

THE DEVIL'S HERALD

Avon Grove High School, West Grove, Pa.

Friday, January 29, 2021

Volume 22 Issue 5

CLUBS

Sewing club continues to help the community through donations



-Picture courtesy of McKenzie Bachman

Sewing club students take necessary precautions during their meetings, like social distancing, being outside, and wearing masks, in order to keep each other safe.

By
Natalie Kelmelis
Senior Editor

In a time with so little certainty and regularity, it's relieving to know that one of Avon Grove's long running clubs can continue to keep up through the hardships of pandemic life.

The Sewing Club has been an Avon Grove mainstay for years. It's a club where AG students can come together to hang out, learn a new skill, and contribute to the community, which, despite the closure of school, continues to run through the pandemic.

The Sewing Club meets on Thursdays from 3:00-4:00p.m. in the senior courtyard. Members get together to work and socialize while socially distancing outside. They wear masks in order to stay safe while sewing with each other.

Members who can't make in-person meetings are always welcome to join the simultaneous Zoom call, as not to miss important news or updates about the club and their work.

An array of products, such as blankets, pillow cases, and dog toys, are made by the Sewing Club to be donated and sold to the community.

The blankets they craft are donated to medical facilities, such as Nemours/Alfred I. duPont Hospital for Children and Children's Hospital of Philadelphia for their patients.



-Picture courtesy of McKenzie Bachman

The Sewing Club donates blankets to local children's hospitals.

They also make pillow cases for Ryan's Case for Smiles, an organization that aims to improve the healing process for children with cancer by brightening up their hospital rooms with "whimsical" pillow cases.

The Sewing Club wishes to waste no resources, which is why the scraps of fabric from their bigger projects are used to make dog toys for the ASPCA. They also put together kits for people in the community to make their own dog toys.

Many people find this to be a great way to keep their hands busy while doing other work, or just a relaxing pastime.

As with every club and organization at Avon Grove, the Sewing Club has made some changes to the way things are done. Aside from the social distancing and outdoor work, they have to deal with issues such as the wind blowing their fabric or losing their IE time, which is when they used to meet.

Despite the setbacks, they continue to persist in order to get all their donations done, even if it has been more difficult to get the amount they need done this year.

They also take proper precautions with their work. Their tools are sanitized after their meetings in order to keep them clean, and all blankets and cases are washed before being shipped out so that they're no danger to their recipients.

Avon Grove senior Caroline Czerpak encourages students at AG to join the club. She says that it's a great way to learn a new skill while talking and having fun.

"Everyone is super nice there and it's great for the community," she adds.

One doesn't need to be able to sew going into the club. New members will be taught how, and the club could always use the help.

The Sewing Club is always happy to take in new members, which can join by speaking with Mrs. Reynolds, Avon Grove's textile teacher, and joining the Sewing Club Schoology page, which gives regular updates for its members.

CLUBS

Our Minds Matter brings awareness to mental health

By
Salvador Torres-Sanchez
Staff Writer

Ever had a bad day at school or work? Did you ever feel like you were overwhelmed by stress?

In the Our Minds Matter club you can get rid of all that stress just by participating in a "Wellness Wednesday" activity.

Our Minds Matter is a national club that is normalizing the conversation of mental health by using many different methods such as increasing help-seeking resources, promoting social connectedness, and encouraging self-care.

With these methods they make sure that students are aware of the resources the school provides for them and makes sure students are aware that their feelings matter just as much as they do.

Providing resources and notifying students where to go to seek help for depression and anxiety is one main goal for the Our Minds Matter club, "We want to make sure that students know where to go to help others who need help with mental health issues. We'd like to help as many people as possible," stated guidance counselor and advisor Mrs. Markowitz.

The Our Minds Matter club's main goals are to help normalize conversing about mental health, increase awareness for mental health, create an open space where students can freely discuss their feelings safely, teach healthy coping strategies for rough times, promote local resources for help with mental health, and address issues that can produce a decline in mental health.

They want to make mental health a topic they can discuss freely and at the same time see a decline in mental health issues.

"We want to break the stigma and bring awareness to mental health issues to possibly make a decline," said club leader Sophia Crossan.

The Our Minds Matter club brings more help to students who are having rough times by teaching them strategies to use.

Right now the Our Minds Matter club holds Zoom call meetings every other week and on an off week they hold a "Wellness Wednesday" activity that is a 10 to 15 minute mindfulness activity. Some activities include participating in a yoga session, sharing information about mental health, getting to know more about members, and creating a safe, friendly community.

They're mainly prioritizing students' well being by making them feel like they have a

place to go to when they join the Zoom meeting.

"We want to make a safe place where students can speak their thoughts freely without any judgment," said Sophia Crossan.

Our Minds Matter club helps students be more open about how they feel and what they can do to feel better.

One thing the Our Minds Matter club is planning to do next is creating letters and sending them out to local first responders.

"We really want to get a lot of thank you letters/drawings from little kids to send to the nurses/doctors! Anyone can do this. We just want to spread joy," said Crossan.

The box to put the letters in will be outside of the high school at the front doors, so put as many as possible so they can be sent to Jenersville Hospital.

Once they finish doing that they will also be holding a kindness week so people can participate in doing kind deeds.

General Hotlines/National Organizations for Mental Health

Anxiety and Depression Association of America (ADAA)(240-485-1001)
Children and Adults with Attention-Deficit/Hyperactivity Disorder (CHADD)
(800-233-4050)

Depression and Bipolar Support Alliance (DBSA) (800-826-3632)
International OCD Foundation (617-973-5801)

National Center of Excellence for Eating Disorders (NCEED) (800-931-2237)
Schizophrenia and Related Disorders Alliance of America (SARDA)
(240-423-9432)

Sidran Institute helps people understand, manage and treat trauma and dissociation
(410-825-8888)

Treatment and Research Advancements for Borderline Personality Disorder (TARA)
(888-482-7227)

Suicide & Crisis:

The American Foundation for Suicide Prevention
(888-333-2377)

The National Domestic Violence Hotline
(800-799-7233)

The Suicide Prevention Lifeline(800-273-8255)

Finding Treatment:
HelpWhenYouNeedIt.Org
Psychology Today

SAMHSA Treatment Locator (800-662-4357)

Sp Adobe Spark

The club also plans to create small cards that can be used to ask for help, so instead of having to say, "I need help," you can hand the card to someone so they can know that you need help. The card will also have steps to let the person reading the card know how they can help you.

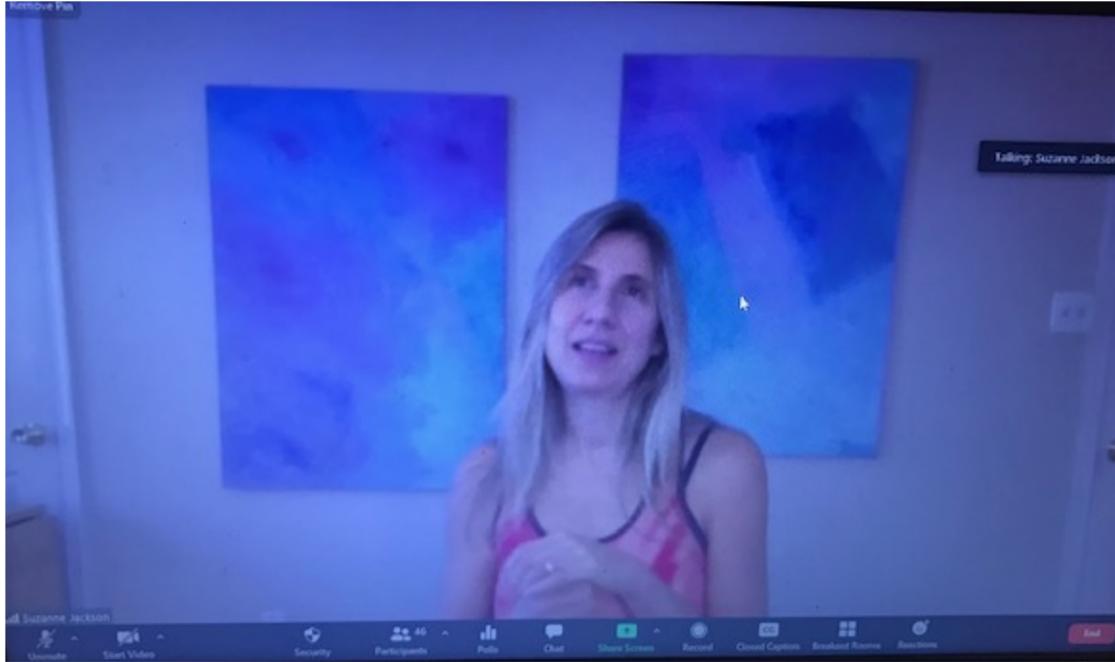
People can join the club by joining their schoology group using the code QH5G-JBD8-83386, following their instagram account @ourmindsmatter_aghs, or reaching out to the club leaders/founders Max Haas (mhaas1@myagsd.net) and Sophia Crossan (scrossan@myagsd.net). They are hoping to grow as a club and be able to help as many people as they can.

Leader/founder Sophia Crossan and Max Haas are both eager to motivate students to join, "Anyone can join, and we encourage students to," said Sophia Crossan.

Therefore, the more people who join the Our Minds Matter club, the more you can help others by bringing awareness to mental health and/or getting help yourself with the strategies and resources provided by the club and school.

CHORALE

AG Chorale works with professional opera singer



-Picture captured by Mrs. Wilcox

By

Maddie Reisinger
Staff Writer

The AGHS choir recently had the opportunity to put together a winter concert with Mrs. Suzanne Jackson, a professional opera singer who has worked with actress Emma Stone and opera singer Placido Domingo.

Mrs. Jackson collaborated with the choir for the song, "Away In the Manger," by Ola Gjeilo, then came to AG via Zoom to teach students how to connect yoga, breath, and voice together.

While putting together the concert using an advanced software called SoundTrap, students were able to record their parts to be put together in one, while Mrs. Jackson sent in her part separately to be mixed with students' voices.

"Not only did the students gain the experience of seeing the song come together, but they got to

hear a professional singer's vocal performance," said Mrs. Wilcox, choir director.

Having Mrs. Jackson as a guest artist provided an opportunity for students to be able to learn for themselves what being a professional singer would look like.

Mrs. Jackson provided the optimum experience for all aspiring students to ask questions about what it is like to pursue singing on a professional level.

"They also got to talk to her first-hand, asking questions and learning tips that can help them in their own pursuit of growing their own voices," said Mrs. Wilcox.

Mrs. Jackson was able to provide excellent feedback to the AG choir students to help them improve their voices and

technique.

Mrs. Jackson's ideas are that yoga and breathing exercises will allow students to reach their best voice, connect better with themselves, and help them cope mentally. Yoga and breathing exercises are proven to be stress relievers and help singers reach their best potential.

"Mrs. Jackson led students through some breathing activities and stretching movements that help make the singing voice more accessible. She also was able to tie some of the strategies for breath management into our present-situation, teaching stress-management techniques for today's difficult learning environment," said Mrs. Wilcox.

Students learned not just how to sing better, but how to cope with stress.

Students learned not just how to sing better, but how to cope with stress.

CLUBS



Art Society colors the new year with "Devil's Zine"

By
Kayla Connors
Staff Writer

Avon Grove's Art Society prepares for its first ever issue of "The Devil's Zine." Student submissions are now open until the February 26 deadline.

Students and faculty are encouraged to submit artwork that responds to the prompt "color," any interpretation of the theme that the creator may have. "Color," the newsletter explains, "has inspired artists for generations."

Just about any form of media is eligible from digital paintings to poetry and fashion designs, as long as it corresponds to the theme and is the student's own original work.

In addition to potentially being in the zine, each submission will be entered into a random drawing to win one of two \$25 Michael's gift cards.

What is a zine, exactly? Popular in the art community, zine is a term for a small-production, independent magazine featuring works that follow a certain theme, or fan works.

However, while some zines are photocopied and distributed, the first issue of "The Devil's Zine" will be a digital document.

The idea of an Art Society zine comes from Avon Grove alumnus Shania Fan, who proposed the concept during her time as club president. Current members wanted to expand on Fan's idea, leading to the creation of "The Devil's Zine."

Art Society hopes to have the first issue live this spring, in April or early May. Submissions can be submitted via the Google Form found in the 1/1/2021 edition of Avon Grove's weekly newsletter, or by contacting Mrs. Martorello at jmartorello@myagsd.net.

CLASS OF 2023

Pasta with a side of masks: Fundraising amidst a global pandemic

By

Jackson Morris
Staff Writer

Almost everyone, including readers who didn't attend Avon Grove, can recall fundraisers for miscellaneous school events. Selling goods such as t-shirts or soft pretzels is fundamental to a club's success.

But what happens in a circumstance like today's world, where you aren't in school to fundraise to support your cause?

The Sophomore Class Cabinet has answered this question by having their first fundraiser of the year at Aurora's Pizzeria and Pasta Kitchen on January 20.

Despite the existence of the pandemic, the class is challenged to raise money to contribute

toward the expense of their prom in 2022 and 2023, all while adhering to state and national guidelines for COVID-19.

"It was really hard this year to come up with a fundraiser because of everyone being virtual still," said vice president Alexa Kelleher.

"We really wanted to put emphasis on supporting local businesses, especially during this time, which is why we chose Aurora's," said communications officer Sarah Pine.

Treasurer Connor Reger had goals for the fundraiser, "if we make over \$1,000, we get fifteen percent of the profits. Our goal is to raise over \$1,000, but any amount will still be appreciated."

Although the primary purpose of the fundraising is to support the

prom expenses, the cabinet knew any activity that took place will have the potential to have more positive impacts than solely money gained.

"We want to make sure everyone still feels connected to Avon Grove, even though we are apart right now," said Kelleher.

"We feel as though the sense of school pride is important to this fundraiser, especially since we haven't been in school at all this year. We are just trying to provide something of a feeling of normality," said president Lindsey Hayward.

"We couldn't tell people to come and gather together, and a



-Picture captured by Jackson Morris

Seen Above, the Sophomore Class Cabinet: (Left to Right) Abby Weer, Sarah Pine, Alexa Kelleher, Lindsey Hayward, and Connor Reger.

lot of our ideas for fundraising this year would've worked, but since we are still in the pandemic we had to put those ideas on the shelf," said secretary Abby Weer.

The cabinet had other exciting fundraising ideas for the future, "We are looking into making t-shirts and other accessories, along with similar takeout fundraisers like this one," said

Pine.

"Hopefully, if some restrictions are lifted by the spring, we might be able to plan for in-person socially distanced fundraisers, which we feel would be good for the community and a lot of fun," said Hayward.

All in all, \$343 was raised for the Sophomore class.

COMMUNITY

Pandemic forces creativity for at-home workouts

By
Naomi Partridge
Editor

For the most part, Americans do not like to work out. Only 25% of American adults get the government recommended amount of exercise each week- 150 minutes of moderate aerobic activity, according to *Time*.

Because of COVID-19, even less people have been spending time working out and more time sitting and looking at screens. Working out is more crucial than ever because it can lower stress and anxiety levels and strengthen your immune system.

According to *Time*, 32% of adults that were meeting exercise guidelines before the pandemic, were not meeting the requirements after lockdown orders came up.

This can be blamed on many gyms closing and sports being cancelled because of the pandemic. Many people rely on gyms to take classes, lift weights, etc., but there has also been a surge in at-home workouts.

The pandemic has increased the market for virtual fitness and also forced them to offer more virtual programs for at-home workouts. People are beginning to try to get creative with the ways they are staying physically active during COVID-19.

Follow online work-out videos

Whatever type of workout you enjoy, you can find it online, whether you like yoga, cardio kickboxing, pilates, strength training, barre, dance, or another type of workout, chances are you can find a video on YouTube or other

streaming sites. This is a way to cater to yourself and try out new types of physical fitness during quarantine.

The fastest way to start an at-home workout routine is through an instructor-led workout video. Live or pre-recorded, the videos are typically 25-45 minutes and often require little to no fitness equipment, making it easy to get into it.

Some of these videos require a subscription or membership, but many are offering them for free while the outbreak leaves us stuck at home.

Take virtual classes

Consider supporting local fitness or yoga studios by signing up for online classes. Some personal trainers are even offering private virtual sessions customized to your needs, schedule, and preferences.

Having a class or a training session allows you to interact with people in a different way, which is motivating in keeping up your fitness.

Get outside

Although it is the middle of winter, it is a good idea to keep going outside. Because everyone is stuck inside most of the day, it is good to get some much-needed fresh air while staying safely away from others.

If you don't have time for a full-length outdoor exercise, consider taking breaks between school or work and get outside.



-Picture courtesy of David Waters

Alumnus David Waters continued exercising through the pandemic in his basement gym.

Walking, biking, jogging, hiking and taking your dog on a walk can help you get outdoors more during COVID.

If you find yourself in an area with crowded trails or paths, try to seek out a new, less-crowded route.

Workout with your family

Exercise is an excellent opportunity to spend time with your family. Walks, bike rides, living-room yoga sessions, or backyard soccer games are just a few examples of how you and your household members can exercise together. You can do mostly any type of work out with your family, having them there can be a way to motivate yourself to stay active during COVID-19

Set Goals

Challenge yourself in the new year with an exercise goal, such as doing yoga five times per week or beating your best mile time. Make a plan and work on achieving it. This can give you motivation to workout throughout the year.

Create a "gym" in your house

With the closure of gyms, people are finding it difficult to get in a good workout. There are many workouts you can do equipment-free, but if you want to build your strength or efficacy, even basic equipment makes a big difference.

You can always start off small and purchase a few small things that are essential to a good workout, like dumbbells, jump rope and a yoga mat. You can even make your own weights out of water jugs, canned food and paint cans.

The closure of gyms is a large part of why it is so difficult to find the motivation to work out at home. But, with the vaccine slowly becoming available, gyms are sure to open up in the near future.

Although it will take some effort to adjust and create new fitness routines, regular physical activity is a great way to optimize your health during the pandemic.

News Briefs

New York Jets to become the first NFL team to hire a Muslim head coach

The New York Jets announced on Thursday, January 14, that they would be hiring current San Francisco 49ers defensive coordinator Robert Saleh as their new head coach. According to NBC News, this makes Saleh the first-ever Muslim to run an NFL sideline. Saleh, a Michigan native, will be the third Arab American head coach in the NFL, following behind Abe Gibran and Rich Kotite. Saleh has shown his capabilities as a leader to NFL fans before, transforming the 49er's defense from ranking 24th and 13th in his first two years into being ranked 2nd and 5th in the NFL most recently. The New York Jets had a record of 2-14 this season, but maybe Saleh will be the final piece in the puzzle for his new team.

-By Jackson Morris

Scientists discover oldest known blackhole and quasar

On the January 12, 2021 it was revealed that scientists discovered a new supermassive blackhole and quasar in distant space, according to CNN. Both quasars and blackholes are enormous spacial features that use massive amounts of energy. Quasars create stars and galaxies, and they are powered by blackholes. This discovery is important to scientists because they are now able to observe how this blackhole will interact with the galaxies around them, and how quasars create blackholes. Scientists will continue to learn about the creation of blackholes and quasars from this discovery.

-By Natalie Kelmelis

Missing cat found after 3 years

In Santa Barbara, California, a missing cat was found after she was believed to have been killed from a mudslide that killed her owner 3 years ago. The calico named Patches was returned to the Animal Shelter Assistance Program about a month ago, and her microchip revealed her identity. She was missing since January 9, 2018 when a rainstorm hit the burned scarred land and washed debris over several hillside neighborhoods in Montecito, California, according to the Associated Press.

-By Anna Ashcraft

Ben and Jerry's releases dog ice cream

Ben and Jerry's announced January 11 that they are introducing a line of frozen dog treats. According to the Associated Press, the treats come in two flavors, pumpkin with cookies and peanut butter with pretzels. They are made from similar ingredients as the non-dairy human desserts. Ben and Jerry's is the latest food company to begin to make food for pets since the number of pets rose 6.5% (84.8 million) between 2015 and 2020, according to the American Pet Products Association, a trade group. Many other companies such as General Mills, Nestle and Smuckers have also bought into the animal food business.

-By Naomi Partridge

MOVIES

Disney Pixar's *Soul* brightens up the start of 2021

By
Anna Ashcraft
Editor

Soul, the new Pixar movie, brings humor and entertainment for children, and deeper, philosophical meaning for adults. It tells the story of Joe Gardner, a jazz musician, and his experience with life and death.

The movie earned a 95% on Rotten Tomatoes with an 88% audience score, showing general enjoyment over those who have watched it. It's available on Disney+, released on December 25, 2020.

Soul has been rated PG and labelled as a family comedy. Although it has its similarities to the 2015 Pixar film, *Inside Out*, it was announced that it was not a sequel.

It starts with background on the main character, a jazz musician named Joe

Gardner, voiced by Jamie Foxx, and continues with his death and how he spends it accompanied by 22, a new soul, voiced by Tina Fey.

The story has been said to have originated in Minnesota, while the movie takes place in New York City. Kemp Powers, a playwright and musician worked on portraying the character of Joe Gardner as he himself was a person of color pursuing his career in the city, according to MPR News.

Although he main character is dead for a majority of the film, the meaning of the movie comes more from what 22, the new soul, learns and how that affects how Joe Gardner feels about his own life, and eventually, his new perspective about death.

Not all children might understand this message, but it still appeals to the youth

with an entertaining storyline and fun, colorful animation.

Soul gives a new perspective on the concept of life and what comes before and after. The plot consists of twists and turns that aren't always expected, so while it's a relaxing movie with lots of humor, there are suspenseful elements that make the movie so unique.

Overall, the film is a great family movie night choice and great for lighthearted entertainment. There's a character for everyone to connect with, and it leaves a lot of room for personal reflection after viewing.

