

Chronicle

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NEW STATE LAW *Regarding Cell Phones*

DISCONNECT TO RECONNECT

What Will We Do Without Phones?! By Spencer Sweet

Governor Kathy Hochul's "More Learning, Less Scrolling" initiative has banned all smart phones and internet enabled devices in the classroom. This initiative hopes to encourage face to face interaction, distraction-free learning, and improve mental health in the classroom setting. Without phones this year, many teachers and the district as a whole have been looking towards new ways to entertain students. One of the most notable of these is the high school's new "Knight Zone". The Knight Zone refers to the ping pong table and various other card games and board games found in the cafeteria. This new addition has definitely brought students together, and surprisingly hasn't caused too much chaos. However, I personally was skeptical in the beginning; it seems to entertain many students. In some study halls, study hall monitors have suggested bringing in slime for students to play with, another way for students to pass the time without the reliance of a phone.

It should be noted that students have brought in gameboys and MP3 players as well. This poses the question of what crosses the line between a device that you can bring and one that you cannot? These are still devices, but they are not internet enabled. Other schools around the state are also utilizing card games and puzzles. While some are encouraging schools to strengthen student engagement by expanding opportunities for extracurricular activities, such as clubs and afterschool sports.

Teachers and administrators taking the time and dedicating themselves to ensuring students can still be entertained is very thoughtful. Who knows what the future of these alternate entertainment will look like. I think we can expect some great additions to the high school as the years go on. However some students truly are utilizing the new time to interact with their classmates and foster new connections within the school as Governor Hochul intended.

New Science Regents Exams

By Lana Valachovic



If you are a student or even a teacher at the high school level, you have undoubtedly heard about the new Science Regents exams. The updated Life Science: Biology and Earth and Space Sciences were already administered in June of 2025, but there are also new Physical Science: Chemistry and Physical Science: Physics exams that will follow in June of 2026. So what do you need to know about these new waves of exams? How are they different?

First of all, they are based on new standards, the New York State P-12 Science Learning Standards (NYSP-12SLS). Second, students are required to demonstrate conceptual understanding over many written questions. Third, these questions are in the format of a “storyline”, meaning that one question will build into and affect the next question. Fourth, there will possibly be more reading comprehension, data, and graphs. Fifth, there are new reference tables which have reportedly been found challenging.

For example, in the new Chemistry reference table, the elements are now sorted by atomic number instead of mass and new synthesized elements have been added.

These changes definitely seem intimidating or worrying, and many would agree. However, some aspects of the old exam will still remain. The test will still follow the format of a three-hour time limit, there is still a 1,200 minute lab time requirement, and accommodations are still available for students with IEP’s or 504 plans. It is also important to note that Regents exams will no longer be required for graduation starting in the 2027-2028 school year. After this date, it will be a choice for the students to take the Regents or not. It is clear that New York State is attempting to modernize the Science Regents exams and there are many differing opinions surrounding this drastic change.

Sand Lake’s New Lakebound Bookstore

By Naomi Harris

Earlier this month, a new book store called Lakebound Bookstore opened in Sand Lake. All summer they’ve been posting on Instagram and Facebook to get people ready for their grand opening. They have many different things to offer, not just books.

They have a high range in book selections including nonfiction, sci-fi, classics, romance, and more. The store is somewhat small and easy to navigate to where certain sections are, like the little cove that clearly holds the children and young adult books. They also have a couple of crates and displays filled with records in the record player section. These records also have a range from older music, like the Beatles and the Rolling Stones, to new music, like Taylor Swift and the Weeknd. They have suitcase record players for a relatively cheap price on sale there as well.

There are many modern aspects to the store, like the recording studio they have. If you ever wanted to film a podcast without buying all the equipment needed for it, you could just go there. They have microphones and a few different cameras to film different angles along with a few comfy chairs and a table in a soundproof room. The room costs \$59.99 an hour and it’s available Tuesday to Friday from 9am to 7pm. To schedule a time just go on the Lakebound Bookstore website.

On the second floor they have a “coworking lounge” and a conference room that can hold up to six people.



On the weekends, the lounge area is open to everyone, but during the weekdays you have to book your spot upstairs.

This costs \$20, but the cost decreases every time you buy something there. The conference room is available for \$49.99 an hour. Both of these spaces come with complimentary coffee from the station upstairs.

If you don’t want to take advantage of these areas and you just want to buy a book and read, there are many places to sit and all of them are comfortable. Their wi-fi is free and it’s posted everywhere for easy sign-up.

Overall, the store is nice to look at with lots of book/music themed decorations, the prices are pretty average, the atmosphere is very calming, and it’s right next to Sand Lake Merchant and Gipfel’s so you could do some extra shopping while visiting.

Should Gym Class Be A Requirement For Student Athletes?

By Celeste Schwarz-Eise

For students, gym class can mean many different things. It can serve as a much needed break for some or it can feel like an extra task piled onto an already busy schedule. For student athletes who already spend a lot of time practicing and playing games, gym class can start to feel unnecessary. So it's fair to ask the question: should student athletes really be required to take gym?

People who think gym should still be required say that it's about more than just working out. Gym class can help teach students teamwork, and sportsmanship. It also gives students a chance to try different activities they might not do otherwise, such as yoga or weight training. Plus, most athletes don't practice year-round, so gym can help them stay active during their off-season.

While letting athletes skip gym might seem fair, it has some negatives. They could miss out on learning new types of fitness or exercises that their sport doesn't teach them. Gym also teaches health habits that aren't always part of regular practices. Skipping it entirely might mean missing a chance to improve overall fitness or try activities that could actually help them.

Balance is key. Student athletes need time to rest, but gym class can still offer new skills and healthy habits. A flexible approach like taking gym only in the off-season or giving multi-sport athletes exemptions could make sure everyone stays active without overloading those already playing intense sports.

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A lot of athletes feel as if gym class just adds extra stress to their already packed schedules. Between practices, games, and workouts, they're already getting more than enough physical activity. Forcing them to take gym too can feel extremely tiring which could cause them to not feel motivated enough to try in the class therefore hurting their grade. It can even be risky, some athletes worry about getting hurt during a random gym activity and not being able to play in their sport.

Three-sport athletes often feel that gym class adds extra pressure to their already packed schedules. "I think that three-sport athletes shouldn't have to take gym classes in school," said Anna Cronin, a three-sport athlete. "They already have practice almost every day after school, and if they play travel sports, they might even have two practices in one day. They get burnt out."

A good middle ground might be to make gym optional during the season and only required when athletes are out of season. For a three-sport athlete, they shouldn't have to take gym at all. They're active all year and already doing exactly what gym class is supposed to be, which is staying fit, learning teamwork, and enduring physically difficult challenges.

In the end, schools should be making sure everyone gets enough physical activity, but they should also recognize how much time and effort student athletes already put into their sports. Giving them a little flexibility with taking gym class would make things fairer for them and probably make a lot of tired athletes very happy.



“It’s Not that Deep”

By Oliver Hindes

If you’ve ever used TikTok, or some other similar platform like Youtube Shorts or Instagram Reels, you’ve probably come across a video or a comment saying something along the lines of, “It’s not that deep,” or, a bit less likely, “Maybe the curtains are just blue.” These phrases have been some of the loudest battle cries sung by the cardboard-clad warriors of anti-intellectualism.

Anti-intellectualism is a belief represented by the hatred or distrust of intellectual thinking. Intellectual thinking includes subjects like education, philosophy, art, literature, history, and science. The phrases, “It’s not that deep,” and “Maybe the curtains are just blue,” are both products of anti-intellectualism, and severely discourage literacy. But why is this such a problem?

In the United States, over half of adults read below a sixth-grade level. That’s around one-hundred and forty *million* people. (National Literacy Institute) To say the least, literacy rates in the United States are absolutely awful, with the average adult reading around an eighth-grade level. These kinds of statistics become even more alarming when we take a look at younger generations.

Four in ten kids enter Kindergarten at least a year below reading level, and they typically don’t catch up—they remain at least a year behind their classmates. These rates don’t usually improve with age; in 2019, on the NAEP reading assessment, only thirty-seven percent of twelfth-graders scored “Proficient” or above. Thirty percent scored below “Basic.” (The Nation’s Report Card) These low scores are incredibly alarming.

But what exactly do the phrases, “It’s not that deep,” and “Maybe the curtains are just blue,” mean? The second is a bit more specific, a direct critique of literary analysis and media literacy; it comes from a post that compares an English teacher’s interpretation of the phrase, “The curtains were blue,” with a student’s. The teacher suggests that the curtains are blue for the sake of some emotional symbolism, while the student thinks they’re just blue to be blue. This attitude, while understandable for younger students, completely misses the point when it comes to literary analysis.



Did the author really stop to consider why the curtains were blue? Maybe they did, maybe they didn’t. The point is that we can’t really know unless the author makes a statement on it themselves, which they rarely do. Ask yourself; if the curtains really were blue just for the sake of being blue, why would the author mention it? Questions like this are the point of literary analysis. You don’t have to like it or enjoy doing it, but bragging about not understanding it is not the flex people think it is, and just demonstrates a lack of critical-thinking skills.

“It’s not that deep,” is more self-explanatory and incredibly broad, discouraging the idea that something, such as a movie or a book, could have a deeper meaning. However, this phrase goes beyond just various forms of media; “It’s not that deep,” has also been used against victims of harassment, and worse still, to unknowingly defend nazi dog whistles.

Dog whistles are a form of subtle political signaling, used with the express purpose of having plausible deniability—some dog whistles have become so ubiquitous that this deniability is lost, such as the swastika, the cross-like shape that essentially became the logo of the Nazi Party. However, it’s not always this blatant. Another incredibly common dog whistle is the double, s-shaped lightning bolts, more simply known as the SS bolts. The SS bolts originate from the Nazi Schutzstaffel (SS), Adolf Hitler’s elite guard, directly founded by the man himself. Their logo depicts the two, now infamous, SS bolts.

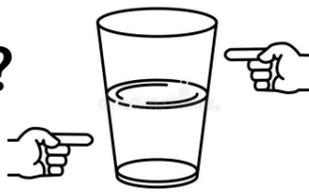
This is where dog whistles become incredibly complicated; in the case of the SS bolts, it can be hard to tell them apart from just a regular old lightning bolt. That’s where the plausible deniability lies—the ability to pass it off as something normal and harmless.

I’m not trying to say that you should treat every lightning bolt you see as some sign of Nazism. However, in an age where most adults can’t read above an eighth-grade level, and only around a third of college students are considered “proficient” on a national reading assessment, I invite you to think critically about the things you see and the media you consume on a daily basis. Consider that, maybe this time, it really is ‘that deep’; after all, you don’t want to be the illiterate college student, an adult who can only read at a middle-school level, or the guy defending a Nazi.

If you are interested in writing for
The Chronicle, please contact
Mr. Brown, brownjeff@apcsd.org, or
Spencer Sweet, 27sweets@apcsd.org!

Half Empty Or Half Full?

By Maya Love



We've all sat through the wellness assemblies, the hopeful adults with their well-prepared demonstrations and heartfelt messages. [Through the jocks playing mobile games in their laps behind us, the girls sending snaps to our right (although these days it'd be email chains), and that one kid with their hat tipped down who's definitely sleeping.] Or maybe you are one of these people - and I can understand why.

A part of you is frustrated; you could've been chatting with friends, doing homework, or scrolling on your phone. You're getting the same spiel teachers, parents, and counselors love to give: treat others with kindness and respect, and suppress your teenage urges to do evil. On the other hand, some part of you wants to believe their words. But that kind of thinking makes you weird and naive, and years of the public school system have conditioned you to fit in. The teachers' dreams of peace and unity are delusional because *no one else cares*. So, you roll your eyes with everyone else and complain.

Complain. What do we talk about at lunch over our plate-trays and Starbucks? During study hall? Before soccer practice? How much we hate this teacher because why would they assign homework right before a test; how stupid this girl in your class was for getting the answer wrong; how the school won't acknowledge that you're no longer failing Spanish and you're still stuck in the structured study hall. How tired we are, how much we hate our siblings for nagging us, how the vending machine never works, how someone said that someone said that someone said that someone said that-

The constant exhaustion, the bitter sarcasm, the resentment and distrust - it feeds on itself. As soon as someone in your circle makes a complaint it becomes difficult to change the tone of the conversation. Soon, everyone falls into the whirlpool of angry agreement. You hate trigonometry and the teacher has it out for you and she should be fired? Same, right, literally, oh my *god*, ugh, exactly! Each person adds on, exaggerating or taking a moment out of context for the attention, and all of a sudden you've all started a rumor, which will take root and grow and grow until it's accepted as truth.

The more we focus on what we don't like, the harder it becomes to see any good in a situation. The longer this goes on, the harder our lives seem to get, and the more sorry we feel for ourselves. All we can think about are our own problems - which is a very human trait, but not necessarily a good one. When we get so wrapped up in everything going wrong, and everyone around us seems to not care, it's easy to lose perspective. There is so much we take for granted. For some people, maybe that's access to nutritious food and safety within their homes. For others, it's that someone loves them, even if it's just their cat.

In our society, it's inappropriate to express one's happiness - and this is something I think needs to change. The expectation in most circles is to act overly humble and suppress our joys to make room for others' unhappiness. But there's a vast difference between self-esteem and arrogance that I think many people fail to recognize. Similarly, always being pessimistic doesn't make you enlightened - it just makes you sad.

I urge you to try to find the good. When we really take a minute to think, there are so many tiny moments of happiness in our lives. Small interactions between friends. A compliment. The sun being out. The sound of the rain outside your window. The pretty sunset on a class of '79 senior brick that you pass every day. Even if you never tell others when you're happy, just admitting it to yourself and holding onto these little moments throughout the day can make your struggles seem a little more bearable. It's not some lofty goal - it's high impact, and incredibly easy to do. You don't have to become a saint. You don't have to make a change in the world. But, if you want, you have the power to be a little happier by making a change in yourself.

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What is the Government Shutdown?

By Anastazia Valachovic and Spencer Sweet

The government's federal fiscal year for the U.S. begins on October 1 and ends on September 30 each year. The government must come to a conclusion regarding the budget before this end date of September 30th. However, this year the government failed to agree on their budget before the end date, putting the US into what is called a government shutdown. The US has only entered a shutdown 11 times ever. 3 of these shutdowns were under Donald Trump's presidency, including the longest shutdown, which lasted 35 days.

What is it and what does it harm?

This specific shutdown began due to Congress' failure to pass the legislation appropriations, a set of laws that allow the government to expend money for specific purposes such as government agencies and programs, for the 2026 fiscal year. A government shutdown has immense impacts on people, agencies, and companies across the nation.



In the specific shutdown we are facing, it has left over 2.9 million people without pay, whether they were federal employees or not. Government shut downs label certain federal agencies as “essential”, but federal employees are deemed unessential and are not paid.

Why did it happen?

Budget disagreements have been a common thing throughout U.S. history. In order to keep the government operating at the end of a fiscal year, both the Republicans and Democrats must agree to pass the bill that will fund the government. Currently, Republicans control the Senate and the House of Representatives, which gives them the leverage in managing legislation. However, they were short by 60 votes in the Senate for passing the spending bill. Sixty democratic votes essentially lets the Democrats decide if the bill will pass or not. The Democrats wanted the bill to include tax credits that would make healthcare cheaper for millions, as well as a backtracking on cuts to Medicaid. Since a compromise was not reached, the government shut down right at midnight on October 1st.

What has stopped as a result?

While border protection, ICE (Immigration and Customs Enforcement), law enforcement, and most medical staff are expected to carry on as usual, thousands of other federal workers have been impacted by the shutdown. For example, there is a shortage of air traffic controllers, who now work without pay. As a result, many flights have been canceled or disrupted. Other organizations like the National Institute of Health, SNAP (the Supplemental Nutrition Assistance Program), national parks, and Smithsonian museums have lost funding, forcing many to go without aid and workers without pay.

Florida Public Schools No Longer Required to Have Vaccines

By Spencer Sweet

The debate on whether vaccines are beneficial or if they cause conditions or disorders in children seems to divide the country more and more each day. Certain parts of the country advise that the push for vaccinations be limited. The United States Secretary of Health and Human Services, RFK Jr. is a strong vaccine skeptic and encouraged the limitation of vaccine access in parts of the US. Recently, Florida eliminated vaccination mandates in public schools. Florida has become the first US state to completely cancel vaccine mandates. This limit on vaccines may cause more widespread illness and schools and increase the number of children who die from influenza. This past year that number was 270, almost all of which were unvaccinated. Now that vaccines are no longer required for children attending public school, it's possible infants will stop being vaccinated. The World Health Organization claims that over 154 million people, most of which were infants, have been saved by vaccines in the past 5 decades. Similarly, Texas has passed a number of anti-vaccination bills recently.

Generally scientists state that hearing how vaccines “cause autism” misleads the public and causes them to lose trust in what once were credible sources, such as the CDC. After many firings, most notably Director Susan Monarez, and RFK's installation of members who are vaccine skeptics, the CDC has become an organization based on politics, rather than evidential science and the research behind it. This relates back to multiple different times in history, but especially now, when vaccine skeptics have arisen and spread misinformation. The country's divide between misled citizens who believe that vaccines are harmful, and those who are for the vaccines and its benefits grows each day. This fosters an unsuitable environment for those who are simply trying to keep their families safe from illnesses like COVID-19.

“Got Dignity?”

By Theodore Hart

Supermarket chain Hannaford has recently faced scrutiny for their sourcing of Hannaford brand milk. Human rights organization “Migrant Justice” has called for the company to join a program known as “Milk with Dignity”. This program focuses on protecting the rights of farm workers, ensuring that no wage or labor abuse is occurring. Migrant Justice has run successful campaigns for Milk with Dignity in the past, even partnering with Ice Cream Company Ben & Jerry’s. In April, Vermont farm workers headed by Migrant justice staged a rally outside of Hannaford headquarters.

Migrant Justice has been urging Hannaford to join Milk with Dignity for 5 years with little success, but the movement has surged recently, following a “shocking case of violence against a farmworker family”. Emilio, a farmworker in Vermont said, “On the farms, it’s clear that the farm owners care more about the cows than they care about the workers. If I don’t speak up today, the workers that come after me are going to suffer the same conditions that I do, and that’s unacceptable”. A quarter of farmworkers surveyed reported being paid less than \$10.00/hr, and 87% reported being paid less than minimum wage. The same survey had three quarters of farmworkers having faced a workplace injury, and Migrant Action believes it’s due to unsafe working conditions. 80% also said their housing conditions were “inadequate and unsafe”. Throughout the month of October, Migrant Action has plans to picket Hannaford locations and is requesting a consumer boycott. They have said, “Throughout October, farmworkers and allies will picket stores, urging customers not to cross the picket line and not to shop at Hannaford.” Hannaford’s response indicates that they wish to avoid a partnership with Milk with Dignity, and they deflect claims their supply lines are unethical.

"Hannaford strongly supports the fair and dignified treatment of all workers in our supply chain, and we recognize that migrant farm workers face vulnerabilities and challenges unique to their circumstance," a Hannaford spokesperson said. "This is why we’re engaging in a Human Rights Impact Assessment, a thorough third-party due diligence review of our dairy supply chain. Migrant Justice has been invited to participate in the assessment. This independent review of our supply chain will help better inform the work we’re engaging in to find sustainable industry-wide solutions to this complex supply chain issue. Meanwhile, Hannaford continues to work with its suppliers to assess farms within its supply chain and to ensure continued compliance with Ahold Delhaize's Standards of Engagement."

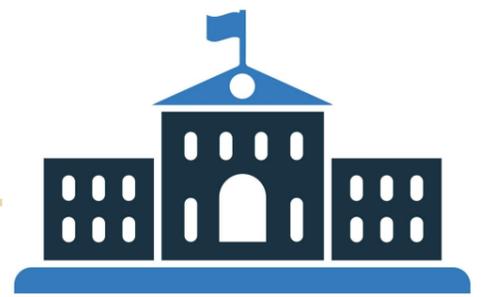
So far Migrant Action has seen some success, claiming they “...took the important step of asking Hannaford customers to withhold their purchasing power. The action was a success, with hundreds of potential customers turning away at the picket line and Hannaford sales plummeting”. Hannaford has yet to concede, and Migrant Action retains steady resistance against the company.



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College Application Process

By Naomi Harris



College is major for most people's future and it's important that those people do everything they can to set themselves up for success. There's lots of stress around the words "college" and "future", but with a relatively simple plan it can easily be made pretty digestible.

First, figure out what you want your future to look like. Not just what your profession will be, but your location, your hobbies, friends and family, etc. All of these aspects of your life will assist you in choosing where you would consider going to college. It's okay if you don't know what you want to major in, an estimated 20% to 50% of people go into college with an undecided/undeclared major. Once you've found what is most important in your life that you'd want while you're attending college you can start researching colleges and majors. Compile a short list of 10 different colleges that you're interested in. Don't look into one specific element of the school that you like and call it your dream school; it could have a bunch of other elements that you don't like about it. You should have three colleges that would be pretty easy to get into, three schools that might be a little bit of a stretch for you, and four schools that are right on point for you.

We all know that the cost of college is only increasing by the day, but there are many organizations and institutions that offer money for students in need. One of these institutions is called FAFSA. FAFSA stands for Free Application for Federal Student Aid and it's exactly what it sounds like: free money! The FAFSA allows students to fill out an application about their own and their parents' assets, bank statements, etc. This tells the government how much aid you really need. FAFSA opens on October 1st every year for all seniors. To apply you'll need to gather all of you and your parents important information like an official ID, tax info, bank statements, social security cards, etc. Then, you create an account on FSA ID. You enter student AND parent information then the financial information of who's paying for your college education.

Next, there are a couple decisions to be made. You'll have to choose whether you want to apply early action, early decision, or regular decision and you'll have to choose whether you'll use the SUNY app or the Common App to submit your college applications. Early action is just deciding to turn in your application early in the fall instead of in the winter. Early action has no binding promise to go to that school if you get accepted. Early decision is the same as early action, except that if you do get accepted, you have to go to the school you applied to. Regular decision is just applying in winter with no bonds to any school. Now, deciding between the SUNY app and the Common app or if you'll use both. While using the Common App you can apply to any college, but using the SUNY app you can only apply to SUNY colleges.

The advantage to using the SUNY app is that for one week in the fall, they waive all application fees for up to 5 applications. I think using both is most beneficial, unless you're only applying to just SUNY schools or just private/out-of-state schools.

Then, you have to actually fill out the application. It'll ask you questions like your birthday, age, demographics, etc. It'll ask about your extracurriculars you performed throughout high school, your grades and what you got for every class, summer camps/internships, possible employment, all your awards and honors, and the SUNY app even asks about disciplinary infractions you received in high school. Once you've filled all that out, the essay is next. Everyone dreads writing the essay, but the application tries to help out by narrowing it down to seven different prompts with a word count cap of 650. There are always a bunch of different pieces of advice, but I'd say it's most important to prove a lesson that you learned through a metaphor of some kind.

Lastly, gather anything else you might need like transcripts and recommendation letters. Also, if you've taken the ACT and/or the SAT you need to go onto College Board and have them directly send your scores to the college you want to apply to. When finishing up your applications, you're going to want to send in your application fees—which are around \$50-\$60—before the due date so that you're sure your application goes through. If you qualify for free and reduced lunch you should ask your counselor for a code that will waive all application fees. If you need any more guidance, there are many sites out there that will help you like KhanAcademy, BigFuture/College Board, and Collegevine.

A timeline might make it easier to understand which steps to take and when during the actual application process. In the **summer going into 12th grade**, you should decide whether you'll apply early decision, early action, and regular decision. Make sure you know the application due dates for each of those options. For recommendation letters, start thinking about which teacher would give you a recommendation letter so you can get it in the fall. You should also start drafting your college essay at this time. In the **fall of senior year** you should gather all of your application materials like recommendation letters, transcripts, test scores, etc. If you choose to do early action or early decision you'll submit your application at this time as well. You should have somebody review your drafts of your college essay as well. In the **winter of your senior year**, if you applied regular decision, you should submit your application.

In summary, yes, college applications are confusing and stressful, but with a well-organized plan it makes it 10x easier for seniors to navigate them.

Is COVID “Over”?

By Theodore Hart



In May of 2023 the World Health Organization (WHO) declared the COVID international public health emergency “over”. Despite this, infections are still rampant, as well as cases of long COVID. After infections, many people described having symptoms for months afterwards. This came to be known as “long COVID”. At least three family members of mine have faced health concerns involving long COVID. Long COVID has caused many widespread issues such as inferior memory, cognitive decline, heart disease, and contraction of conditions such as Postural orthostatic tachycardia syndrome (POTS) affecting people across the world. POTS brings symptoms such as brain fog, fainting, elevated heart rate, fainting, and fatigue. All in all, many people have noticed significant drops in quality of life.

Studies have shown cognitive drops in those documented with long COVID. According to a study by the New England Journal of Medicine, individuals diagnosed with COVID that resolved within 12 weeks saw negligible cognitive change compared to before, whereas those who measured persistent symptoms saw a noticeable cognitive decline compared to pre-COVID levels. According to the Mayo clinic the long Covid phenomenon could be explained by the theory that “The virus that causes COVID-19 upsets immune system communication. This could lead immune cells to mistake the body’s own cells as a threat and react to them, called an autoimmune reaction.” Although COVID-related deaths have gone down since the peak of the pandemic, the WHO has said that 1.4 thousand people died in January of 2025. These deaths do seem to maintain a downward trend, it is also important to remember the frequency of COVID testing now compared to the declared pandemic. Many people are no longer testing, and just assume they have some other illness, or simply don’t care.

Even prominent COVID deniers or diminishers are still receiving treatment to this day. On Oct. 10 President Donald Trump, who has frequently downplayed the COVID emergency, discouraging the use of masks and propagating conspiracy theories involving vaccines, received the most recent booster shot.

Research is also still being done on COVID treatment. Regeneron, a local pharmaceutical company, is working on developing Antibody preventative treatments for COVID as seen in “Regeneron Announces Agreement with BARDA Supporting Development of Next-Generation Antibody Therapy for COVID-19 Prevention”. Notably, in 2020, Trump also received a different antibody treatment.

My Aunt Lindsay Hart had COVID in December of 2023 and noticed persistent symptoms through January 2024. I interviewed her to get her perspective on long COVID. She told her doctor, “I noticed my heart rate would get really fast and I could feel what my heart was doing. I could feel it beating and fluttering...I would also get really tired”. From this description, it was believed that she may be suffering a heart event, and after several tests and a few weeks had passed, her cardiologists suspected she may have long COVID. Her experience with COVID has made her anxious about COVID in her personal life. When asked about how it has affected her life she said, “There was a period of time where I definitely felt like I was dying. It’s hard for that not to have long term effects. Physically, I still get tired randomly...Mostly I can still feel my heart”. Long Covid significantly altered her life while symptoms were most intense, and the psychological impact has carried through until today. No specific medicine or treatment helped her experience overall, but individual things alleviated certain symptoms. She said, “It’s a variety of things. When I feel my heart starting to race or just aching, anti anxiety medications can help”. Symptoms can also be alleviated through an anti-inflammatory diet that involves avoiding processed foods, as long Covid symptoms are believed to be caused by inflammation. Making sure to stay well rested, eat healthy, and not letting yourself stay stressed are all important in improving quality of life. After working with her long COVID specialist for a year, her condition has improved greatly and it’s not affecting her day to day when there’s no flare up. On the pandemic and Covid, she said, “It’s frustrating people don’t take it as seriously as they should...It’s not just a cold and it’s ignorant to treat it that way”. She encourages everyone to get vaccinated, and is incredibly thankful she was healthy enough to make it through largely unharmed.

My little brother Malcolm also faced complications following a Covid infection, and was recently diagnosed with POTS. He fainted for the first time 3-4 years ago, and again last year. After the most recent incident, he was diagnosed soon after. He also felt it coming on once, but was able to prevent fainting by sitting down. His symptoms are largely caused by standing up too fast, and he has not noticed any brain fog or memory issues, but both can be caused by POTS. He has to stand up slowly, stay hydrated, and make sure he’s consuming sodium or else he experiences an elevated heart rate and a chance of fainting.

The way COVID was treated and left behind raises some interesting questions. Why are leaders that decry these treatments publically, and elevate conspiracy theorists that claim COVID was a plot that doesn’t affect Jewish or Chinese people, getting the same treatments they entertain ridiculous unbacked claims of. Why are people ignoring the COVID issue if it’s still affecting so many people? And why does the opposition party fail so consistently at messaging against these concepts at every step?

**The Chronicle, Ninth edition, November 2025
Trivia Quiz, submitted by Superintendent Dr.
Franchini**

- 1) What is the oldest District-owned building still in use?
- 2) What is the current name of the former Sand Lake Elementary School?
- 3) Name the only District school building that takes its water from a municipal supply (not a well).
- 4) What is the largest APCSD elementary school by square footage?
- 5) Averill Park accepts students from what two other school districts?
- 6) Within 10, how many square miles are within the District boundary?
- 7) What percentage of the District’s buses passed last year’s NYS Department of Transportation inspection?
- 8) How many acres of land does the Averill Park School District own?
- 9) How many meals did Averill Park cooks and kitchen staff serve during the 2024-25 school year?
- 10) Approximately how many devices (computers) does the District have and maintain?

ANSWERS!

- 1) West Sand Lake Elementary
- 2) Homeroom Lots
- 3) Poestenkill Elementary School
- 4) West Sand Lake Elementary School (77,000 sq. ft.)
- 5) Wyanetskill/Gardner Dickinson, Little Red/North Greenbush
- 6) 120
- 7) 100%
- 8) 189
- 9) 420,290
- 10) 5,000