

Lack of sleep hurts health

By Surya Ry

Imagine if your day began later. How would your body feel? How would your mind feel? Would you have breakfast in the morning and stay awake during class?

Sleep is an important component that lacks in students' health. On average, most students sleep only around six hours a day.

In fact, Northampton High School is considering changing their start time to a later time. Due to budget cuts the district has considered the possibility of changing bus schedules, which would save money and increase student health.

Many schools don't think about changing the start time, mostly because it disrupts the schedule that everyone is already so used to. However, if a school were to decide to change their start times, like Northampton High School is, what changes would we see, and would the school continue functioning well?

Camille Devoney, '10, is a sleep-deprived student. Already, due to her heavy course load, she is lacking in sleep. She claims that extra time in the morning, even just an hour, would help her.

"I don't normally start cracking down on my homework until after dinner so losing an hour before dinner would not hurt me as a student but gaining the hour on the other side would give me more time to sleep," Devoney said. "We are naturally supposed to go to bed later and wake up later so starting school later would be a shift in the right direction."

Sam Rock, '10, agrees. Not only will change in start time allow students to sleep later, but in the long run, "it allows students to focus on their tasks and also improves their mood, focus, ability to make connections, memory, and overall health," she said.

Students need more sleep in order to function better and correctly according to how their bodies and minds work. According to the APA (American Psychological Association) teens are "biologically driven to sleep longer and later than adults do, the effects of insufficient sleep are likely to be even more dramatic - so much that some sleep experts contend that the nation's early high school start times...are tantamount to abuse."

The APA, along with Science Daily and the National Sleep Foundation commonly claim that sleep insufficiency can be a major cause of disciplinary problems, sleepiness during class, and poor concentration. It is scientifically proven that students do worse on less sleep.

Teenagers need about 9.25 hours of sleep daily. According to the National Sleep Foundation, only about 15% of students report sleeping up to 8.25 hours a night.

A change in start time may or may not change the number of hours students sleep, but it would change how intoned students are to their studies and surroundings and would keep them healthier and happier.

"At least for me, after my three day span with no sleep, I forgot everything that had occurred. I was grouchy, could not focus in class, much less take notes, and ended up becoming very sick in the days that followed," said Rock.

Schools struggle between the option of starting later, or risking a student body of unhealthy minds. Changing the start time of the school day is not easy. The decision involves a lot of changes such as ending school later and disrupting afterschool activities. However, if schools decide to do so, students' health would greatly benefit.

ARHS students aim to join military after graduation



Nina Marciano '11 plans to attend the Coast Guard Academy

By Samuel Hart

Three ARHS students are joining the military/ROTC after high school. These few patriotic students aren't afraid to display their bravery and determination to serve their country.

"Even since I was little, I wanted to serve this country. I feel the military is a great field of work for me to prove my devotion while honoring what this country has given me," said Zachary Tebo, '10, who will join the army. Classmate Ben Robison, '10, will do ROTC at Norwich.

"I have a passion to serve my country and feel I have an obligation to give back what this great nation has given me," said Nina Marciano, '11, who is planning to attend the Coast Guard Academy following graduation.

The desire by these students to express their passion to serve have faced much resistance in the liberal setting of Amherst. "When I bring up the military, many of my friends find it hard to understand. They tell me how dangerous it is and how I should explore other options of service which are less danger-

ous," said Marciano.

"People in this area look at the military and frown on its actions. They recognize it as an instrument of war and destruction which causes the deaths of innocent people around the world," said Tebo. "They speak their minds not knowing who defends their rights to speak their minds, the military," he said.

It may be hard to imagine putting your life at risk for anything. And the dangers that come from serving in the military far outweigh any ordinary profession which the large majority of ARHS students will enter after college.

Meanwhile, these three dedicated individuals have been working on their physical and mental toughness to prepare for the military challenges. "This year, I participated in wrestling, which in my opinion has the most physically challenging practices," said Robison.

Marciano also recognizes the physical and mental challenges which the US military imposes on its volunteers. "To succeed in the Coast Guard Academy, I will have to maintain very high grades. I lift

and exercise to prepare myself physically. And the mental aspects of toughness come from each individual's determination to succeed," said Marciano.

Marciano recognizes the differences between military college and regular universities. "There is a lot of order and instruction in a military college, yet the leadership and experience skills that you attain at a military college aren't offered at a regular university," she

said. "To gain these skills you must be physically and mentally prepared."

Robison said he looks forward to developing his "Leadership skills, communication skills, military tactics, the willpower to overcome overwhelming obstacles." He also plans to continue his education in the Chinese Language.

"After my military college graduation, I am expecting to serve 6-10 years," said Marciano. "It depends on what I want to serve as. If I decide it would be better for me to serve as a lawyer for the Coast Guard, I can serve as long as I decide my education would be more useful in other professions, I can chose from the military offers or leave and continue my career elsewhere."

The ARHS students who are committed to military service agree that the military opens up opportunities for its recruits in their life. "After my service is complete, I expect that many employers will be impressed by my service in the military, they'll recognize it as an advantage to have an individual with leadership skills in their company/business," said Tebo.