

The Sunshine Protection Act

BY MALIA BRAIEDY

WE'VE ALL FOLLOWED the rules regarding time over the years. In the fall, we change our clocks back by an hour, and in the spring, we change them ahead again. However, after unanimous consent and bipartisan support from the Senate, the Sunshine Protection Act may cause us to avoid the meticulous clock-changing altogether.

Senator Marco Rubio, a Republican member of the Florida Senate, recently introduced the Sunshine Protection Act as an effort to make Daylight Savings Time permanent by November of 2023, as it may "change how we experience daylight" (CNET, 2022). President Richard Nixon attempted a similar act in 1973 in order to meet the needs of the energy crisis of the time. However, the decision was reversed before the two-year timeline expired, and the country returned to the biannual clock-changing.

This decision comes with a multitude of opinions, mainly regarding the impact on sun-rise times. Already, school-aged children are often in classes by the time the sun rises in the winter, but enacting the Sunshine Act could push back these sunrises even further. It's noted by CNET, a US-based news source, that certain parts of the time zones could experience sunrise as late as 9:30 AM.

Early-morning school already has its downfalls in regards to children's health, as it's disruptive to their natural sleep cycles. As the sun dictates our melatonin levels, pushing back the sunrise even further could be harmful to the overall health of

school-aged children. Sleep deprivation, according to the Sleep Foundation, comes with its own host of issues. Sleep is associated with one's mood, cognitive performance, learning, and memory, and a lack of sleep has even been proven to mimic ADHD in children. There's also a link between sleep and the cardiovascular system, as constant sleep deprivation can be linked to obesity, diabetes, and high blood pressure. If there's so little evidence to support the change, then why change the rules?

While the research is slim, there's a theory that permanent Daylight Savings Time would provide an economic boost, as there would be an extra hour of sunlight after the typical workday and therefore later sunsets. According to the JP Morgan Chase Institute, consumer spending dropped by 3.5% after the end of daylight savings time in November, suggesting that consumers are more discouraged to spend with a decrease in daylight at the end of their days. There's also a theory that children may have more time to get outside after school and enjoy the sunlight, whereas current daylight savings time restrictions have caused sunsets almost immediately after school release.

Both sides are continuing to be examined on the House floor, as there hasn't been as speedy of approval as there was within the Senate. Concerns with Ukraine and Russia have also pushed back the timeline of this bill, so we probably shouldn't expect to see changes any time soon.

MN Teachers On Strike

BY DAVINA BELLINGER

TEACHERS RECENTLY IN the district of Minneapolis have gone on another strike about salary and wages. On March 23rd, teachers picketed outside where it was snowy and rainy on one of the last days of the strike outside of the district offices. These teachers went on strike in March because of the need for more financial support. Finally, they were able to receive financial support such as food and gift cards from not only the Union but also from the teachers' students. "The presidents of the Minneapolis Federation of Teachers and Education Support Professionals gave an update Sunday about the status of their bargaining with the district. At the press conference, they drove home their sticking points of needing class size caps in the contract, mental health support in the contract, and what they call living wages for education support professionals."

Moving forward with more details about the teacher's strike the Union members are pushing for two contracts that are surrounded by raises and bonus pay for them. In addition, the Union will also be pushing for a minimum salary of \$35,000 for all education support professionals and having bigger lumps of bonuses for these teachers. The latest proposals by the Union are the following: class size caps, starting salary of over \$50,000 for all teachers including a \$3,000 bonuses, a full-time social worker in each school, 20% wage increase for coaches, \$1 million investment in physical education, arts and music staffing at small elementary schools, and protections for teachers of color, as well as additional strategies to recruit and keep teachers of color. These are just a few of the many changes that the Union is trying to help make a pass for teachers throughout the district of Minneapolis and hopefully throughout the state.

One of the other reasons why they are also protesting is to advocate for providing mental health help as these students are returning to actual class rooms. It becomes a stressful situation to maintain a class size of about 20-30 students at a time. They are also advocating for their students needing help on how to cope with coming back to bigger social settings because it can be hard for students to return to face-to-face settings.

The idea of having these social workers within the public schools is one of the proposals that teachers are definitely hitting hard at, especially the want to start off with smaller class sizes to help both the students and teachers ease back into the normal classroom settings. Teachers put so much effort into caring for their students and also getting back into the habit of taking care of themselves when working because working with many students does take a lot on a person to focus especially on more than one part of their daily lives.

"No War! Stop the War!" Woman Interrupts a Live Russian Broadcast

BY ALEXANDRIA GOSEN

MARINA OVSYANNIKOV, an editor for a Russian Channel One broadcast, interrupted a live broadcast on March 14, 2022.

Ovysannikov ran on-screen with a sign that read "No war, stop the war, don't believe the propaganda, they are lying to you here" and shouting "no war." Her message played for several seconds before being cut to a prerecorded video. The channel had an approximate audience of 200,000 viewers. Many of which, due to censorship laws in Russia, did not even know that there was a war happening.

Ovyanikov, before her display, made it known that she felt ashamed of her role in spreading the propaganda. She said, "I'm ashamed that I allowed myself to tell lies from the television screen. Ashamed that I allowed Russians to be turned into zombies," she explained. "We just silently watched this inhumane regime." She urged other Russians to protest and she stated, "what is happening in Ukraine is a crime, and Russia is the aggressor country. The responsibility for that aggression lies on the conscience of one man, and that man is Vladimir Putin."

Reports have confirmed Ovyannikov was arrested for speaking against the Russian military. She was

one of many who ended up arrested for standing up against Russian propaganda. Which, due to a Russian law that went into effect earlier this month, could be punishable by 15 years in prison. This law came about due to many Russian protests and it led to 15,000 arrests. After fourteen hours of interrogation, two days of sleep deprivation, and no access to legal assistance, Ovyannikov was fined \$30,000 rouble (\$280). According to the BBC, Ovyannikov pleaded "not guilty to the charge of organizing an unauthorized public event." She also assured reporters that she and she alone came up with this idea to protest and that she does not agree with Russia.

Now, some may not completely grasp how much danger Marina put herself in. It is also possible for people to completely understand the gravity of the situation. So, in terms the modern youth of America will one hundred percent understand: Do you remember when Peeta Melark of "The Hunger Games: Mockingjay" warned Katniss that the Capitol was going to attack District 13? Same concept. Ovyannikov was last seen with her lawyer, and it would appear as though her brave mission to speak out against the war is far from over.