

The Cougar Chronicle

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JACK M. BARRACK HEBREW ACADEMY

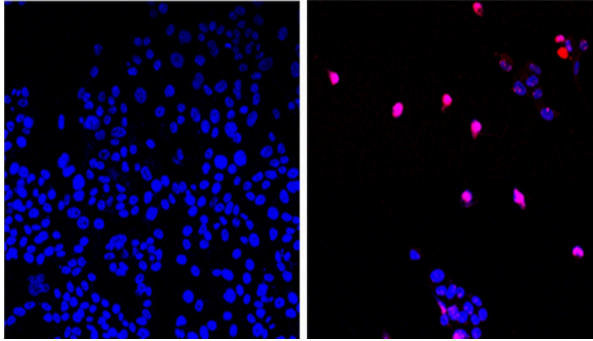
Volume XXXIV Edition I

The Most Important Pill in the World

Evan Berman, Staff Writer

For hundreds of years, we have been researching to discover a cure for one of the deadliest diseases on our planet, cancer. Unfortunately, countless hours of research and clinical trials have not yet led us to a cure, and we are still fighting this terrible disease. However, a new drug in the form of a pill, dubbed AOH1996, has shown promise.

AOH1996 was discovered by Professor



Linda Malkas and her team at their research center City of Hope, who used computer modeling to simulate molecular interactions with a certain

protein involved with DNA replication. This protein, a proliferating cell nuclear antigen (PCNA), allows for DNA to replicate, which also allows for tumors to grow and spread. AOH1996 targets

“a new drug in the form of a pill, dubbed AOH1996, has shown promise.”

the PCNA in cancer cells, and recognizes them based on their differences from the PCNA in healthy cells. “PCNA is like a major airline terminal hub containing multiple plane gates. Data suggests PCNA is uniquely altered in cancer cells, and this fact allowed us to design a drug that targeted only the form of PCNA in cancer cells. Our cancer-killing pill is like a snowstorm that closes a key airline hub, shutting down all flights in and out only in planes carrying cancer cells,” said Malkas in a statement. AOH1996 kills by disrupting how cancerous cells produce and

prevents damaged DNA from traveling throughout the body, and has been found useful while treating breast, prostate, brain, ovarian, cervical, skin, and lung cancers. “No one has ever targeted

PCNA as a therapeutic because it was viewed as ‘undruggable,’ but clearly City of Hope

was able to develop an investigational medicine for a challenging protein target,” said Long Gu, lead author of the study. While many are hopeful, doctors remain cautious and remind people not to get their hopes up. Dr. Tim Larson, Director of Research at Minnesota Oncology, said, “A lot of things look good in the lab. We’ve cured a lot of mice with cancer. But some of these same cures - when it came time to test in humans - they didn’t result in the same success.” The phase one clinical trial will remain running, and the drug will move on to be tested in humans.

Homework Beach Reads are a Summer Need

Ari Eisenstadt, Staff Writer

Do you remember the stress you felt when you opened up your summer math packet and realized that you don’t remember any of the material? Well, it’s pretty annoying, but that feeling would be amplified if it came on your first day of class in front of everyone. Summer homework is nobody’s favorite, but it is necessary for students to be successful and enter the year prepared. For instance, looking through your notes and completing your math work is both a good habit to use for studying and will help students to start their year ready to continue learning. This idea also translates to History and English. You might struggle to write at the same level you did in the past, or maybe you’ll forget simple grammatical issues, such as how to avoid using the passive voice. Doing work before school, in contrast, can help to ease students into the upcoming year and be a good time to transition into the workload mindset.

Also students grasp concepts best when they are being taught continuously, and the long summer break causes a lot of forgetfulness. Without doing summer homework, it would

take much longer to bring people back up to speed. Practice makes perfect, so the more classes you have on a subject the more you’ll understand it. But when you don’t focus on a topic for a long time, you may forget, and need a refresher. One example of this is that you can learn a second language quicker by learning it everyday, which must be why Duolingo is always badgering me with notifications. With all this being said, there is such a thing as too much summer homework, and there’s a fine line between what is beneficial to the students and what is causing unnecessary anxiety.



Sun, Fun, and ... Assignments?

Mikaela Garber, Managing Editor

While there are many arguments in favor of having summer assignments, they are ultimately more detrimental than beneficial. Summer is supposed to be a time to relax and recharge. Even for those who do not work, travel, or attend camp, they should be using summertime to hang out with friends and family, enjoy activities that they don’t have time for over the summer, and complete projects and goals unrelated to school. Having the stress of completing homework removes much of the benefit of summer. While the homework may not take very long to complete, it still has the ability to hang over a student’s head throughout the summer. In this way, the summer work removes the student from the relaxation, taking away the possibility of coming to school more relaxed than when they left.

From traveling to camp, many people are extremely busy over the summer. They don’t have time to complete thick packets of math homework or long books for History and English. Even if kids had the desire to do work while at camp, most days are packed with activities, with little

time for individual tasks. With the little personal time that campers have, they should be focusing on recharging their social battery and writing letters home. Additionally, many camps don’t allow technology, and as such, writing essays is virtually impossible at camp. As a result of all of this, students who go to summer camp often opt to do their homework at the beginning or end of summer, when they are not in camp. In these instances, the argument of continued learning in order to remember information does not apply; most of their summer is spent without doing any work at all with the homework being done close to schooltime.

Albeit the fact that Barrack has summer work, most classes spend the first few periods of the school year reviewing. Clearly, summer homework does not fully keep students from forgetting the information, as a review is necessary. Because classes spend time reviewing anyway, why bother having summer work? Even though summer homework has some potential benefits, many of the advantages are subdued because of the nature of summer. Subsequently, students must complete unnecessary work, taking them out of a summer mindset, potentially without much actual gain.

The Jalen Hurts Revenge Tour

Manny Shklar, Managing Editor

Jalen Hurts walked slowly off the field in Glendale, AZ, covered in red and yellow confetti. With his head down, avoiding media and cameras, he simply went to the locker room to debrief the situation. After putting up the best statline in Super Bowl history, Hurts was still a runner-up, with no trophy to show for his performance. There are quarterbacks in the NFL that would settle for second place and be happy they even made it to the championship game. Jalen Hurts is not one of them, as this site has fueled his motivation for the upcoming season to win it all. The Eagles' star, who also finished second in MVP voting, went as far as to change his phone lock screen to the pic-

a star quarterback at the time in Carson Wentz. Again, Hurts was forced into the role of a backup.

At this point, in 2020, the Eagles seemed to be in a pretty decent position, coming off of a playoff appearance that was limited due to injury. They quickly went downhill, as Wentz turned into the subpar player we know today, and the receiving core was made up of unnoteworthy players like JJ Arcega-Whiteside, John Hightower, and more players who likely will never see another snap in the league. Finally, Hurts was subbed into the middle of a blowout against the Packers in the second half, where he would impress in the limited time. He impressed coach

have predicted the season he would have in 2022.

Hurts would go on to become debatably the best two way threat in the league, picking up



“After putting up the best statline in Super Bowl history, Hurts was still a runner-up, with no trophy to show for his performance.”

ture, so it's the first thing he sees in the morning and the last thing he sees at night. It's reasonable to say that no player in this league is more dedicated to winning and getting better than Hurts is.

Hurts has been counted out for most of his professional career. Even going back to college, after having an incredible season for Alabama, he was disastrous in the first half of the national championship. Instead of coach Nick Saben trusting his signal caller, backup Tua Tagovailoa subbed in and led Alabama to a comeback against all odds. Tua would become the Crimson Tide's starter, forcing Hurts to restart his college career and transfer to the University of Oklahoma. Again, he proved to everyone that he was a top college athlete in the nation, but he fell all the way to the second round while Tagovailoa was selected with the fifth pick. Hurts would be selected at 53 by the Eagles, who already had

ly, the rookie's impact was felt as he miraculously led the team to victory, showing his talent with passing and running. He did enough to close the season that the Eagles were comfortable with trading Wentz and naming Hurts the starter.

The Eagles worked to reshape the team over the offseason, most notably drafting Devonta Smith, Hurts' favorite wide receiver at Alabama. With a new roster built around Hurts' strengths the quarterback led the Eagles to wild card appearance and showed significant improvements in all facets of his game in his sophomore season. When the Eagles retooled again over the offseason, there was a general belief that they were continuing to play off his strengths. They traded for Hurts' best friend and star receiver AJ Brown, plus they were able to add new coordinators and defensive pieces. Everyone knew Hurts was going to improve, but nobody could

Doug Pederson enough to earn the start the next week against the Saints, who had the #1 defense that season. Immediate-

over 4,600 yards and 35 total touchdowns with just six turnovers, all of which were massive improvements from the season prior. His dominance got the Eagles the best record in the NFL, but he still couldn't catch a break. Instead of saying he was a backup quarterback, social media just said he was playing with a super team and that any quarterback could thrive in that system. Again, Hurts proved his overwhelming number of doubters wrong when he got injured and his replacement lost two games, both of which were very winnable from an offensive perspective.

Now, after being second place for two of the most prestigious achievements in football, and second place on his college and NFL depth charts, Jalen Hurts has a job to finish. It feels like he already took the biggest step he could, but his 2023 season could prove us wrong again. To Hurts, this season will be a disappointment if it doesn't end in a parade and an MVP trophy for the quarterback on pace to be a generationally outstanding player.

2023 NFL Fantasy Rankings Top 50

Benny Sheinmann, Sports Editor

Benny Scheinmann is a fantasy football expert and throughout his eight-year experience with fantasy football has never won the championship. With that being said, he has never missed the playoffs and is yet to finish outside of the top 5. Here are his top 50 players in fantasy football for this season (1 point per reception).

1. J. Jefferson MIN WR
2. C. McCaffrey SF RB
3. J. Chase CIN WR
4. A. Ekeler LAC RB
5. T. Hill MIA WR

6. C. Kupp LAR WR
7. B. Robinson ATL RB
8. T. Kelce KC TE
9. T. Pollard DAL RB
10. C. Lamb DAL WR
11. S. Diggs BUF WR
12. S. Barkley NYG RB
13. N. Chubb CLE RB
14. G. Wilson NYJ WR
15. A. Brown PHI WR
16. A. St. Brown DET WR
17. D. Henry TEN RB
18. D. Adams LV WR
19. J. Hurts PHI QB
20. P. Mahomes KC QB
21. J. Jacobs LV RB

22. J. Allen BUF QB
23. J. Taylor IND RB
24. C. Olave NO WR
25. J. Waddle MIA WR
26. D. Smith PHI WR
27. C. Ridley JAC WR
28. T. Etienne JAC RB
29. J. Mixon CIN RB
30. L. Jackson BAL QB
31. M. Andrews BAL TE
32. T. Higgins CIN WR
33. R. Stevenson NE RB
34. J. Gibbs DET RB
35. A. Jones GB RB
36. J. Fields CHI QB
37. D. Moore CHI QB

38. A. Cooper CLE WR
39. B. Hall NYJ RB
40. J. Conner ARI RB
41. D. Samuel SF WR
42. J. Cook BUF RB
43. K. Allen LAC WR
44. T. Hockenson TE
45. R. White TB RB
46. J. Burrow CIN QB
47. A. Mattison MIN RB
48. D. Waller NYG TE
49. C. Watson GB WR
50. N. Harris PIT RB

2023-2024 NBA Season Predictions

Benny Sheinmann, Sports Editor

As the leaves begin to change, basketball fans get ready to gear up for another exciting NBA season. The 2023-24 NBA Season promises to be a rollercoaster of talent, drama, and competition as teams assemble their rosters to hopefully compete for a finals victory. With fresh faces, new superteams, and returning champions, I will try and make my personal predictions for the upcoming season.

Eastern Conference Predictions

Boston Celtics: Tatum has proved that he can be a superstar whenever he needs to be. For the Celtics, all they need is for Tatum to do that in a playoff series. They also extended Jaylen Brown on the NBA's richest contract, so for the Celtics' sake, I hope they make a deep run.

Milwaukee Bucks: Giannis is the best player in the NBA and is searching for his next ring as you read this article.

Miami Heat: After falling short to the Nuggets

the Heat desperately need a victory and although I can't see that happening this year, I would not be surprised if they continue to make deep playoff runs in the years to come.

Dark Horse: New York Knicks

Jaylen Brunson is that guy. After proving this in last year's playoffs I believe that they have the young talent to take the next jump into championship contenders.

Los Angeles Lakers: After a disappointing playoff loss to the champion Nuggets, I still believe that the Lakers have the roster necessary to make a run come May. The Lakers, led by LeBron James and Anthony Davis, remain contenders. With their star-studded lineup and championship experience, they are likely to make a deep playoff run.

Phoenix Suns: After dealing veteran point guard Chris Paul to the Warriors the Suns made way for Devin Booker, Kevin Durant and newcomer Bradley Beal to outscore any team just by them-

selves. Although coming up short last season this superteam will have a chance of making a deep run in the competitive western conference.

Denver Nuggets: Coming off a finals victory Nikola Jokic has nothing left to prove. This all-around team destroyed every roster in their path and cemented them as an obvious finals competitor this season.

Dark Horse: Memphis Grizzlies

The Grizzlies, with their young and energetic lineup, could surprise opponents with their up-tempo style and determination, as long as Ja Morant can stay on the court after facing a 25-game suspension for off-the-court issues.

While predictions provide a glimpse into the potential outcomes, the beauty of sports lies in its unpredictability. As the season unfolds, basketball fans can look forward to thrilling moments and unexpected twists, on the road to crowning the next NBA champion.

Welcoming Back SlamBall (Again)

Manny Shklar, Managing Editor

The NBA is getting way too soft. Players can flop and pretend to get hurt easily, allowing some to use it as their main strategy to score. It seems like there's a foul pretty much every play, and it has ru-

“Originally created on the back of a paper napkin in 1999, SlamBall was a dream for basketball fans craving a more physical game.”

ined the league for many fans, including myself. Some are watching painfully, and some have switched to focusing mostly on college basketball, but there's another new-ish alternative: SlamBall.

Originally created on the back of a paper napkin in 1999, SlamBall was a dream for basketball

creators added multiple trampolines around every basket to allow every player to pull off acrobatic dunks and posters. Finally, it incorporates

aspects of hockey and football, as penalties are rare and result in one-on-one drives with the fouled player attempting to dunk on the player guilty of the foul. The rarity of fouls makes the game more violent, with frequent pushing and tackling.

When SlamBall finally made its television debut in 2002,

there were just six teams in the league, but ESPN had picked it up and produced it, providing outlets for announcers and owners who had ties to the NBA. In 2003, they were able to add two expansion teams and broadcast the

sport internationally to Europe. Unfortunately, after television and production disagreements, the league struggled to return for a third season and was shut down.

It was eventually reestablished in 2007 for one season, and it had seemingly never left. The league conducted open tryouts

for the draft and hosted the POWERADE SlamBall Challenge for fans to contin-

ue displaying their skills. The next massive development involved overseas expansion, as SlamBall reached Italy that summer. Once they had collected funding and selected players, the league was able to run again in 2008, with big name players and coaches from the NBA.

By 2012, SlamBall had expanded all the way to Australia and China, where it would last for four years. The original SlamBall league had shut down again after 2008, but were planning a resurgence as soon as possible. For this, they used the Chinese league as a development platform and planned on drafting players from there, however the timelines did not work out.

SlamBall made its official return in July of 2023, after it was announced a year prior. It now had massive investments from prominent names such as Michael Rubin, David

Blitzer and Blake Griffin. In this new version of the league, eight teams



fans craving a more physical game. SlamBall is fairly self explanatory, as the slam dunks are worth more points than other shots. In order to make it even more appealing, the

play a six week regular season, ending with the playoffs on week seven. Both ESPN and ESPN2 aired the games every weekend and there are no plans of that stopping in 2024.

This season truly brought SlamBall back into the light. The champions, Mob, went 16-0 en route to winning the league championship, and electrifying players made numerous highlight plays. Some of the fan favorites this year included Gage Smith, the number one pick, who recorded the league's only triple double, and Tony Crosby, who is the shortest player in the league (5'6") but has the highest vertical leap (52"). Gaining nearly 400,000 followers across social media platforms, SlamBall's popularity is at an all time high, so hopefully the league will stay around for years to come.

Just Because It's Broadway Doesn't Mean It's Good

Jillian Shweky, Opinion Editor

“ Instantly disposable trash, “ were the words used to describe the Broadway Musical *Les Miserables* by a renowned theater critic, Clive Barnes around its opening in 1987. Audiences went on to prove Clive Barnes wrong as *Les Mis* has won numerous Tonys, and has been revived three times. This case is a rarity as most shows would struggle to survive after a scathing review from a major critic. In fact, seventy percent of Broadway shows fail. I know that might come as a surprise because when thinking of Broadway, most think of it being the best of the best theater experiences out there with these shows featuring large budgets, elaborate sets, and immense talent. Especially in the Broadway world, it is so difficult to produce a hit due to the need to appeal to a broad audience, the stress to make a profit, and this art form being so subjective. So who gets to decide if it's good?



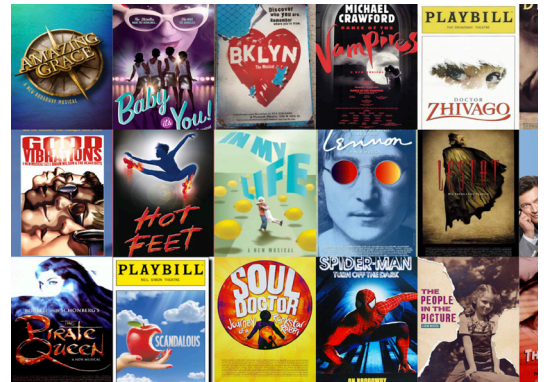
If you asked me, I would tell you that the current production of *Moulin Rouge* was one of the best shows I have seen. If you asked my mother, who was sitting next to me, she would tell you to save your money and watch the movie. However, we both silently suffered together through New York, New York knowing that it was closing in a few days, but hoping they might consider closing it before the second act so we could leave. Unlike with *Les Mis*, we should have listened to the critics.

With Broadway shows' desperation to make a profit, let alone make their money back they sometimes become uninspired because the

focus is solely on financial success and not the artistic aspect. New York, New York demonstrated that perfectly. I still can't understand how they spent twenty five million dollars for this musical, and it only ran for three months. Since the show lacked a true story line due to all the simultaneous plots, it was difficult to find characters to connect with and care about. It seemed all the effort was put into the set and not into the show itself. I can understand their desire to make the city of New York the star, but in turn they created a dull and underwhelming show. Even Lin Manuel Miranda was involved and it was just a miss.

Human nature drives us to want to go big or go home, so when we want a theater experience our minds jump to the opulent and beautiful Broadway. We forget that all around us is theater that doesn't have all the commercial and financial pressure that Broadway does. These regional theaters allow for experimentation in the art of theater and are extremely precious and vital to the future of theater. As I've talked to Broadway directors and Broadway actors over the years I've come to learn that the Walnut Street Theater is highly regarded in the Broadway world and features many Broadway performers; it happens to be one of my favorites.

Since it is evident that not every show on Broadway will be a sensation, what still needs to be figured out is for Broadway, who is the arbiter of taste. Broadway reviews don't just happen in major newspapers and magazines, now they are reviewed on social media like TikTok and YouTube. This gives potential audience members the opportunity to find a critic whose taste resonates with their own. So the concept of "location, location, location" being the determining factor of whether something is good or not may apply to real estate, but most definitely does not apply to Broadway.



“We forget that all around us is theater that doesn't have all the commercial and financial pressure that Broadway does.”

Ocean City's Controversial Curfew

Evan Berman, Staff Writer

Earlier in the year, the Ocean City Council passed ordinances that issued an 11 pm curfew for those under the age of 18, a ban on backpacks on the boardwalk after eight pm, and a closure of the beaches at 8 pm. The cause of these ordinances was the rise of large teen gatherings on the boardwalk and the beach, which locals did not appreciate as they were trying to end their day and go to sleep. While this may seem like an effective way to limit these teen gatherings and

shore this summer and for generations to come.”

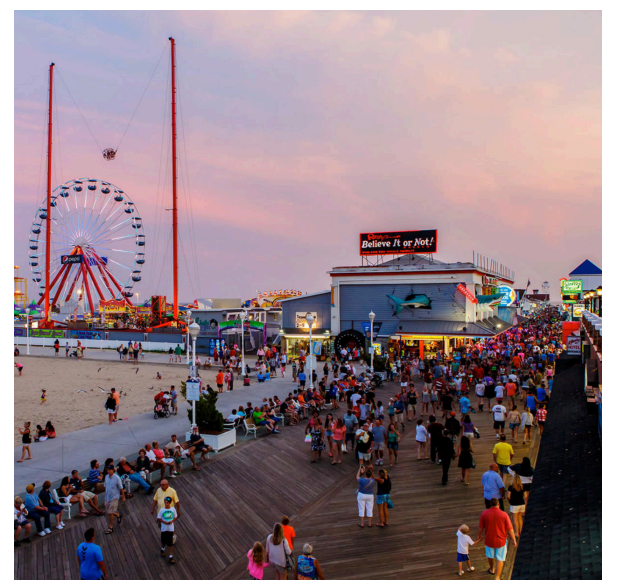
He is right! The Ocean City beaches attract tourists and locals, however, if these beaches are closed at night, then they may start to travel elsewhere. Furthermore, in its peak season, Ocean City has one million visitors to enjoy the boardwalk, beaches, and atmosphere. However, when tourists are informed that they can no longer go on the beach after 8 pm, and must leave the boardwalk by 11 pm, they may not want to come

“Ocean City Council passed ordinances that issued an 11 pm curfew for those under the age of 18, a ban on backpacks on the boardwalk after 8 pm, and a closure of the beaches at 8 pm”

back. This will ultimately hurt the many local businesses in Ocean City, because there will not be as many tourists buying items from their shops.

Many of these tourists are parents who need backpacks to hold all of their children's food and toys. If backpacks are banned after 8 pm, they would have no way to hold all of their belongings, making it very difficult for them to enjoy a night on the Ocean City Boardwalk. In addition, when today's adults were teenagers, they hung out in roller skating rinks and parks, so shouldn't we have a

place where we get to spend time with each other and meet new people? Now, we teenagers are just going to find a new spot to hang out, so wouldn't it be easier if we were allowed to go on the ocean city beaches, and stay on the boardwalk as late as we wanted? These curfews and bans should be taken away, in order to benefit the teenagers that go there, as well as the shops and tourists that will struggle due to these ordinances.



Importance of Mental Health Days

Rachel Loeb, Editor-in-Chief

Mental health days are on the rise, but what exactly do they entail? Essentially, a mental health day constitutes taking a break from

which will allow them to perform better later.

There is a proven need for mental health days. According to an APA Stress survey, around

“Having students take mental health days can be an opportunity to help them take time for themselves and reset, which will allow them to perform better later.”

83 percent of teens identify school as a major stressor. In A Very-well Mind & Parents Study, 75% of parents

say they can be an effective tool to support a child’s mental health. In a Harris Poll of more than 1,500 teenagers, 78% of them said schools should promote mental health days so students can prioritize their health. Mental health days are also becoming more recognized and in the last two years, Arizona, Colorado, Connecticut, Illinois, Maine, Nevada, Oregon, and Virginia have passed bills allowing children to miss school for mental or behavioral health reasons. There is also an international day, October 10, dedicated to global mental health education, promoting awareness of this issue and combating the stigma associated with it.

Despite this support, there are many people still opposed to these mental health days. One argument against them is that if given the opportunity, students will take advantage of it and use these mental health days to skip school. However, mental health days have already been in place, and this has generally not been the case. Even if some students did take advantage of it a few

times, the benefit of mental health days far outweighs the drawbacks, as it is protecting students’ wellbeing. Another argument against it is that it is detracting from students’ education since they are missing class. However, if students are struggling, they are less likely to focus on the material being taught, and if they are given a break, they will be more likely to pay attention. Others criticize it for being unnecessary and claim that people are fine without these days off. However generalizing everyone’s struggles and assuming that just because you are doing fine means that they are is a bad idea. Everybody deals with their own challenges, and some people might need more support than others. A large majority of students

experience mental health challenges at school, and if taking a day off to support their needs works, then it should be done. Fortunately, at Barrack, a variety of mental health resources are offered, and if needed, mental health

days are available. For more information about this, see the article “Feeling Blue” in Center-spread. Nonetheless, more can be done to normalize these breaks. Lingering stigma makes some students hesitant to share their reasons for being absent. To counter this, parents, faculty, and students should continue to make Barrack a supportive environment in which students feel comfortable prioritizing themselves and their needs.

work and other taxing responsibilities in order to avoid potential stress-related health problems, avoid burnout, and other mental health issues. High school specifically is known to be an incredibly stressful part of a person’s life. The academic expectations in high school are high, as students are required to balance their time between multiple subjects, assignments, tests, and projects. Also, beyond academics and extracurriculars, high school students can struggle



with social dynamics that can significantly impact their mental health. Having students take mental health days can be an opportunity to help them take time for themselves and reset,



World News

The Major Supreme Court Decisions of 2023

Edan Held, World News Editor

Just before taking their summer recess, which lasts from the middle of June/early July until the first Monday in October, The Supreme Court ended their session with several bombshell cases. Here is a summary of each case they ruled on: The most important and controversial case was their ruling on Affirmative Action, or race-conscious college admissions. The court ruled in a

college admissions at private and public universities are unlawful.

Another case the court ruled on was student loan forgiveness. Ruling on the same 6-3 party line majority, the court found that Biden’s plan to forgive \$400 billion in student debt — a maximum of \$20,000 per person making under \$125,000 — was not approved by Congress, and was therefore unconstitutional. Ruling in the same 6-3 party line majority, the Court ruled that the First Amendment gives a web designer the right to refuse to make a website for a same-sex marriage, even though a state law banned discrimination based on sexual orientation. In a 5-4 decision, which included the three liberal justices along with Justice Roberts and Kavanaugh, both conservatives, the court ruled that Alabama must redraw its congressional districts because it had only one majority Black district (even though ¼ of all Alabama voters are Black), which

the court found to violate the Voting Rights Act.

Despite rumors that the court was looking to strike down the Indian Child Welfare Act (ICWA), which strives to protect Native American heritage by placing Native American children with distant family members or members of their tribe, it ruled 7-2 to uphold it.

In a 9-0 ruling, the Court expanded the necessary accommodations an employer must make for religious reasons, supporting a US Postal Worker who refused to show up to work for religious reasons and was later punished.

These are the major rulings, although they also ruled on topics such as environmental action and tech companies’ liability for what is posted on their platforms. Following last year’s overturning of Roe v. Wade, this marks two years of bombshell Supreme Court cases, so we’ll have to wait until next year to see what else they might rule on.



6-3 vote down party lines that race-conscious

July Was the Hottest Month Ever Recorded

Edan Held, World News Editor

You probably felt the extreme heat hit your body when you opened the door to walk outside this past July, and you weren't imagining things. Data that supports these findings makes it clear that climate change is on the rise, and we are feeling the effects. According to NASA and the National Oceanic and Atmospheric Administration, July 2023 was the hottest month ever seen since temperature recording began in 1880.

The average temperature in July of 2023 was .43°F warmer than any other July recorded and 2.1°F warmer than the average July between 1951 and 1980. This starkly contrasts the typical "few hundredths of a degree" jump seen when most climate records occur, according to Russell Vose, a climate expert at NOAA's National Centers for Environmental Information. From the Western United States, to Northwestern China, and even to Chile and Argentina, both currently in their own winters, temperatures rose above their average.

Experts warned that it is not necessarily the heat itself that can harm and kill; rather it is the duration of the heat waves that cause harm. When it doesn't cool down much at night, our bodies don't have a chance to cool down themselves, increasing risk of heart disease and stroke. In

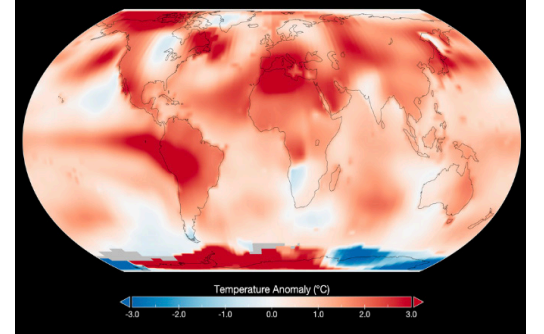
Phoenix, Arizona, temperatures reached above 110°F for 31 days in a row. Similarly, temperatures spiked above 100°F in Miami, Florida for 46 days.

While everyone clearly felt the effects here on the ground, rising temperatures impacted the oceans too. In Florida, the ocean temperatures were above 100°F, prompting scientists to move coral nurseries to cooler water.

"Experts warned that it is not necessarily the heat itself that can harm and kill; rather it is the duration of the heat waves that cause harm."

The heightened water temperature has also increased the possible severity of the upcoming hurricane season, which only time will tell to see how extreme it actually is.

The effects of climate change have become more noticeable as global temperatures continue to rise, and each of the last five decades become hotter than the one before it. Fortunately, fossil fuel demand may be reaching its peak as countries like the US and China improve their renewable energy sources and continue to add more each and every day.



The Power of the Youth

Evan Berman and Chloe Hedaya, Staff Writers

Unfortunately, age goes up but never comes down. However, mice are in luck since young mouse blood has been found to increase the life of older mice by 6 to 9 percent, equivalent to around six years for humans. In the quest



to unravel the mysteries of aging, scientific discoveries like this offer intriguing possibilities for extending the human lifespan.

Scientists surgically connected young mice with old mice in a process known as parabiosis and attached the youthful blood vessels to the old ones. Parabiosis has been practiced since the 19th century and has often been successful. After the mice had been connected for about three months, scientists detached them and observed the old mice to see if there were any changes in their course of aging. Not only did they find that the old mice lived longer, but their

path of aging had seemed to pause. They looked at molecular markers in the old mice's blood and liver that act similar to a clock for an animal's age and found that they were younger than those in untreated mice at the same age. However, while the old mice seemed younger, the young mice seemed to have aged. "The young mice rapidly become older, and when

we separate the mice, it goes back," said Vadim Gladyshev, an expert on biological clocks at Harvard Medical School and an author of the new

"Scientists surgically connected young mice with old mice, in a process known as parabiosis, and attached the young blood vessels with the old ones."

study. Some thoughts on how this works are that the young blood contains molecules that help reprogram and rejuvenate cells. Another idea about how this works is that the young blood dilutes the harmful compounds in the old blood, which would explain why the old mice seemed

to stop aging altogether. While this study has shown promise, another study from last year did not show that parabiosis helped older mice to live longer. Dr. David Glass, the vice president for research on age-related disorders at Regeneron, a pharmaceutical company, noted that the two studies used two different strains of mice, which could be why they provided different results. He said that "one should be cautious in generalizing the findings" since we are unaware if this study only shows success for this particular strain of mice. According to Dr. White, research will continue, and the "hows

and whys" will be hunted. In an era where aging has become a pressing topic, findings such as these could lead to profound advancements. The potential that this young blood carries could lead to groundbreaking technologies and medicines that could transform the way we age.

Impact of Trump's Legal Charges

Rachel Loeb, Editor-in-Chief

Donald Trump, the former President of the United States, is currently facing multiple legal charges across several different states. These charges are getting particular attention as they are coming while Trump is preparing to campaign for the presidential election in 2024. The potential legal consequences for each of these cases

vary but they could significantly impact the upcoming election. These charges range from withholding documents related to national security to conspiracy to obstruct an official proceeding.

The first criminal charge, in New York, has Trump facing state charges for falsifying business records related to the \$130,000 hush-money

payment to the adult film actress Stormy Daniels to cover a potential scandal. Then, in Florida, Trump is facing 40 federal charges for mishandling classified documents and defying the government's demands to return the document.

Continued on the following page.

Trump Charges

Continued from page 6

In Washington, D.C., Trump has been indicted by a federal grand jury and has 4 charges related to his involvement in the January 6 Insurrection and his efforts to overturn the 2020 election. The charges include conspiracy to defraud the United States, conspiracy to obstruct an official proceeding, and conspiracy against rights. Most recently, in Georgia, Trump has been indicted on 13 charges related to his efforts to overturn the state's 2020 election results. These charges include violating the state's racketeering act, requesting a public officer to violate their oath, conspiring to impersonate a public officer, and conspiracy to commit forgery and file false documents. The potential legal consequences for each of these cases vary. In Florida, if convicted on all counts, he could face up to 450 years in prison based on maximum sentences. In New York, legal experts say that even if Trump is convicted of all counts, it's unlikely that he will see any time behind bars.



Washington D.C. trial to be delayed until after the 2024 presidential election after prosecutors proposed a January 2024 trial date. However, a majority of Americans believe that the trial in the federal case against Trump for mishandling classified documents should occur before the GOP primaries and the general election. The timing of the cases has also garnered significant criticism. House Speaker Kevin McCarthy said that Biden was using the government to attack the leading Republican candidate and interfere in the 2024 election. Other prominent Republicans such as Ted Cruz and Lindsey Graham have also defended Trump and claimed that he is being persecuted by the left. However public sentiment on these charges and Trump's candidacy is mixed. 63% of Americans say that the charges approved by a grand jury in Georgia related to efforts to overturn the 2020 election results in the state are serious. However, 49% think that the charges in Georgia against Trump are politically motivated. Additionally, 50% of Americans say Trump should suspend his presidential campaign while 33% believe he should not.



It remains to be seen how these cases will play out and what impact they will have on Trump's political future. More information regarding the cases is sure to come out in the following months. Regardless of the outcome, the very existence of these charges is unprecedented as no other president or former president has ever been indicted.

Public sentiment on these charges and Trump's candidacy is mixed.

If convicted on all counts in Washington D.C., he could face more than 50 years in prison. This case is especially important as it will legally define what a politician is able to do to reverse a defeat. Finally, in Georgia, if convicted on all counts, he could spend up to 70 years in prison.

The timing of these cases could have a significant impact on the 2024 presidential election. Due to the timing, Trump's lawyers have asked for his

Far-Right Party on the Rise in Germany

Edan Held, World News Editor

While the party known as Alternative for Germany (AfD) has been active for around a decade, it has never been able to make a name for itself. However, this past summer, the party achieved its first electoral wins in Eastern Germany, where it has the most extensive support, including winning a mayoral seat in Raguhn-Jessnitz and a district administrator's post in Sonneberg. This marks a significant milestone for the party as it is nationally polling at around 20%.

The AfD is the first far-right party to gain status since the Nazi party in 1933. Despite their elec-

tion wins taking place at the local level, and not the national, they are polling as the second-largest party in Germany at the time of writing. Touting themselves as populists, many citizens agree with their policies. AfD spokesperson Tino Chrupalla said, "The new normal: We are a people's party. Step by step, we're bringing about a change for the better and implementing our policies for the interests of the citizens."

The location of their wins comes as very little surprise given the politics of Eastern Germany — Eastern Germany has historically voted differently than Western Germany due to several factors. One major factor is immigration, which the AfD vehemently opposes. They want a closed-door policy and share much of Eastern Germany's xenophobic views. Following the influx

of both Syrian and Ukrainian refugees, citizens across Germany see immigration to be a problem facing the country, something that

party of being a threat to democracy. This means the intelligence agency can tap and view all AfD communications and use undercov-

"Touting themselves as populists, many citizens agree with their policies."

AfD is willing to quickly and boldly address. The party is also taking advantage of infighting within the current coalition led by Chancellor Olaf Scholz. The AfD pinpoints high inflation and the current coalition's green policies as negatives for the typical citizen, again labeling themselves as a populist party willing to fight for the people's interest.

Despite gaining popularity, those in the German parliament say they will refuse to cooperate with the AfD if the party gains seats in parliament. The AfD is heavily associated with right-wing extremists, and Germany's domestic intelligence service has even accused the

er agents to spy on their initiatives.

While the AfD's rise to power is frightening when considering Germany's history with far-right parties, Germany is not alone in seeing a political shift. Countries across Europe, like Italy, Finland, Spain, and Austria, have seen far-right parties gain power. It is a situation to be alert for throughout the next few years and the subsequent German elections, as it could be the first time in 75 years that a far-right party holds seats in the German parliament.



Feeling “Blue”

Mikaela Garber, Managing Editor

Whether you are struggling with a problem, or want to promote positive mental health, Barrack has the resources for you!

First and foremost, it is important to mention Mrs. Yontef and Mrs. Grolnick, our amazing middle and high counselors, respectively. You can email them with any questions or concerns or even just drop by and see if they are free! They are happy to listen to the good and the bad and can also give you resources and advice if you want them. If you are feeling down and want to talk or vent, I would highly recommend

tation, breathing exercises, or playing with fidgets. Taking a break from an overstimulating situation, even just to go to the bathroom, can also help. If you have a longer period of time, you can opt for a walk outside, listening to music that you enjoy. Typing out a quick vent on your phone or talking to a friend about how you are feeling is a great way to let out your emotions.

An extremely useful service that Barrack has is “Safe2Say Something.” If you are ever worried about the safety of someone else and don’t feel comfortable talking to

an adult, you can make an anonymous tip on the “Safe2Say” website.

Once the tip is made, it will be reviewed by a team of Barrack administrators who will deal with the situation accordingly.

If you want to share your experience with different mental

health topics and listen to those of others, consider attending Speak-

trying it out; it is only a small time commitment, and hearing other peoples’ stories can really impact your perspective.

Finally, if you are looking to make a daily impact on the school environment surrounding mental health, high schoolers should consider joining “Mental Health Mat-

ters Club.” Club members work to brighten others’ days and educate



Up. SpeakUp is an annual event that occurs during the 2nd trimester and brings together students, parents,

“Whether you are struggling with a problem, or want to promote positive mental health, Barrack has the resources for you!”



scheduling a time to meet with them.

While at school, you can also utilize various coping techniques. To calm yourself down, you may want to try a short medi-

and staff in the Barrack community for a discussion about topics that affect middle and high schoolers. If you want to be even more involved with the event, you can join the SpeakUp Leadership Team, where you will have the opportunity to pick the topics for the event. If you are unsure about going, I suggest

about mental health through programs, handouts, and sales. Middle schoolers who want to make an impact on mental health on campus should reach out to Mrs. Yontef about what they can do.

Behind the “Blue Jersey”: An Interview With Kiba the Cougar

Margot Englander, Centerspread Editor

With the school year fast approaching, the Cougar Chronicle wanted to sit down with our favorite four-legged friend, Kiba The Cougar, and find out more about our friend be-



hind the blue jersey. Kiba is the face of the Barrack community, and can be found cheering at the annual pep rally, and most athletic events throughout the rest of the year. Kiba was lovingly given his name a couple of years ago, inspired by Barrack’s former name – Akiba. Kiba was happy to talk to the Chronicle and share his thoughts and opinions as our school mascot.

Chronicle: So, Kiba, what are you looking forward to this year?

Kiba: I LOVE being a part of the Barrack community. This year, as we’ve joined a new athletic league, I’m looking forward to cheering on our teams as they take on new competition. I believe in our teams, and I’m excited to see what this year holds for them!

Chronicle: If you were to play on any of our Barrack sports teams, which would you choose?

Kiba: I’d have to pick our basketball team. I’ve spent so much time with them that I feel like I’m a member already! (Besides my lack of hand-eye coordination skills – not having thumbs makes it a little bit tricky).

Chronicle: What are your responsibilities as our mascot?

Kiba: Hmm. Well, I don’t think of them as responsibilities, but I am required to have the best dance moves in the gym (sorry cheer team). I try to bring up the energy in the room and encourage each member of the community to participate in the Barrack ruach!!

Chronicle: What is the best part of being the mascot?

Kiba: Like I said before, I love being a part of the Barrack kehillah. I have to say though, that my favorite part is getting to learn Hebrew – סבבה, כדורסל, קהילה, רוח... I’m practically bilingual already!!

Chronicle: What is the hardest part about your job?

Kiba: As a cougar who likes to live in colder climates, I get REALLY REALLY HOT when I’m dancing or jumping around. I wish we had a pool to jump in.

Chronicle: Finally, if you had to pick another animal to become Barrack’s mascot, who would it be?

Kiba: That’s a hard one. I think the “Barrack Cougars” are perfect as they are. If I had to choose, I think I would choose an aardvark. They just seem cool, you know?

“Blue” in Judaism: Tekhelet

Margot Englander, Centerspread Editor

The rich tapestry of symbolism within Judaism is evident. Among the hues that weave through this spiritual landscape, the color blue, particularly in the form of “tekhelet”, holds a special place of significance.

Tekhelet holds its roots in ancient Judaism, dating back to biblical times. Derived from a specific sea creature, it is the special blue dye used to adorn garments, particularly the fringes of prayer shawls, or tzitzit. These fringes, mandated by the Torah, serve as a physical reminder of divine commandments and the connection between humanity and the sacred.

Tekhelet’s blue hue is often associated with the sky and the sea, two majestic elements that evoke feelings of wonder and reflect G-d within them. Just as the boundless sky seems to

stretch infinitely above and the expanse of the sea invites exploration, the blue in tekhelet points to the infinite and mysterious nature of the Divine Presence.

In the tapestry of the Ark of the Covenant, blue threads intricately intertwined with other colors, creating a visual manifestation of holiness. These blue threads signify the Divine Essence and its sacred nature. The use of blue, a color associated with the ethereal and heavenly, underscores the sanctity of the place where the Divine and human interact.

Kabbalah, the mystical branch of Judaism, delves even deeper into the symbolism of blue. Blue is often associated with the Sefirah of Chesed, representing loving-kindness and the expansive, generous nature of the divine. Within the

Kabbalistic framework, blue serves as a reminder of the Divine Benevolence that infuses creation.

Beyond its celestial and mystical connotations, blue in tekhelet also carries a lesson in impermanence and continuity. Just as the dye comes from a living creature, the process of extracting tekhelet underscores the interconnectedness of all living things. This reminds us that our actions can impact those around us, and the choices we make can affect future generations.

In Judaism, blue is more than just a color; it is a bridge between the earthly and the celestial, a reminder of the divine commandments, and a beacon of spiritual exploration. The threads of tekhelet, woven into the fabric of our tradition, continue to inspire and guide, inviting us to contemplate the profound connections that link us to each other.

“Our actions can impact those around us”

“Blueprints” for a Successful Year

Margot Englander, Centerspread Editor

As we are entering a new school year, many students may be wondering how to jump into the year on the right foot. Here are some handy tips and tricks to get you started:

- I know it is hard, but try to get at least 8 hours of sleep. Getting an adequate amount of sleep will help you focus in class and while doing homework. It may also reduce your stress and improve your mood. If you have a long commute to school, try to use that time to sleep, do homework, eat a snack, or do something fun and relaxing.

→ Use your agenda book or some other calendar for planning schoolwork. Having multiple deadlines for different subjects can make it easy to lose track of time and forget to do assignments. Even just writing down what you have to do can help you prioritize your time and stay on top of things.

→ Create a system for organizing your class notes. I would suggest having a separate folder for each subject and a notebook for each subject or

few subjects. If you are more of a binder or ipad person, have separate areas for each subject in the binder or note taking app.

→ Don’t be afraid to email your teachers. They will be happy to help you with whatever you need, whether that be giving you extra practice or meeting with you outside of class. I promise they aren’t scary!

→ Try not to get caught up on individual grades. Doing badly on one test doesn’t mean you are going to fail the class or get a bad grade.

→ Focus on mastering the material and don’t stress out too much. :)

Hopefully these tips will help set you up for success in the coming year!
Good luck!



“Blue” Playlist

Claire Englander, Staff Writer

I’m Good (Blue) by David Guetta and Bebe Rexha
Blue (feat. Blue Ivy) by Beyoncé
Blue Hair by TV Girl
Blue Suede Shoes by Elvis Presley
Blue Jeans by Lana Del Rey

Blue Moon by The Marcells
Blue Velvet by Lana Del Ray
Mr. Blue Sky by Electric Light Orchestra
BLUE (feat. Alex Hope) by Troye Sivan
Blue (Da Ba Dee) by Eiffel 65
Clearest Blue by CHVRCHES

Royal Blue by Navé Monjo
Hiding in the Blue by TheFatRat and RIELL
Blue by Zach Bryan
I Guess That’s Why They Call It the Blues by Elton John

Reflections on Our Beloved Librarian Mrs. Sittenfield

Sophia Mittman, School News Editor

After twenty-five years of being a librarian at Akiba and Barrack, Mrs. Sittenfield has made a difficult decision; she has decided to retire in June 2023 and move on to a new chapter in her life. This will be the first time we will not see her smiling face around the third-floor upper school hallway. Not only has she worked tirelessly to ensure an extraordinary library for the school, but she has also contributed so much to the Barrack community. She was awarded the 2015 Librarian Award of the Year, and she has been a source of inspiration, guidance, and support for

“I always find something special about each kid.”

countless students, from leading her mindfulness class to organizing and setting up different displays to providing a comfortable setting for students in the library. During an interview with Mrs. Sittenfield, I asked her what she loved most about being a librarian at Barrack, and her response was the kids. “If I didn’t make the kids have fun, my life would be boring.” Mrs. Sittenfield was always eager to help any student. She would help you find any book and was willing to sit with you and help you find sources if you needed them for a research paper. According to Mrs. Sittenfield: “The most important thing a librarian has to do is to care for the well-being of every student. This is my priority. Kids are stressed when they have to do research for school. And they would calm down when they had the sources.”

Mrs. Sittenfield would meet with you one-on-one to help you find the best sources. She also worked hard on the library catalog on the JBHA website so students could find books or sources much more easily. Mrs. Sittenfield is the type of person who is always in the mood at any given-time to discuss anything. She is so easy to talk to and so kind-hearted. At

Barrack, she was inclined to give a big hello to anyone she passed by in the halls. Being there for her students is the trait Mrs. Sittenfield values most.

She enjoyed watching as many school musicals as possible. “To me, watching a Barrack musical is more interesting than watching a Broadway show,” Mrs. Sitten-

field told me. She also would take the time to get to know every

student. “I always find something special about each kid.” During the Covid pandemic, Mrs. Sittenfield would wrap and deliver books to students’ homes. This

shows her deep connections to the students at Barrack. Even after students graduate, Mrs. Sittenfield keeps in touch with as many as possible. During her retirement, she plans on being on the Board of Directors at the Bala Cynwyd Library for the programming committee, and she also plans on being a matchmaker and training with star Aliza Ben Shalom from the Jewish Matchmaking show on Netflix.

Mrs. Sittenfield has been more than a librarian; she’s been a mentor, guide, and friend to countless students and staff. Her legacy of literacy and love for learning will continue to thrive within the library’s walls. Her kindness, approachability, and genuine interest she took in our lives made us feel valued and understood. We will miss you, Mrs. Sittenfield.



Interviews With New Barrack Institutes Staff

Rachel Loeb, Editor-in-Chief

New to Barrack this year are the upper school institutes: art, STEAM, and business. The STEAM Institute is a continuation of the program from past years, but it with a new head it will likely have some changes. The Business institute is a totally new addition to Barrack. The Art Institute will feature the 3 teachers working together to create the curriculum. The Chronicle interviewed the three new teachers for the programs.

1. *What are you most looking forward to in this position?*

Stanley Shmia (Chair of the STEAM Department): Working with students, sharing my love of engineering, problem solving, and creativity.

Andrea Schuster (Fine Arts Teacher): I am looking forward to meeting my new students and exploring the wonderful world of art history with them!

David Kimmel (Business and Entrepreneurship teacher): Barrack has a fantastic community. I look forward to meeting the students and working with the other faculty. From what I’ve seen so far, I can already tell that Barrack students are

incredibly talented, creative, and motivated.

2. *Do you have any specific ideas/goals? If yes, what are they?*

Shmia: Yes, I want to make STEAM more fun and inclusive for everyone. We’re going to offer more choices for Capstone projects and bring real world and business related projects to the STEAM Institute.

Schuster: My goal for this year is to develop a fun and supportive classroom environment that encourages creativity and self-expression. Also, I hope to connect student interests to project themes and ideas!

Kimmel: Students will have the opportunity to work on projects in which they develop business plans and determine the details for their implementation. I’m eager to see how students apply knowledge and skills from class in creative ways during these projects. I’m also working on planning field trips that will allow students to see various aspects of business in person.

3. *What should people know before taking your class?*

Shmia: STEAM is a fun, engaging and creative place where you’ll be able to follow your own passion and

work on projects you care about.

Schuster: Art making can be challenging, but it should also feel satisfying to make art. In my classes, I strive to help students develop their artistic abilities and to express their own ideas and feelings through art.

Kimmel: “Business” and “entrepreneurship” are related, but they are not the exact same thing. A person can work in business without being an entrepreneur. Likewise, a person can be an entrepreneur without understanding every aspect of business management. In this class, we will focus on both business and entrepreneurship. We will start by exploring principles of how businesses work and what businesses need to be successful. Later, we will apply these principles in developing business plans with an entrepreneurial mindset.

4. *What will a day in your institute look like?*

Shmia: We do a lot of hands on projects in STEAM. Almost every class involves problem solving and building something, for example a robot, a model bridge, or a more complicated system with electrical and mechanical components. We

create something almost every day.

Schuster: Each class will introduce specific routines and connections to the diverse world of art history! Prior to each project, the importance of planning and developing a design will be explored, as it helps channel an artist’s creativity in a specific direction. While my electives will be full of exciting creative projects and hands-on activities, consistent critiques and discussions will help bring art history to life.

Kimmel: When exploring a new topic, we will start with a short, interactive presentation covering key aspects of that topic. Then, students will have the opportunity to apply what they’ve learned to assess real world examples, including case studies. When working on a project, students will have class time to work collaboratively and receive feedback from both their classmates and from me.

5. *What skills will students learn throughout the progression of different years?*

Continued on following page.

Barrack Institutes

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Shmia: We start with problem solving and creativity then move on to more specialized engineering and science disciplines. As students progress in STEAM, we cover electrical, mechanical, biomedical, environmental, and sustainability engineering.

We also offer units on data analysis and every year in the Upper School ends with a capstone project that the student chooses.

Schuster: Throughout each class, students will be prepared to create art that connects their personal ideas to the context of art history and contemporary art. Students will not only develop an interest in the process of art making, they will gradually learn to trust and celebrate the process! Great work takes time!

Kimmel: The intro course this year and more advanced courses

in future year will help students develop qualitative and quantitative skills needed in the world of business. Students will learn how to efficiently present an idea using persuasive techniques and visuals. Students will foster collaboration skills working in teams on long-term projects. Students will learn interpersonal skills needed to negotiate in a business setting. Students will learn how to create visualiza-

tions of data needed to present data to employees and investors.

6. *What's a fun fact about you?*

Shmia: I'm an avid triathlete, competing in swim / bike / run events every summer.

Schuster: I have a twin sister who is amazing at knitting!

Kimmel: I speak Spanish and a little bit of Mandarin.

Interview With Incoming Barrack Faculty

Rachel Loeb, Editor-in-Chief

This year at Barrack we are welcoming many additions to our faculty! The Cougar Chronicle interviewed each teacher to get to know them a little better. The following are excerpts from interviews with some of Barrack's new staff:

1. *What are you most looking forward to in this position?*

Missy Present (Director of Admissions and Enrollment Management): I love thinking creatively and strategically about what draws students and families to Jewish educational communities; and how those educational communities can communicate their value, values, and outcomes. And, I am really looking forward to doing that here at Barrack! I am especially looking forward to getting to know the MS and US students so that I can amplify all you admire and value about the school to those thinking about joining our community.

Bob Dignazio (Athletic Director): Working with a great group of students, coaches, and community members as we continue to build on the foundation of Barrack Athletics.

Benjamin Blackman (English Teacher and faculty supervisor for HEAR club this year): I'm most looking forward to getting to know and work with the students at Barrack!

Amanda Greenberg (Learning Specialist): I'm most looking forward to being part of the Barrack kehilla and see the AHA moments the students have this year.

Amir Zinkow (Judaic Studies Teacher): I am most looking forward to learning with a diverse student population

Daniel Satlow (Hebrew and JST Teacher): I am most excited to be a part of such a vibrant, pluralistic community that is JBHA

Brooke Mildenberg (Learning Specialist): Helping set students up for success and laughing together while we learn

Michelle Geiger (Learning Specialist): I am most looking forward to getting to know the students and staff!!

Bat-hen Zeron (Hebrew Teacher): I'm looking

forward to collaborating with other colleagues who view teaching as a sacred craft, while also spreading the love of learning in any encounter with students.

2. *What is your favorite topic within your field?*

Present: Overseeing enrollment management means that I am always thinking about the continued growth of our student body and all the various constituencies (inside and outside the school building) that impact that growth. I especially love thinking about how blending marketing, messaging, community building, and affordability can impact enrollment growth over time.

Dignazio: I really enjoy connecting sport to other academic disciplines. I earned my masters in Sport Humanities, which examined the intersection of sport with history, sociology, gender, and other fields. I wrote my thesis on social identity and Philadelphia Big Five College Basketball.

Benjamin Blackman: There are so many topics I love in reading and teaching English, but my favorite is probably the future, or put another way, speculation. As long as people have been writing what we deem "literature," they have also been writing about the future. "Aren't all stories told by storytellers and poets," Socrates asks Adeimantus in Plato's Republic, "really a narrative -- of what has happened in the past, of what is happening now, or of what is going to happen in the future?" Yet how that future is imagined changes over the millennia; it is only in the late nineteenth century that we begin to see the kinds of detailed world building we're so familiar with from science fiction and fantasy books, movies, and tv. Tracing not just what the future looks like but how writers imagine the future can tell us so much about the relationship between literature and science, technology, philosophy, politics, gender, religion, and more.

Greenberg: My favorite subject is science.

Zinkow: My two favorite things to focus on are Gemara and the peshat (plain, most straightforward) meaning of the Torah

Satlow: So many nuggets to choose from! I

am fascinated by the ways in which Jews from different places balanced their commitment between tradition and modernity in different ways

Mildenberg: No specific topic, but I love seeing the 'ah-ha' moments when something clicks

Geiger: My favorite topics is Literature

Zeron: My favorite topics in Hebrew studies are those moments in a unit of study, when we are able to connect a subject/skill to a current situation accuring in Israel. This makes the textbook come to life, and to me that's when the magic of learning happens.

3. *What are your hobbies?*

Present: My passion is traveling and seeing the world with my husband and kids. My hobbies also include playing tennis, reading a great book by the ocean, and spending time with family and friends.

Dignazio: I have two energetic children: 3 year old (Caleb), 1 year old (Asher), and an amazing spouse (Morgan). We keep each other very busy!
Benjamin Blackman: I really enjoy hiking, and was lucky to have easy access to sublime national and state parks when I lived in California for graduate school. I'm excited to explore nature in Pennsylvania!

Greenberg: My hobbies are playing tennis, going hiking/camping and other outdoor sports with my family, traveling, and volunteering with my kids' sports and scouts activities.

Zinkow: My hobbies include hiking, fixing things, ceramics, watching sports, learning, and cooking.

Satlow: I am a runner, hiker, traveler and global soccer fan

Mildenberg: Exercising, reading, dancing

Geiger: For hobbies, I enjoy traveling, cooking, reading, going to the beach, camping, bike riding, spending time with family and friends, celebrating holidays, and exploring new restaurants. Oh, and I'm a huge Disney fan; I love everything Disney!

Zeron: My hobbies include: Dancing, writing, baking and collecting great picture books.

Jamie Foxx Accused of Antisemitism

Addison Simth, Israel Editor

Throughout history, there has always been antisemitism, whether a lot or a little, depending on the time. Still, throughout the 2010s, antisemitism has been on the rise worldwide. Dealing with this has always been a challenge; especially now with social media, people can spread and share their hateful comments without leaving their houses while using their screens as a shield. Along with the rise of social media, there has been a rise in celebrities showing their antisemitism online, most notably in 2022 with Ye (Kanye West) posting numerous tweets about “going death



con 3 on JEWISH PEOPLE” and more recently with Jamie Foxx accusing Jews of ‘killing’ Jesus. It is no surprise that some celebrities are antisemitic, but just recently, there has been a new debate if Jamie Foxx is antisemitic as well. Jamie Foxx is a 55-year-old American Actor and Musician who, on Friday, August 4th, made a post on Instagram saying, “They killed this dude named

Jesus... What do you think they’ll do to you????” along with the hashtags #fakefriends #fakelove. Foxx’s post was later deleted, but not before actress Jennifer Aniston had the chance to give it a like. He reportedly only took down the post after

“This really makes me sick. I did not ‘like’ this post on purpose or by accident.”

being accused of antisemitism. Although there is no excuse for this behavior, some people argue that a reason for a lot of antisemitism is a direct result of the belief that Jews are responsible for the death of Jesus. After Aniston had received some attention for liking Foxx’s post, she put up an Instagram story saying, “This really makes me sick. I did not ‘like’ this post on purpose or by accident. And more importantly, I want to be clear to my friends and anyone hurt by this showing up in their feeds - I do NOT support any form of antisemitism. And I truly don’t tolerate HATE of any kind. PERIOD.” Following this, she reposted a post that A Wider Frame (a Jewish News & media website) had posted on her story. The post had Foxx’s post, where Aniston’s like and commentary from A Wider Frame can be seen. A day after Foxx had made the post and had taken it down, he posted an apology statement. In the statement, he said, “I want to apologize to the Jewish community and everyone who was offended by my post, I now know my choice of words has caused offense and I’m sorry. That was never my intent.” Foxx added that his usage of the word “they” in his original post was that he was talking about a “fake friend” who had

betrayed Foxx, and he ended with “I only have love in my heart for everyone. I love and support the Jewish community. My deepest apologies to anyone who was offended.” Foxx’s post received many comments, to which people compared him

to Ye (Kanye West), who has in the past made several antisemitic posts. The example of Ye’s actions in the past shows the true harm in these celebrities ac-

tions, after Ye’s first tweets about antisemitism he started traveling with known antisemites and said on a podcast that people should “stop dissing the Nazis”. Ye’s actions lead to a rise in antisemitic riots popping up all over the country.

With cancel culture and all of the constant changes in the world, people, especially people with lots of influence, have become more and more comfortable with posting/saying things without thinking of the outcome and of what they are saying in the first place. Whether or not you believe that Jamie Foxx and Jennifer Aniston are truly antisemitic, along with many other celebrities, is up to you. But it is without a doubt that these actions alone are one of the reasons why there is so much antisemitism seen today; all types of people-young, old, rich, and poor- look up to these giant stars. Many of them are young, impressionable people in their teens to thirties, and for them to see their role models not only hating but criminalizing and accusing a whole religion just because they can, convinces people to do the same.

33 Weeks of Fighting for Israel’s Democracy

Andy Jacoby, Staff Writer

For the past 33 weeks, the people of Israel have fought against the Judicial overhaul that Netanyahu’s government is pushing. Netanyahu’s plan will eliminate the checks and balances between their supreme court and the Knesset that Israel relies on to maintain a healthy balance of power. Each weekend, thousands of people gather in Tel Aviv and throughout the country to protest the proposed overhaul. Over the week-

judicial overhaul legislation has been slowly moving forward. On July 24, 2023, Israel’s Parliament approved a key part of the plan to dismantle Israel’s court system. This legislation abolished Israel’s “reasonableness doctrine.” The “reasonableness doctrine” is a practice used in high courts worldwide and essentially allows high courts to analyze a policy to



sonable, such as appointing Aryeh Deri as minister of finance when he has previous convictions of fraud and various other crimes.

For the protestors, this is a disaster. It dramatically increases the power held by the Knesset and removes some of the checks and balances that keep Israel’s government functioning. Some opposition leaders have called for a unity coal-

ition in order to prevent further overhaul of the justice system. Many of the protestors disagree, arguing that any action that involves working with Netanyahu would be a betrayal of the public’s outcry against the bill.

Throughout these protests, Netanyahu has claimed that these changes to the Judicial System are protecting Israel’s democracy. He intends to continue moving forward with them unless there is a massive change. In the coming weeks, we will see more action surrounding this legislation and more protests. One thing remains true; the Israeli people will not stand idly by while their democracy is dismantled.

“Despite the protests, the judicial overhaul legislation has been slowly moving forward.”

end of August 19, over 100,000 people gathered in Tel Aviv alone. Despite the protests, the

ensure that it is reasonable. Now, Israel’s high court cannot block actions and policies it deems unrea-

US and Israel Cooperation in the Future of Technology

Jemma Dengel, Staff Writer

Vice President Kamala Harris and President Isaac Herzog announced a joint five year initiative where the Biden Harris administration and Israel plan to invest a col-



lective 70 million over the next five years. This money will be invested into innovating new technology focused in areas of climate-smart agriculture and water preservation and usage in the Middle East and Africa. Allegations of resources are in hope to address the most pressing problems facing the Middle East, including food security and the climate crisis. This builds off of the initial initiatives of the Memoran-

dum of Understanding in Treated Water Reuse where about fifty US water experts visited Israel to observe their water management, the Middle East Regional Cooperation Program established in 1981, which marked the collaboration of Israeli and Egyptian scientists, and Israel's USAID-MASHAV Cooperation. They exchange technological information through the Binational Binational Science Foundation (BSF), Binational Industrial Research and Development Founda-

tion (BIRD), the Binational Agricultural Research and Development Fund (BARD), and the U.S.-Israel Education Foundation. This collaboration showcases Israel's and the US's strong relationship and focuses on inventing solutions for populations across the world. Once these technologies are employed, other partnerships, such as the Negev Forum and I2U2, will work to advance existing technologies, expand access to tech tools, and/or invest in education, training, and assistance.

Can Differences Create Unity?

Eliana Weinstein, Staff Writer

This summer, I had the privilege of visiting Israel through a different lens than ever before. I went on the program called Ramah Seminar, a six-week educational and social trip that every Ramah camper can attend when they are going into their senior year of high school. If you do not know, Ramah is a Conservative Jewish movement-affiliated summer camp, with nine camps successfully running all over North America. As somebody who grew up at Camp Ramah in the Pocosinos, I had many personal camp traditions that I enjoyed—for example, the way the tunes of services sound or how people dress on Shabbat. However, meeting people from different Ramah Camps showed me how significant differences can be just within the practice of Conservative Judaism. I loved learning about the differences between the traditions, and I even found ones I will be taking back with me to other Jewish spaces in my life.



While I was in Israel this summer, I was there during quite a historic time in the Jewish State's history. Many protests took place against laws passed, and the extremes on all sides of the arguments passionately stood their ground outside to protest despite the heat. At first, I was pretty upset about these protests, because I had always hoped for Jewish people to unite in Israel. Yet, when I continued to watch the protests, I noticed that they were all filled with people holding Israeli flags.

This small act showed me that although Israel may be full of Jewish people with different beliefs, they are all protesting to make Israel the best it can be. This summer in Israel, I learned lots of valuable lessons. However, the most valuable lesson was that although people come from different backgrounds, they can be unified while still having different beliefs.

Arts & Entertainment

The Never-ending Strike

Ari Eisenstadt, Staff Writer

Have you been scrolling on Instagram and noticed that the entire cast of your favorite show, Modern Family, has posted to share their support of the Writers Strike? Then you go to Twitter and recognize that actors like Jack Black, Pete Davidson, and Kerry Washington post about joining the picket lines and bringing protesters pizza. To top it all off, a notification announcing the postponement of the filming for the next season of Stranger Things because there is a lack of writers. But what is the Writers Strike, and why are all these celebrities and shows involved? If that's your question, then this is the article for you.

The Writers Strike is a protest that the Writers Guild of America (WGA) started on April 17, with a majority of 97.85 percent of the union approving. Then, on July 17, the Screen

Actors Guild - American Federation of Television and Radio Artists (SAG_AFTRA) joined the strike against the Alliance of Motion Picture and Television Producers (AMPTP) due to unfair working conditions. WGA and SAG_AFTRA have never been on a long-term strike at the same time before, emphasizing the importance of this movement and people's desire for change. Historically, WGA has held strikes that lasted 153 days in 1988 and, more recently, 100 days in 2007.

So what are the main issues, and what are the unions demanding? How the payment works when a member of WGA is that there is a Minimum Basic Agreement(MBA) that is a scale and varies based on the length of the script, if it's TV or theater, and the project's budget. In addition, it is customary that the MBA

is changed every three years. Both groups are fighting for a higher MBA. In particular, SAG wants the minimum to increase by eleven percent in the first year and 4 percent in the following years. Though a big ask, it is more reasonable considering the money going to managers, agents, lawyers, taxes, and possibly co-writers.

The biggest concern is the payment. Projects, on average, have higher budgets now, but writers are still working the same minimum wage despite their experience. For instance, in 2013-2014, one-third of the WGA writers were paid minimum wage, but now almost half are working for minimum wage.

Continued on following page.

The Never-ending Strike

Continued from page 13

Additionally, with streaming services and the increasingly rapid speed at which writers work, their compensation has yet to progress equally. Streaming series are shorter than in the past. Friends had 24 to 25 episodes for the first nine seasons, while popular streaming shows recently released, like Heartstoppers, have eight episodes. Since the scripts are shorter, it is challenging to maintain a steady job because projects end so quickly. Solving some of these issues might involve paying writers fair royalties alleviating the pressure of constant work. WGA also thinks it would benefit for part of writers' paychecks to go to their pensions and health care.

What would Jewish law say about this strike? Jewish law is very serious about treating your workers fairly and with respect. Deuteronomy (24:14-15) states, "Do not extort the wage of the poor and impoverished from among your kin." In that same verse, it says, "Each day you shall pay him his wage—the sun shall not rise upon it—for he is poor, and he has staked his life

for it." Not only does the Torah understand the importance of treatment but also payment, explaining that not paying someone for their work is like taking his life. This verse relates to another issue: the strikers protest against mini rooms. These rooms start the creation of a series before the studio approves it, so it's not an official writers' room yet, which allows the producers to underpay the writers. Due to mini rooms and the unfair payment, Jewish law would back up the Writer's strike.

Despite all this support from the Torah and celebrities, what needs to happen is for this strike to end. The effects of this strike won't be noticeable by a lack of films for a year because most of them are already shot. The problems will be spotted earlier with TV shows because there will be a need for more new series, and soap operas and late-night shows have already stopped or will cease to exist. This strike is a possible economic issue. According to the New York Times, the last time a strike like this happened, 2.1 bil-



lion dollars were lost. Some people work in costumes, makeup, and even food suppliers that are struggling because many shows have been canceled or postponed. Even some WGA members want the strike to end because they must return to work. The first negotiations failed, but hopefully, the new ones that have started will end this strike and improve the lives of Hollywood workers.

Elon Musk Removes Iconic Logo and Name From Twitter

Jonah Pappas, Staff Writer

Twitter, the popular social media app bought by billionaire Elon Musk last October is rebranding. In April, the company renamed



itself from Twitter Inc. to X Corp., and in July, Musk made a series of tweets announcing his intentions to change Twitter's name and logo. The new name for Twitter is X, and the logo is a white stylized X on a black background. Despite creating it in 1999, Musk had to buy the domain x.com from PayPal because he sold it in 2002. The website name has not changed yet, although x.com now redirects to twitter.com. Musk has made some progress, but the renaming process has not gone as smoothly as he might have hoped. For instance, the police were called

to X's headquarters in San Francisco and halted the removal of Twitter signs because of unauthorized construction. This change is the biggest in the long saga of sudden alterations made by the new owner Musk. After buying it for 44 billion dollars last year, Musk has changed a lot about the company. Upon purchasing

Twitter, Musk laid off 6,000 people, more than 75% of the entire company's workforce. These layoffs

and Musk's insistence that Twitter's moderation system was "too woke" immediately resulted in hate speech usage increasing by 5600%. Besides the layoffs, Musk also changed the verification system on the platform. A blue checkmark on Twitter used to only be attainable if Twitter recognized you as a celebrity, but since Musk launched Twitter Blue in

December, a monthly subscription grants the status to anyone for the price of eight dollars a month. You also have to give your phone number, and soon there may be a requirement to upload a picture of government identification. The reason for all these drastic shifts is that Musk hopes to turn X into an "everything app" and "bid adieu to the Twitter brand." In a tweet, Musk said that he chose the letter X "To embody the imperfections in us all that make us unique." Musk's affection for the letter X is no secret; he owns the



that she "was joining the company to partner with Elon to transform Twitter into X, the everything app." Musk's sudden decision to rebrand may be linked to an almost 50% drop in revenue once he took over Twitter, which is now worth \$15 billion, despite being bought by him for over 40 billion. The reaction to Twitter's renaming has been largely the same. Changing from Twitter to X is a bad idea. CNBC claims that this "risks even more damage to Twitter's business," and The New York Times details how this change "has essentially wiped out 15 years of brand value". The shift from Twitter to X may prove to be a fruitful one in the long run, but so far it has been disastrous.

"Musk hopes to turn X into an 'everything app'"

company SpaceX, and Tesla has a car called Model X. The recently named C.E.O of X, Linda Yaccarino, detailed a potential future for the company, including making payments and having video calls similar to FaceTime, without giving "your phone number to anyone," all through the app. She also asserts that when she was hired she knew

8 Simple but Important Messages From the Barbie Movie

Jillian Shweky, Opinion Editor

After seeing the new Barbie movie, I realized that every article was about how there were underlying, deep, and in my opinion, complicated messages in the film. For example, one article explains how the movie exemplifies that “extremes of masculinity and femininity are damaging to everyone” or “womanhood is a constant balance of contradictions, and recognizing that is empowering.” But what about the basic messages? Barbie started out as a doll for little kids to play with. As more children wanted to see themselves represented, the



Barbie franchise evolved to be one of the most forward thinking toys in regarding diversity and inclusion, with 22 ethnicities, 35 different skin tones, 97 hairstyles, and 9 body types, not to mention her innumerable careers. All of these children from hugely diverse backgrounds are all going to see a movie about their favorite toy. The messages they will take home are far simpler and even more powerful. Here are a few messages I took home with me that kids might have taken home as well.

1. Don't rely on other people to make you happy; find your own path to happiness.

2. Don't take other people's things; it's not nice and you won't win in the end anyway.
3. Loyalty is one of the most important values in friendship
4. Sometimes you just have a bad day, and that's okay.
5. Be open to being friends with all types of people. Sometimes the person who is there when you need them is the last person you'd expect.
6. Dance and be happy because research shows that there is a positive connection between dancing and an increased life span.
7. Everyone has problems. Don't assume that anyone has the perfect life. Not even Stereotypical Barbie.
8. You are Kenough.

Artistry vs. Automation

Rachel Loeb, Editor-in-Chief

Generating images from text might seem like magic, and until recently, even machine learning (ML) experts would agree. Two obstacles are immediately apparent: How can a computer understand language, and how can it use that knowledge to generate a new image? At the core of both these obstacles in particular and machine learning at large is prediction: Training a model to predict what the output of a function should be by giving it examples of the correct outputs for various inputs.

At the forefront of text-to-

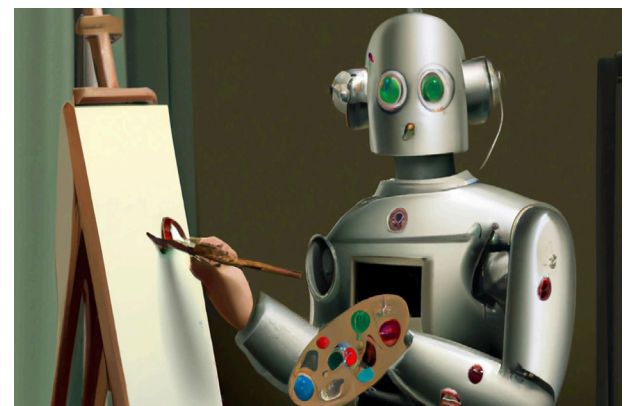
small research companies. These models have all been released in the last two years, but they already have wide reaching significance. These models have inspired precedent-setting copyright lawsuits and have ignited controversy over what it means for something to be art.

A critical question that's arisen from the usage of text-to-image models is who owns the copyright to generated images. The question was first attempted to be answered by Pamela Samuelson in 1985, who argued that “allocat-

fusion, stating that “these organizations have infringed the rights of millions of artists by training their AI tools on five billion images scraped from the web without the consent of the original artists.”

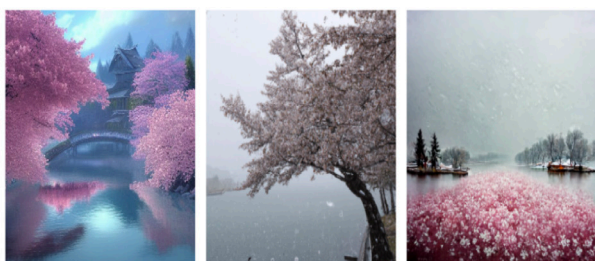
The suit was dismissed in July 2023, but the plaintiffs were allowed to file a new suit. The current copyright status of AI generated art is that AI generated art isn't copyrightable –

intellectual property of countless working artists, photographers, il-



“Questions have been raised over whether art generated by text-to-image models can be considered art at all”

image machine learning models, the three most well known models are DALLE-2 (named after WALL-E and Salvador Dali), Midjourney, and Stable Diffusion.



Cherry Blossom near a lake, snowing

DALLE-2 is developed by OpenAI, a large corporation with ties to Microsoft, while Midjourney and Stable Diffusion are developed by

ing rights in computer-generated output to the user of the generator program is the soundest solution to the dilemma.” However, many artists in the status quo feel that this solution doesn't account for their own art being trained on. In September 2022, Reema Selhi, head of policy at the Design and Artists Copyright Society, stated that “there are no safeguards for artists to be able to identify works in databases that are being used and opt out.” In January 2023, three artists issued a lawsuit against Midjourney and Stable Dif-

upheld at a federal level by the U.S. Copyright Office on August 18, 2023.

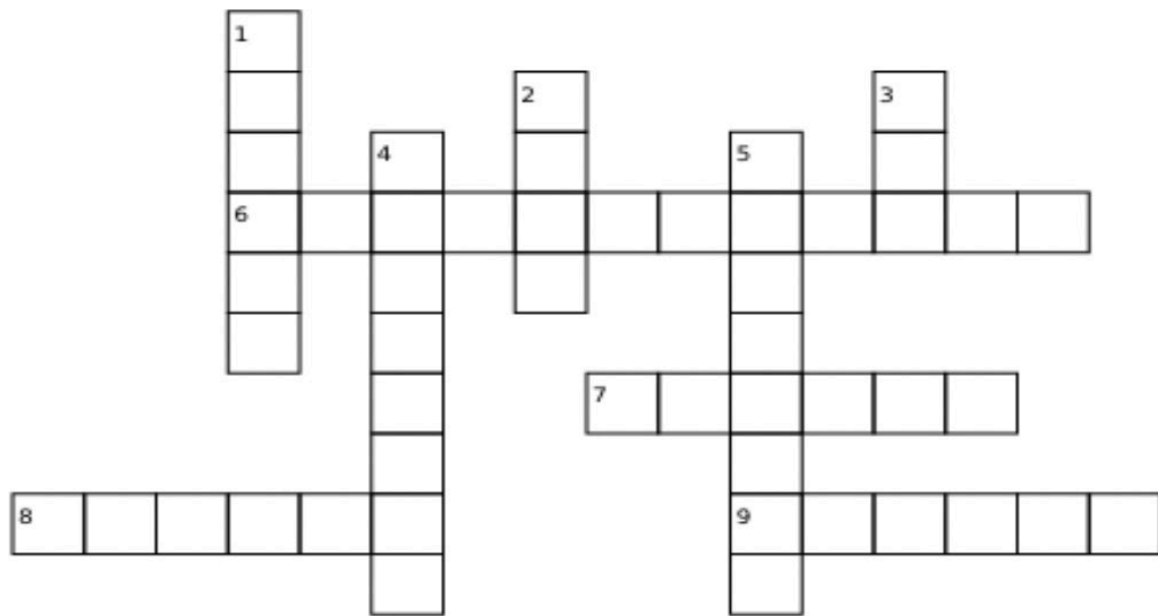
Copyright aside, questions have been raised over whether art generated by text-to-image models can be considered art at all. This debate was amplified when Jason Allen won the Colorado State Fair's annual art competition by submitting an AI-generated image. Allen was transparent about his artistic process, submitting under the name “Jason M. Allen via Midjourney”, but critics feel his submission was invalid. Rob Biddulph, an author and illustrator, says that AI-generated art “is the exact opposite of what I believe art to be. Harry Woodgate, a picture book author and illustrator, said: “These programs rely entirely on the pirated

lustrators, and other rights holders.”

Largely, artists are calling for compensation when images are created using their art as a reference. However, doing so is not so simple. Stable Diffusion was trained on 2.3 billion text-image pairs. Once a model is trained, it never sees the images that it was trained on again; its internal weights and architecture are set. Given the size of the dataset and the training process, it is not currently possible to see exactly what images a generated image is derived from, and filtering a dataset to remove work from living artists would be incredibly difficult. “This isn't going to stop,” Mr. Allen said. “Art is dead, dude. It's over. A.I. won. Humans lost.” On the other hand, Eric Groza, an award-winning creative director, said, “AI is not going to replace human creativity, It's going to enhance it.”

Back to School Crossword Puzzle

Ariel Shavit, Arts, Features, & Games Editor



Down

1. Writing utensil to not forget on the first day!
2. Where most of the 11th graders are right now
3. New Barrack Institute revolving around creativity
4. What every student dreads doing at home when school starts again
5. New Barrack Institute for entrepreneurship

Across

6. Fall sport that revolves around running
7. Sport that happens right outside the school on the blue court
8. Fall team sport taking place on the turf
9. What season just finished

Sudoku

Ariel Shavit, Arts, Features, & Games Editor

4		6	2	1	9	7	8	
2	9			6	7	1		
	1					6		
	3						4	
9	2		1			3		8
				7	5	9	1	
1		2	6	3		8	9	
	8					4	6	
	6			9	8			1

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