpasses the sadness she feels. She is thankful for the program that she has loved and the teammates she has had.

"My teammates are my best friends and playing soccer has been the highlight of my past four years. I am so grateful for them and I am going to miss the team so much."



-Photo courtesy of Rachel Enache  
Rachel Enache dribbles up the field against Garnet Valley.



-Photo courtesy of Ethan Hudson  
Ethan Hudson paces himself during a cross country race.

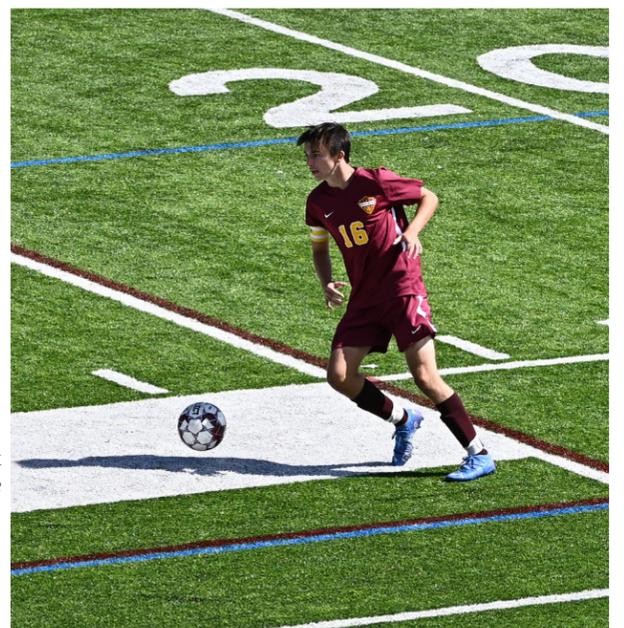


-Photo courtesy of Gavin McGinn  
Gavin McGinn edges out the competition to finish his cross country race.



-Photo courtesy of Alexa Kelleher  
Alexa Kelleher (above) slams down a kill against Penncrest.

-Photo courtesy of Tyler Clark  
Tyler Clark (right) surveys the field before making a pass.



### MUSIC REVIEW

# Dear Reader, go listen to 'Midnights' Taylor Swift's new album is out now

By  
**Maddie Butler**  
Editor

Taylor Swift has yet again sparked the rise of a new era for her career and fans alike with her newest album, *Midnights*.

*Midnights*, as its title would suggest, transports listeners back in time to sleepless nights faced by Swift throughout her life.

Regret, heartbreak, and even vengeance are covered in this electrifying composition of 1960s inspired pop songs. The diversity of sounds and wide array of situations provide many possibilities of relating to a song or multiple.

Even if you can't find one to relate to, the ability of Swift to encapture a listener's attention through sophisticated bridges and eloquently worded verses can be welcoming to all, as long as you give the album a chance.

From within the four walls of your own room, you can undergo a series of bad and good emotions, which is a talent not shared by many artists, which is probably why the Top 10 in *Billboard's* Hot 100 for the week of November 5 are all songs off of *Midnights*.

Another reason for the popularity of *Midnights*, combined with the fact that it is a genius album that blesses the ears of its listeners, is the commitment put forth by fans to picking apart lyrics and patterns as though they were smoke signals.

These theories can include inferences on who the songs are about, what meaning specific lines hold, or hints on what is next for Taylor Swift's career.

The songs written by Swift are known to be highly Machiavelian, so reading (or listening) into things is always a must.

If you haven't listened to the album yet, the following are my opinions on songs from the album and some theories deducted from the underlying messages communicated by Swift.

#### "Lavender Haze"

"Lavender Haze" was perfectly picked by Swift to be track 1. It is very pop and has a very upbeat tone that makes the song an easy transition into this whirlwind of an album.

Although the beat is new and captivating as it matches the theme of the 1960s to a tee, the lyrics are easily memorized and catchy. The main verse repeated throughout is, "I just wanna stay in that lavender haze," which conveys this idea exactly.

The words are nothing special within themselves, but the way in which Swift says them is mesmerizing and sounds like a tune flowing from a 1960s record player within a wood-paneled room with loud accents and vintage furniture.

This song is undeniably similar to her songs featured on her album *Lover*, leading many to believe that this song has the same inspiration, her current boyfriend Joe Alwyn.

#### "Maroon"

The submersion into a feeling

of insomnia and remembrance is hastened by track 2, "Maroon," that keeps with the pop undertones of appealing verses, but starts to incorporate more of the general air of *Midnights*.

The hushed words of Swift that almost abandons singing entirely in some parts, such as her execution of the line, "Sobbing with your head in your hands," creates the melodic tone that is so well utilized in this album.

This song in particular is most likely to be a furtherance of her album *Red*, and inspired by her relationship with Jake Gyllenhal.

A key indicator of this is the numerous allusions to the word red itself such as scarlett, maroon, or burgundy.

Imagery is also used to indirectly signify the color red. For example, the use of words like blood, lips, rubies, roses, and wine are used a lot throughout and are emphasized in tone.

The lyrics, "The one I was dancing with in New York," could be a clue as well since Swift sings in another song about Gyllenhal on her album *Red*, "We're dancing 'round the kitchen in the refrigerator light."

#### "Anti-Hero"

"Anti-Hero" is an exact synonym for the writing style of Taylor Swift.

Her artful lyrics that encompass so much emotion in witty lines that would win her the complexity point on a DBQ rubric for any AP Exam are jabbed right into the mind of the listener in this song.

It is the most likely theory that this song is about herself and that the person she is scared of losing validation from is us, her fans. She directly addresses the listener with second-person pronouns like "you" a multitude of times.

Swift mentions that she is scared of her fans leaving, "Cause you got tired of my scheming." This could reflect the "Easter eggs" that Swift is so well-known for.

She even attacks her method of writing as she asks, "Did you hear my covert narcissism I disguise as altruism like some kind of congressman?" Which, yes, is intentionally very confusing.

It means that she knows the

intricate lyrics and large words employed in her songs come off as conceded.

Though speaking as a die hard Taylor Swift fan, we love them nonetheless.

This song was written by Swift to be an anthem of her deepest worries, but many can still relate regardless. So if you ever feel like you're "a monster on the hill," this may be your anthem as well.

#### "Snow on the Beach"

This song features the singer, Lana Del Ray, and even though her presence is known, it is not so easily heard.

At certain times breathing in the background can be made out to be Lana Del Ray and some vocals, but she must have sched-

uled her vocal rest during the recording of this song.

Despite of this devastating drawback, this song's resonance creates the setting of peaceful blizzard with whirring snowflakes.

The song can be monotonous at times but remains breathtaking. This is best explained through the use of aurora borealis green as a depicter of the memory described.

This song is guaranteed to ascend you into a dream-like mindset with calm but snappy melodies. It's almost enough to forgive the lack of words sang by Lana Del Ray.

#### "You're On Your Own, Kid"

The bridge in this song is the single most magnificent string of words tied together in music ever. It comes across as a run-on sentence that leaves the listener breathless, or at least I was after hearing it for the first time.

This song brings you with Swift

on her journey of growing up and how she had to learn to look out for herself and make the most of the difficult situations she faced.

A crucial part of songs to be analyzed when written by Taylor Swift is how they sound as all of her songs differ so vividly. For this song specifically, it sounds very youthful, reflecting the song's theme of watching her grow up.

Swift strikes yet again with her excellent storytelling skills in order to portray this theme and takes you from her leaving home to where she is now and all that she has accomplished.

#### "Midnight Rain"

I love the morphed voice used in this song.

I think it is different and makes

this song

standout from

others on the

album. This is

fitting as Tay-

lor Lautner,

the probable

inspiration

for "Midnight

Rain," is very

different from

her other boy-

friends.

"Back to

December" is

a song off of

Swift's album

*Speak Now*

and details

the regret that

she had after

breaking up

with him, and

compliments

him as a per-

son many

times.

Lautner

is an ex that

contrasts

loudly from

most of Tay-

lor Swift's

other ex-boy-

friends, so it

makes sense

that she

keeps this

true for the

song about

him on *Midnights*.

Swift even says that she "was making my own name" as her name would also be Taylor Lautner if they did end up getting married.

The lyrics themselves may be very clearly applicable to one person when thinking about Swift's inspiration, but the song can be enjoyed by anyone. Except for Taylor Lautner.

#### "Question...?"

"Can I ask you a question?"

This can either be a really scary text you just received or the introduction to a phenomenal verse by Taylor Swift.

If it's the latter, then I suggest you listen because the lines that follow paint a perfect picture of bad timing, unresolved feelings, and a recount of what she remembers.

Not only does this song manage to instill a story of movie-like

quality into the listener's mind, but it is an absolute bop.

The scrutinizing tone of voice used by Swift throughout this song should come across as annoyingly serious, however, the upbeat tempo placed behind it and Swift's natural talent of emphasisation all combine into a masterpiece.

In fact, the interrogational tone makes this song into the uniquely genius work of art it is.

#### "Vigilante"

Besides Taylor Swift's incredible ability to tell a story within her music, her next best skill is the bravery she has.

In order to understand this you have to understand why Scooter Braun is despicable.

Braun was the owner of six of Swift's albums after he purchased them in 2019 after Swift spent years trying to buy them herself from Big Machine Records.

He then sold this music to another private group, which is why Taylor Swift is now re-recording those six albums.

This is such a big deal because that is music that was written by Swift and sang by her, but because of Braun, she no longer receives royalties from it and she cannot use it without permission (which they have refused on multiple occasions).

This song shows the anger and frustration Swift has experienced from this situation, but does not show defeat. Just like how Swift began to remake the music that was taken from her, she has plastered this incident into the minds of the public forever.

As detailed in the song, Scooter Braun, now facing a major lawsuit and a finalized divorce, has really let Taylor Swift follow her own advice of "don't get sad, get revenge."

#### "Bejeweled"

I am not even going to mention possibilities for who was "walking all over" Swift's "peace of mind."

"Bejeweled" isn't about them, it's about you.

When listening to this song you should be dancing, you should be singing, and you should be throwing your hands up everytime Swift says "shimmer."

I don't make the rules, Swift did when her pronunciation of "sparkling" made me drop to the ground the first time I heard it.

This song will hit you with a ton of bricks, but you won't even be able to feel it because the weightlessness that is radiating off of this song is incomprehensible.

Go listen to this song, and I guarantee it will be in your top five.

#### "Labyrinth"

Whatever the opposite of "Bejeweled" is, that's what you can expect from "Labyrinth."

Imagine standing on the edge of an airplane and jumping out, but instead of falling fast, you fall slowly and you spin the entire time.

That is what this song feels like.

## Midnights Track List

Lavender Haze

Question...?

Maroon

Vigilante

Anti-Hero

Bejeweled

Snow On  
the Beach

Labyrinth

You're On

Karma

Your Own, Kid

Sweet  
Nothing

Midnight Rain

Mastermind

## MUSIC REVIEW

## Swift releases 'Midnights (3am Edition)'

SWIFT FROM PAGE 4

It is painstakingly gorgeous and may make you never get on an elevator again.

**"Karma"**

This song may have meant to have been an album, but apparently it never will be.

In 2016, Swift was expected to release an album due to her schedule of releasing one every 2 years prior to that, but with the Scooter Braun scandal and revival of the Kanye West feud, we never got an album.

Many have since believed that "Karma" was an unreleased album that was skipped and replaced with *Reputation*, but in this song Taylor disagrees.

Karma may be a god, breeze, and a relaxing thought, but it will not be an album.

I'm not even mad though that we Swifties look really dumb right now because this song hits.

**"Sweet Nothing"**

In all honesty I wasn't a fan the first time I heard this song. That mindset only lasted until I realized what meaning it held between its lines.

Taylor Swift was 16 when she released her first album, *Debut*. Ever since the media has wanted to watch her every move, and her fans have wanted to analyze them.

It makes sense, then, why she

would find comfort in someone that was so unlike the public she faces everyday.

As "All that you ever wanted from me was nothing," her current boyfriend, Joe Alwyn, is painted as a saint in casual clothing.

The depth that Swift is able to go into about how amazing he is without actually directly stating it is impeccable.

I've been complimenting Swift's songs this entire time, but I've only mentioned how this amounts to her actual talent once or twice.

Just from this song, I know that Joe Alwyn on the other hand, as he does with her poetry, would have said "what a mind," and complimented her rather than her work.

In other words, listen to this song about 10 times before you decide if you like it or not.

**"Mastermind"**

When listening to this song it is important to keep the explanation, "You see all the wisest women had to do it this way 'cause we were born to be the pawn in every lover's game" in mind.

This is Swift acknowledging that love shouldn't be calculated or made into a game. She only makes it out to be one with her use of words like "checkmate," "equation," and "groundwork" because she feels she has no other choice. She tells the tale that many

face by trying to gain attention and praise their entire life, so something as natural as love doesn't seem like it should happen without effort.

This mindset which "sets the scene for this tale" as Swift details the plotting and scheming she thought she had to do in order to make someone like her.

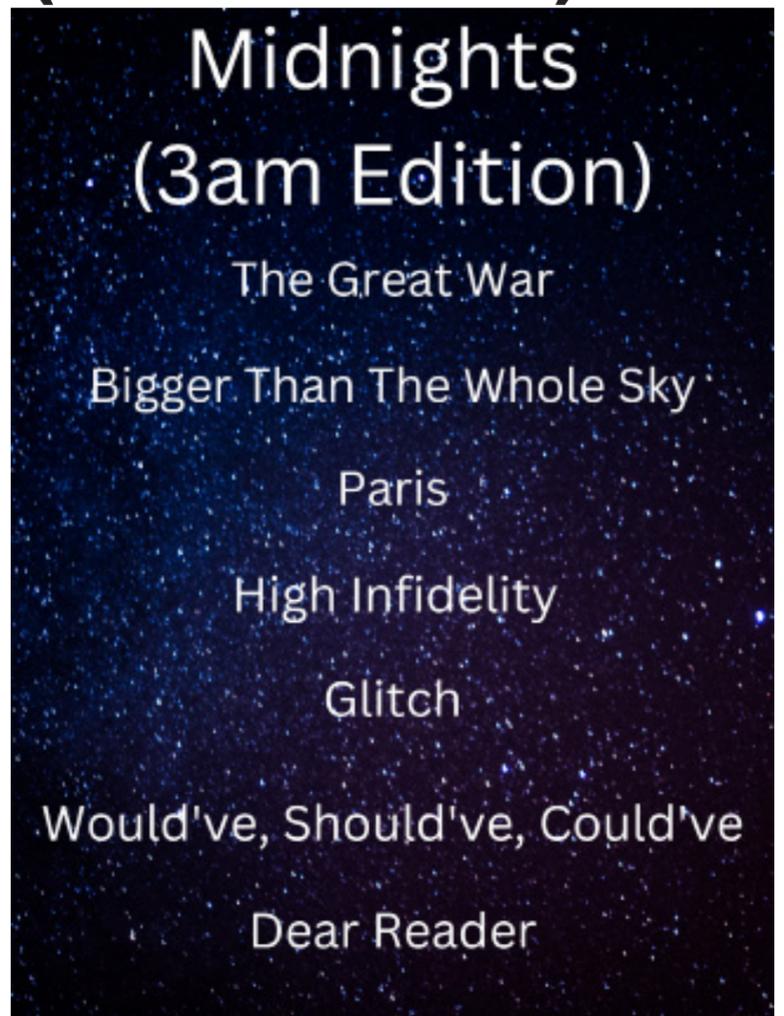
This song comes in full circle, however, when a "wide smirk" startles the course of her spiral and it is revealed that her partner knew all along, turning her confession into a realization.

There is no need to be "cryptic" in order to make someone care, as well as the realization that Taylor Swift is a mastermind, but we all already knew that.

The same day that the first 13 tracks of *Midnights* were released, the 3:00a.m. version was released with an additional seven more tracks.

All of these songs are able to be picked apart and sifted through for hidden meanings just as I did to the first 13, so I highly recommend you drop what you're doing and grab a notebook to jot your thoughts down while listening.

And definitely don't buy tickets to her tour. It is hard enough already preparing for "The Great



War" that's about to go down on Ticketmaster without an additional influx of new fans.

## COMMUNITY

## Sunshine Protection Act to be considered

TIME FROM PAGE 2

Overall electricity consumption stays virtually consistent across the US, despite the bi-yearly clock switch.

So why have we continued the practice of daylight saving?

Though the recent midterm elections have overshadowed the prominence of daylight saving, this issue has been discussed again and again throughout the course of the COVID-19 pandemic.

Furthermore, a 2019 study by the Vanderbilt Sleep Division suggests that 71% of Americans are in favor of abolishing daylight saving.

The Senate has turned to the proposal of the Sunshine Protection Act, that if signed by President Joe Biden, will push US time zones an hour ahead of standard time and make daylight saving time permanent.

"I know this is not the most important issue confronting America, but it's one of those issues where there's a lot of agreement. If we can get this passed, we don't have to do this stupidity anymore," recently re-elected U.S. Senator Marco Rubio, told Reuters.

After the Senate's unanimous approval of the Sunshine Protection Act on March 15, 2022, the bill was passed to the House of Representatives.

Unfortunately, the House hasn't assigned the bill to a hearing or committee, which might play a factor in its ratification.

"Currently, the bill is being held at the desk, which means the House probably doesn't plan to assign it to a committee. At this point, it isn't even making its way through the legislative process," says Avon Grove social studies teacher Mrs. Polin. "So I think it's very unlikely for the Sunshine Protection Act to pass in the future."

Senators hope to have the Sunshine Protection Act approved by January in an attempt to jump forward in March, without ever having to turn the clocks back again. This would allow reunification with Arizona, Hawaii, and other US territories that don't participate in daylight saving.

Also, a Rutgers study explained that about 350 lives could be saved per year as a result of more light during rush hour, and it could decrease the crime rate, especially in teens, by 20%.

The increased sunlight would also reduce the amount of oil and gas required to heat homes and businesses. The California Energy Commission estimates that 3.4% of California's winter energy and resource usage could be saved.

However, the Energy and Commerce Committee of the House of

Representatives argues that the hour loss of sleep affects children for weeks at a time and might lead to further health problems for adolescents.

"If we do this, it's essentially dosing the entire United States with permanent jet lag," Dr. Nathaniel F. Watson, a neurologist at the University of Washington Medicine Sleep Center, told NBC Chicago.

A study done by the American Academy of Sleep Medicine suggests that the move to permanent daylight saving, as proposed through the Sunshine Protection Act, would cause serious hormonal imbalance. Sleep schedules would be drastically affected as melatonin, the chemical messenger that induces sleep and tiredness, isn't produced until the sun sets.

While it is true that student sleep schedules might be tampered with, the current method of daylight saving is far more harmful.

"I mean, it's really tough to adjust your sleep schedule to the point of tuning your body back that hour," says junior Eden Moore. "Even today, I woke up an hour earlier than I was supposed to and it's probably going to take some adjustment, but I don't get why the time change is so difficult to go through."

Each time the clock changes sleep homeostasis, the desire to sleep, and natural circadian rhythms, your 24-hour biological cycle that regulates the timing of sleep and wakefulness throughout the day, are affected. Because of this, Americans lose up to half an hour of sleep per night during daylight saving.

Circadian rhythm disruption poses increased risks of several health problems, like blood pressure changes, slowed metabolism in children, weight gain, cluster headaches, migraines, and cardiovascular diseases. Daylight saving also leads people to be more susceptible to mental health disorders like depression, anxiety, and eating disorders.

For example, the University of Southern California Michelson Center for Convergent Bioscience performed several studies to determine the health risks associated with time changes: 24% increased risk of heart attacks, 8% increased risk of stroke, 11% increased risk of mental health and cognitive issues in teenagers, and a 3% increased risk of digestive and immune-related disorders.

"Humans are not evolved for night shifts, nighttime lights, and intercontinental travel. Modern life challenges to our circadian system present a long-term threat to our health," Steve Kay, the direc-

tor of the University of Southern California Michelson Center for Convergent Bioscience, told *USC News*.

Either way, the abolition of daylight saving or the implementation of the Sunshine Protection Act would lead to exorbitant social changes.

"There have already been recommendations from the American Association of Pediatrics that say that high school should start later, so this bill might play into that. Students shouldn't ever have to be learning while it's still dark outside," says Polin.

In some areas, sunrise wouldn't occur until about 9:30a.m., which immediately contradicts solar time, part of standard human biology as our hormonal cycles feed off the sun. In perfect solar time, the sun would reach its highest point at exactly noon.

However, it should be noted that all countries that have attempted to pass a bill like the Sunshine Protection Act faced severe backlash, leading to the complete abolition of all daylight saving practices in the area.

The future is completely in the hands of the government, but is passing the Sunshine Protection Act a risk they are willing to take?

## PROFILE

## Herrman reflects on past, future of AGHS

By

Erin Harrington

Staff Writer

Over the past couple of years, this school district has been no stranger to change. We went online for COVID, then came back in person, and then we switched buildings.

However, our school has been changing for many years in ways that most students here wouldn't even think about. Mr. Herrman

was one of the teachers who got to watch our school develop, from two very different perspectives.

Right now, Mr. Herrman teaches Introduction to CAD, Engineering CAD, Architectural CAD, Agriculture 1 and 2, and a production and technology class, but that is not where his time with Avon Grove started.

Mr. Herrman graduated from Avon Grove High School in 2005, so it's safe to say that he has seen his fair share of changes in our

school.

Mr. Herrman said that Avon Grove's Technology Department was one of the main reasons he decided to come back to teach at AG, but he also says that the increase in technology was very hard to get used to as a teacher.

"When I was in school, the only time I ever got on a computer was to write a paper," said Mr. Herrman. So the use of Schoology was one of the biggest changes he had to get used to when he

came back to teach.

While Schoology made things significantly easier, he says that all students having a phone as a major distraction was something he had to adjust to because when he was a student, most people got phones around the same time they started to drive, but Mr. Herrman described his phone as, "a great big block that you had to hit the numbers three times to get them to work," so phones were not nearly as much of a distraction

as they are now.

Our school has already changed so much since it was first founded in 1928, but our school district is definitely not done changing.

Looking back at the past with Mr. Herrman helps students realize how much the school can change in such a short period of time, and it provides excitement to see the changes that will come in the future.