

## Mr. Caro, Beloved Teacher and Devoted Father

By Mae Paul

Mattias Caro, a teacher at the Well-Trained Mind Academy since its founding, is beloved by his students. Teaching a wide variety of classes from kinesiology to history to philosophy, the veteran instructor enjoys being entertaining and funny so his students will become passionate about what they are learning. "I love working with students so they can think on their own and express their thoughts on their own," he said in an interview. This devoted mentor also lovingly watches them grow up.

Mr. Caro was born in Virginia, the youngest of four children. With three much older sisters, he often felt like an only child. Originally from Chile, his parents moved to Costa Rica and then Virginia, where he spent his childhood, like most children, playing and learning.

At 18, Mr. Caro enrolled at the College of William & Mary, where Susan Wise Bauer, our founder, taught his writing class. As a history major, he took Greek and Russian history and studied Russian and Latin, which he enjoyed immensely. During his senior year, he had the privilege of living in a century-old house in Colonial Williamsburg.

After college, Mr. Caro's first job was at the American School in Switzerland, where he taught middle school world history, algebra, and Spanish. Situated in the Swiss Alps, the entire school enjoyed a fun week of skiing every year. As coach of the girls' volleyball team, Mr. Caro emphasized teamwork, and though he knew little about the sport, he soon adored it. His hard work paid off, and the team won third prize in a tournament for all private schools in Switzerland.



Mattias Caro and his wife, Katheryn

In 2009, Mr. Caro graduated from George Mason Law School and landed his first job for a banking software company in South America. The new lawyer was thrilled to see the Panama Canal on his first-ever business trip. During his years at the company, he also traveled to Ecuador and Colombia. Mr. Caro still practices law for a few clients.

The instant Mr. Caro saw Susan Wise Bauer's call for instructors at WTMA, he knew the job was perfect for him and started teaching medieval history and SAT prep in 2014. As the school has evolved, he has taken on up to eight classes yearly, and his reputation has blossomed over the decade.

This fun-loving father of four and his students refer to his children as "the zombies." His wife is currently studying to become a physician's assistant, and her affectionate family is very excited for her. Professor Winston, the beloved (and apparently intelligent) orange cat, rounds out the Caro household.



The Caro family cat, Winston, by Mae Paul

When not teaching, grading, caring for his children, or practicing law, Mr. Caro enjoys gardening. He grows a medley of fruits in his backyard: strawberries, blueberries, apples, peaches, and pears, all of which his family heartily devours. An avid TV viewer, he relishes watching his favorite shows, *Mad Men* and *West Wing*, with his wife.

## Letter from the Editor

Welcome to the first issue of the Well-Trained Tribune of the 2023- 2024 school year. Let me start by saying that none of this would have been possible without our amazing writers and advisor, Dr. Lisa Gentile. From the first week that school began, we have been working behind the scenes to ensure that the first edition of the year will be as entertaining, informative, and easy to understand as possible.

Anyhow, you must be wondering, "What am I going to read about in this year's edition of the newspaper?" I am very excited to inform you that the columns in our newspaper include sports, science and technology, a faculty profile, current events, opinion, arts and culture, advice, a feature on the first graduating cohort, and even a crossword puzzle (I did it myself, I whole-heartedly recommend doing it) and a homemade tootsie roll recipe. Some of the topics include Spain's victory at the 2023 Women's World Cup, ChatGPT, sleep advice, the writers' strike, and the Renaissance and Eras Tours. I hope, dear reader, that you find enjoyment in reading this issue of our newspaper!

Happy reading!

Aanandhamayi Romero  
Editor-in-Chief

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## Maui Ablaze: A Wake-Up Call for Emergency Readiness and Communication

By Santiago Martinez

It was a nightmare scenario that had long haunted the residents of Maui's Lahaina: a wildfire fueled by hurricane-force winds, sweeping through untamed grasslands and into a coastal town of 13,000 residents with limited escape routes. Tragically, when the devastating fire erupted on August 8th, it exposed a series of failures in the emergency response system, resulting in at least 114 lives lost and raising crucial questions about government planning and response.



National Guard aerial water bucket drops on the Upcountry region of Maui

Photo by The National Guard, CC BY 2.0, via Wikimedia Commons

One of the most critical failures was the breakdown of communication systems. The fires incinerated cellphone towers, rendering residents unable to communicate or receive emergency alerts. In a situation where timely information is a matter of life and death, this was a crippling blow to the community. The inability to convey evacuation orders and safety instructions exacerbated the chaos. While wildfire experts and local officials had warned about the impending danger for years, the State

of Hawaii's disaster response lacked specific instructions for dealing with wildfires. This omission left residents without a clear plan of action during the crisis. Unlike other natural disasters like hurricanes and tsunamis, wildfires require distinct evacuation strategies and communication protocols that were notably absent.

Evacuating a coastal town like Lahaina during a wildfire presented significant challenges. Flames and downed power lines blocked the two main escape routes, funneling evacuees into a bottleneck along a coastal road, resulting in gridlock where many people perished in their vehicles. Residents reported a lack of organized evacuation plans and training, leaving them unprepared to respond effectively to the rapidly advancing fire.

Hawaii's wildfire risk had escalated due to years of underinvestment in fire departments and fire prevention measures. Inadequate access for firefighters and limited evacuation routes compounded the crisis. Landowners were not compelled to manage invasive grasses that fueled the fires, highlighting a broader need for more robust fire prevention efforts and enforcement.

One significant point of contention was the failure to activate Hawaii's warning siren system during the wildfire. While the system had primarily been used for tsunami warnings, it was designed to alert residents to various dangers, including wildfires. The absence of these sirens was a critical issue, as many residents had no cell service due to power outages and ferocious winds. This catastrophic communications failure, including warning



Aftermath of the wildfires

State Farm, CC BY 2.0, via Wikimedia Commons

sirens by Hawaii's Department of Emergency Management, hindered the community's ability to respond effectively.

In the wake of this tragic event, Hawaii's attorney general ordered an investigation into the response of county and state officials. Residents demanded accountability while authorities grappled with the need for improved disaster preparedness. Lessons from Lahaina underscore the importance of proactive wildfire mitigation efforts, comprehensive evacuation plans, and robust communication systems to save lives in wildfire-prone areas.

Beyond Hawaii, half of all U.S. addresses face some level of wildfire risk, making it crucial for communities nationwide to learn from Lahaina's tragic experience. Hawaii also relies heavily on tourism and the income from it. While no force on Earth can defeat Mother Nature on the worst wildfire days, adequate preparation, early evacuation, and effective communication can significantly mitigate the impact of these increasingly frequent and devastating disasters.

## Are ChatGPT and Other AI a Plague or the Next Step in Education?

By Alexandra Georgiou

At this point, you would have to be living under a rock not to know what ChatGPT is. Since November of 2022, chatbots like ChatGPT and other models of artificial intelligence have been making headlines, and not always for the right reasons. Faced with these recent developments, teachers have been forced to take extra measures to ensure that students do not use AI to complete their work, artists have to be wary of the fact that AI can source from their work without credit, and now even famous musicians might have to worry about artificial replications of their voices being used to win Grammys without their consent. AI is the next big development in technology, but at what cost?

As mentioned, students already use artificial intelligence as a substitute for learning. Life in the 21st century, particularly in wealthier countries like the US, is easier than ever. The greatest challenge that most children and young adults face daily is the looming threat known as homework, which most students dread. As is human nature, we always seek the path of least resistance, and because day-to-day life is generally easy and homework can be difficult and time-consuming, it has taken a hit due to AI's rise in prevalence.

By repeatedly abusing resources like ChatGPT, students have already begun to feel a sense of dependence on the application. In the long term, many may lose their initiative or creativity due to overusing the application, thus hindering their ability to think and learn for themselves. Surely, one student coming to rely on artificial intelligence

to do their work is not the end of the world, but when this problem is compounded across states and even countries, the whole world may be negatively impacted by this technological advancement. As more students fall down this path, humanity will inadvertently become more reliant on technology, given that proper methods of thinking and reasoning will not have been properly developed in the formative years. Ironically, ChatGPT agrees. When asked directly to be used as a replacement for doing homework, it issues a warning.

### ChatGPT

While I can provide information and help you understand concepts, it's important to note that using me to complete your homework goes against the principles of academic integrity. Homework is assigned to help you learn and apply the concepts you've studied. Simply copying or using someone else, including an AI like me, to complete your assignments doesn't contribute to your educational development.

While utilizing AI applications to complete assignments can be detrimental to learning, the case can also be made for AI's benefits in education, specifically in higher education. While the issues above still exist, AI may be effectively used to supplement learning instead of replacing it altogether. The use of artificial intelligence may aid students in further grasping evasive concepts or help answer questions that students may have regarding things outside of course material. The internet is an increasingly helpful place, and having one source that can gather information from multiple places can make tasks like collegiate research more efficient than ever, especially as AI continues to evolve and become more accurate.

Overall, student use of AI should likely be limited during primary and secondary education according to how teachers and parents see fit. Once higher education is reached, however, AI is a potentially valuable tool that has the ability to help further improve the lives of many across the globe.

## The Midnight Library by Matt Haig

Review by Caryss Fraser

When was the last time you felt profoundly moved by a book? Usually, readers find themselves moved by a particularly sweet passage, perhaps even shedding a tear. However, that feeling is dismissed as that part of the book is over. It is a rare gift when a piece of literature makes the reader feel something in their soul has been permanently altered. *The Midnight Library* by Matt Haig is a book that moves deeply and intensely and remains a must-read for those who wish to have a genuinely transformational reading experience. Sitting comfortably at 304 pages, *The Midnight Library* follows a woman in her thirties, Nora Seed, who views her life as a monotonous gray landscape of disappointment, missed opportunities, and failure, eventually leading to a grave decision to end her life via overdose. Upon completing this task, she finds herself in a strange liminal



photo by Caryss Fraser

space between life and death called “the library.” Here, Nora discovers that she has a final chance to sample the various lives she

could have led if she had made different decisions. She initially sets out on a journey to discover which life decisions would have brought her true happiness. Instead, by following the outcomes of these “missed opportunities,” her outlook and personal philosophy are transformed through inner healing.

Anyone plagued by the constant worry of making a “wrong turn” in life will find this book reassuring. The reader can immediately relate to Nora’s character and experience a therapeutic journey of self-realization. Haig’s writing style is nuanced and soothing, revealing brilliant insights so subtly that you often have to re-read the passages to peel back all their layered meaning (which also makes this book great for re-reading). An excellent read for those who enjoy slower-paced stories with impactful, philosophical messages, it provides countless lessons to help navigate the human experience. When Toni Morrison said, “Books are reflection. Books change minds,” she was entirely correct. Haig’s excellent novel is one of those books that alters a reader’s outlook forever.

## Blockbusters of Summer 2023

By Kaitlyn Lamb

### Mission Impossible: An Under-the-Radar Masterpiece

Directed by Christopher McQuarrie

*Mission Impossible: Dead Reckoning Part One* is an excellent film, and yet, it couldn’t compete with international phenomena like *Barbie* and *Oppenheimer*, both released just a week after the Tom Cruise action-packed blockbuster. To those unfamiliar with the franchise, it may seem like just another forced sequel to make Hollywood more money.

The story sets *Mission Impossible* apart from the usual lazy cash grab with chilling plot twists, in almost every scene containing dialogue, that don’t feel forced or cliché; they make perfect sense once you know the answer. *Dead Reckoning* follows Cruise’s character, Ethan Hunt, as he fights to obtain a pair of interlocking keys and the secret they unlock: the power to control or destroy the all-powerful AI Entity. Ethan teams up with Benji, Luther, Ilsa, and a new character, Grace, to find the keys before any government does.

All the characters are funny and enjoyable to watch. Having two classic “tech guys” (Luther and Benji) could feel disjointed, but it doesn’t. They have unique personalities and are both entertaining and vital to the story. The White Widow, the powerful crime boss from previous films, is a crucial ally to Ethan. Her motives are questionable, seemingly only caring for her own well-being, but her intelligence and wit keep her grounded as an enjoyable character.

With Tom Cruise as the star, *Mission Impossible* is famous for its stunts, and *Dead Reckoning* doesn’t disappoint. Every action sequence is brilliantly executed and created with minimal use of CGI. Every scene is elevated. The car chase isn’t just a car chase; Grace and Ethan are handcuffed together in a tiny Fiat 500, switching seats and hurling through the alleys of Venice.

The fight in the train isn’t just a fight in

a train; the train is slowly falling off a cliff, dumping out the furniture, forcing the passengers to crawl through the different cars vertically. And that’s not even the main stunt when Tom Cruise rides a motorcycle off a giant cliff and parachutes away. The only CGI in this scene is used to disguise a ramp as a part of the mountain. Everything else is real. That’s the beauty of *Mission Impossible*. It’s a rare example of filmmakers genuinely passionate about what they do, not only about the profit.

### Barbie: Overrated and Overhyped Typical Hollywood in Disguise

Directed by Greta Gerwig

*Barbie* was the cinematic phenomenon of the summer. From a real-life Dreamhouse on Airbnb to a Barbie-themed Xbox, the glittery pink Barbie logo seems to have touched everything. It was easily one of the most anticipated films of the generation, but does it live up to the hype?

Outside of marketing, the most impressive part of the movie is the set design. It is uncommon to see such a colorful movie, which is part of the reason *Barbie* feels so unique. The attention to detail is also immaculate. Nearly every house in Barbieland is an exact replica of an actual Barbie playset. The set designers perfectly balanced the cartoony elements while still making Barbieland feel real.

Margot Robbie is a near-perfect Barbie, but the standout performance isn’t the titular doll herself. Ryan Gosling perfectly encapsulated every one of Ken’s scenes. He made even the smallest gestures entertaining. His song, “I’m Just Ken,” is one of the best recent songs. The lyrics are hilarious, the instrumentals are awesome, and Gosling’s delivery ties it all together.

With such a visually appealing and fun movie, one would assume it’s good, right? It’s enjoyable, but the story is extremely weak and

vague. *Barbie* could have had interesting and funny lore, but it felt like everything was happening only to move the plot forward. Every character’s arc felt unfinished or joked about to the point of becoming unmeaningful, leaving no material for the sequel or spin-off that is bound to happen.



photo by Kaitlyn Lamb

Another big let-down was the PG-13 rating. *Barbie* is based on a children’s toy, so by throwing in just a handful of suggestive jokes, it lost much of its audience. It still quickly passed the billion mark at the box office, but those jokes were unnecessary. There is nothing wrong with making a more mature comedy, but *Barbie* didn’t need to be one. It could have attained a PG rating without the jokes, winning over worried parents and skeptical pre-teens and kids. In the end, while *Barbie* is unmatched in its marketing and set design, director Greta Gerwig prioritized fun and girl power over a decent story.

## Music Reviews

**Guts by Olivia Rodrigo**

By Madelaine Wentzel

Olivia Rodrigo released her new album, *Guts*, on September 8th. It's been a while since her debut album, *Sour*, was met with critical acclaim and attention in 2021. A lot has changed since then—and Rodrigo, originally a teen star, is growing up along with her audience. *Guts* is a collection of songs about missing people, watching life change, and living as a performer. Most of all, it's about the messy shift from girlhood to womanhood. Like most pop artists, she writes music to be relatable, but these stories are undoubtedly her own.

*Guts* is, in the modern pop world, a statement piece. It's simultaneously full of snide commentary on gender roles, American life, and the world that Rodrigo lives and works in while holding true to the usual topics: relationship issues and the so-called prime of life. She explores anger carefully, beyond breakup narratives, communicating her relentless frustration as a young person and performer. The opening track combines soft verses and heavy choruses, a sarcastic ode to being unwantedly categorized. *Vampire*, a single and slower ballad, laments more quietly while remaining just as angry. Rodrigo captures these complicated emotions in an outstanding, unique way.

Instrumentally, *Guts* is a catchy improvement on the sometimes-bland pop standards. With its piano ballads, soft guitars, and precise rock, it's easy to tell how much

careful thought was put into layering and tone, which sets Rodrigo, her band, and her producers apart from other artists. She incorporates influence from numerous genres—90s alternative rock, classic folk such as Bob Dylan, and pop-punk—into a more typical singer-songwriter discography. Despite a constant tendency to compare her to every living female musician, Rodrigo's sound is her own, and she uses it well. She stands out for her engaging music, tone, and volume variations; a well-employed soprano voice range; and a decided lack of overbearing autotune. For anyone who might lament the state of pop in the TikTok age, Rodrigo's popularity should be an especially positive sign that deeper creative depths are returning.

Though many of the tracks on *Guts* stand out, a few blend entirely together, especially towards the end of the album, making a slog of uninteresting romance narratives. Compared with some of the shiniest tracks, these seem to take up pointless space in terms of creativity and runtime. Thankfully, they can exist as filler space for the others without ruining the album; at worst, they fade into the background. Even in these tracks, however, Rodrigo's intent is palpable.

*Guts* makes for a pleasant listening experience and an intriguing juxtaposition to Rodrigo's closest fellow musicians. She continues to bring excitement and creativity to her music, cementing her place in the 2020s pop sphere.



Graphic by Bree Fowler

**Taylor Swift Surpasses Beyonce and Smashes Records with Eras Tour**

By Aanandhamayi Romero

Multiple scandals rocked the music industry in 2023, including Ariana Grande, controversies surrounding country singers' lyrics, and the sudden rise of Ice Spice's empire. "The Voice," "X Factor," and "American Idol" brought very notable artists onto their shows. Extensive discussions swirled around Beyonce's Renaissance tour and Taylor Swift's Eras Tour.



The Renaissance tour is the ninth announced by singer-songwriter Beyonce, whose net worth has risen to \$540 million. She embarked on her professional journey at age 15 in 1997. Reaching the milestone of Billboard 100, her first hit album "Dangerously in Love," was released in 2003. The hit songs in the album included "Crazy in Love," "Baby Boy," and "Me, Myself, and I." Starting on May 10, 2023, in Stockholm, Sweden, and ending on September 27,

2023, in New Orleans, the tour visited the U.K., Belgium, Spain, France, the Netherlands, Denmark, Poland, and several major cities in the United States, with an average attendance of 65,860 people.

Singer-songwriter Taylor Swift, who boasts a net worth of \$740 million, announced her sixth concert tour, the Eras Tour. After commencing her musical journey in 2006 at 14, she released her first hit album "Fearless" in 2008. The album featured songs such as "Love Story" and "You Belong with Me," which became two international top-ten singles. Swift's tour, which will run for over a year and a half, began on March 17, 2023, and will continue until November 23, 2024, in Australia, Asia, Europe, North America, and South America. The average number of people attending one Eras show is 72,459 people.

On July 2, 2023, a Forbes article evaluated each tour's earnings so far, predicted what the earnings would reach when each tour would end, and which artist would make the most money. The article expected Beyonce's Renaissance tour to generate as much as \$2.1 billion, a high estimate. This figure suggested that the "Break My Soul" singer could outearn Taylor Swift's ongoing Eras Tour by \$500,000.

Despite Beyonce's tour being a mere five months long, it was expected to outpace Taylor Swift's, which spans a year and nine months. Beyonce's tour only encompassed Europe and the U.S., while Taylor Swift is touring throughout Europe, the U.S., Africa, and Asia. Taylor Swift is more popular than Beyonce and has a higher net worth (Swift's net worth surpasses Beyonce's by \$200 Million). Beyonce's fan base predominantly resides in the U.S., the U.K., and Brazil. Conversely, Taylor Swift's fan base mostly lives in the US, India, and Indonesia. From the beginning, it seemed logical that Taylor Swift's tour earnings would exceed Beyonce's, despite Forbes' predictions. Though the Renaissance tour was the highest-grossing tour ever by a female as of this fall, the Eras Tour has since overtaken that record and has been projected to gross as much as a whopping \$5.1 Billion.

## America Needs a Generational Shift in Politics

Opinion by Alexandra Georgiou

Eighty-one years, eleven months, and sixteen days. That's how old President Joe Biden will be on November 5, 2024, the day of the next presidential election. Former President Donald Trump will have reached the age of seventy-eight by that date. It's no secret that these two men are old. Citizens of the United States have sat bewildered in their living rooms repeatedly these past four years, watching Biden trip up the stairs multiple times or display an alarming inability to find words.



While four years younger, Trump is no spring chicken, often tripping over his words and leaving the American people astonished with his gaffes. Most Americans, regardless of political party, agree that it is incredibly concerning that these two men are the primary candidates in the 2024 election. Many have been left to wonder if these men, born in 1942 and 1946, truly represent the needs or futures of the American people.



Unfortunately, this issue regarding the age of our political leaders runs much deeper than just the presidency. The average age in the United States Senate is sixty-four. Chuck Schumer, the current Senate majority leader, recently turned seventy-three, and the minority leader, Mitch McConnell, is eighty-one. Incredibly old career politicians are a plague on our government that directly oppose the ideals of America laid down by the Founding Fathers. Many work for their own self-interest and

personal gain and are completely out of touch with reality. In fact, in 2020, over half of Congress made over \$1 million, while in that same year, the median income of a US citizen was about \$70,000. This noticeable difference in age and wealth between the people of the United States and their representatives negatively impacts most Americans.

It is common to find some person on TikTok or Instagram making fun of "baby boomers" and their old-fashioned ways of thinking and living. Yet, these same people are allowed to make the decisions that impact our lives, even though most of us are still changing and adapting with time. The majority of the American people have not yet hit the stagnant plateau that comes with old age. With this massive discrepancy between the generations, many feel it is necessary to ask why these ancient men and women, who have already had their time in the sun, are still gripping onto the power they acquired decades ago. The answer is in the question itself: power.

Power is just as addictive as any drug, and these old prunes that we call our representatives have built up an extreme tolerance. These people do not represent the interests of the average working-class American. They can pretend that they do, but the words politician and liar are widely known to be quite synonymous. Citizens of the US vastly agree that it is time for a generational move in politics, away from the Silent Generation and Baby Boomers of the past and towards the future, where most of us are still headed. The American public is fed up with old, greedy, out-of-touch career politicians, and it's time for the institutions created to represent us and our interests to do just that.

Photos "[Joe Biden](#)" and "[Donald Trump](#)" by [Gage Skidmore](#) are licensed under [CC BY-SA 2.0](#).

## Writers Triumph in Hollywood Labor Battle

By Santiago Martinez

Thousands of writers for film and TV, unified under the Writers Guild of America, launched a strike this past spring. The first of its kind since 2007, this strike, centered on the critical issues of compensation and the role of writers in the entertainment scene, marked a significant moment in Hollywood and labor history.

Despite the growth in television production, driven mainly by investments from streaming services and the pandemic, writers' compensation remained the same, putting the survival of their jobs at risk. At the heart of the strike lay the significant chasm between the writers' demands and the studios' offers. Studios argued that their proposals include generous increases in compensation, while the unions countered that the studios' unwavering stance undermines the value of writing as a profession.

Although film production was expected to remain untouched, streaming content would undoubtedly experience some issues. A prolonged strike would mean fewer new TV series, a greater reliance on reality show content, and possibly the death of soap operas. Late-night shows, including beloved programs such as "Saturday Night Live" and "The Tonight Show Starring Jimmy Fallon," suspended operations from April to October, evoking memories of the 2007 strike that left late-night hosts off the air for two months.

Historically, writers have displayed remarkable unity during disputes and riots, demonstrated by the 98 percent vote in favor of the strike in April 2023. The writers' complaints included various issues, such as the imperative to safeguard against encroachment by artificial intelligence and to secure improved residual pay. This latter point is particularly vital, as it supports middle-class writers navigating the dynamic terrain of the streaming industry. Studios countered that these matters are insufficient to warrant a comprehensive overhaul of writer compensation. They pointed to an empty advertising market, the dwindling viewership of traditional networks, and escalating pressure to make streaming services more profitable. These challenges have compelled studios to resort to widespread layoffs and cost-cutting measures.

Another grave issue concerned the potential collateral damage inflicted on the broader entertainment industry. Extended production shutdowns affect support workers, including drivers, caterers, and carpenters. A stark reminder lies in the 2007 strike, which took an estimated \$2.1 billion toll on the Los Angeles economy.



Strikers picket outside of Paramount Studios  
"Nov07 258" by [Lord Jim](#) is licensed under [CC BY 2.0](#).

The Hollywood writers' strike of 2023, which ended September 27th, was of considerable importance within the entertainment industry. This conflict illustrated the shifting dynamics of the profession and the essential role writers play in content creation. As the strike came to a close, a new 3-year contract was signed by the Alliance of Motion Picture and Television Producers, the Screen Actors Guild, and the American Federation of Television and Radio Artists (SAG-AFTRA), bringing calm to the industry.

Though the strike heavily impacted California's economy, possibly tarnishing its reputation, the writers won their battle. The new contract increases writers' minimum wage, compensation, and health funds, improves the length of employment and royalties, and allows writers to use AI without changing their pay.

## Good Health and Well-Being Depend on Good Sleep Habits

by Anna Miller

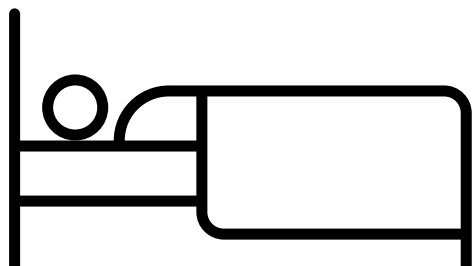


Sleep plays a vital role in your overall health and well-being and is crucial for your memory, learning, and everyday living. While you sleep, your body and brain work on recovery, keeping your brain healthy, and maintaining physical and mental health.

Lack of sleep can affect how you think, work, and feel and increases the risk of physical and mental chronic health problems such as depression, anxiety, and diabetes. Getting enough good quality sleep is essential as it can reduce stress, boost recovery, improve your physical and mental performance, and make it easier to focus.

Experts say the best amount of sleep is between seven and nine hours every night, though it varies depending on age. Sleeping more than nine hours is not harmful; teenagers need more sleep than younger kids and adults. Multiple sources, including Johns Hopkins pediatrician Michael Crocetti and the Sleep Foundation, say teenagers need eight to ten hours of sleep per night. Every teenager is different; some might need more than the recommended amount of sleep, while others might require less.

According to studies, 62% of people around the world have problems sleeping, 70 million Americans have some sleep disorder, and as little as 15% of teenagers get enough sleep. Studies have also shown that the average amount of sleep teenagers get is around seven hours every night instead of the recommended nine hours.



Many factors affect the quality and quantity of your sleep, such as sleep disorders, chronic sleep diseases, stress, light, sleep environment, and sleep schedules. Having good sleep hygiene and a good sleep schedule will improve the quality and quantity of your sleep.

The following is a list of tips that can improve your sleep.



**Be consistent.** Go to bed at the same time every night and get up at the same time every morning, even on the weekends.

**Create a healthy sleeping environment.** Make sure your room is quiet, relaxing, and at a comfortable temperature.



If you find that some things help you relax and sleep better, such as white noise or light, then adjust your room to what works for you and makes you comfortable.



**Avoid electronics before bed.** Stop using electronic devices at least an hour before bed, and do not keep any electronics in your bedroom, as they can cause distractions.

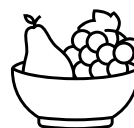
**Avoid large meals and caffeine before bed.**

Eating a large meal and drinking caffeine in the evening can trigger insomnia and heartburn. Waiting two to three hours between your last meal and bedtime is suggested. If you are hungry at night, try eating a small healthy snack.



**Exercise during the day.** Exercising and being physically active during the day can help you sleep better at night, but avoid exercising right before bed.

**Eat a healthy diet.** What you eat and drink affects how you sleep. The healthier your diet, the better sleep you will have.



**Relax and clear your mind before bed.** Studies have shown that relaxation before bed improves sleep quality and can even treat insomnia. Relaxation techniques include listening to music, reading a book, taking a bath, deep breathing, visualization, and meditation.



These tips can improve your sleeping habits. Practicing them will set you up for better sleep. Good sleep is crucial for students and beneficial for their education.

## Homemade Tootsie Roll Recipe

By Santiago Martinez



### Ingredients

- 2 tbsp. unsalted butter
- 6 tbsp. baking cocoa
- 1 tbsp. vanilla extract
- 3 cups powdered sugar
- 3/4 cup powdered milk
- 1/2 cup corn syrup
- 3.5 tbsp. cornstarch

### Instructions

1. In a pan (on medium heat), melt the butter, cocoa, and corn syrup until smooth.
2. Stir in the powdered milk and the vanilla extract. When mixed, remove from heat.
3. Add a cup of powdered sugar and stir until it is incorporated. Once the sugar is mixed in, add a second cup of powdered sugar and stir to mix. Continue by mixing in the corn starch. The dough will start getting stiff at this point, and it might not be easy to stir more powdered sugar into the candy.
4. Dust your work surface with 1/2 cup of powdered sugar and knead the candy until smooth. If the dough is still very soft, knead in a little more powdered sugar until it is firm but not dry or crumbly.
5. Optionally, if the dough is very sticky, feel free to wear gloves or put a little oil on your hands.
6. Once the homemade tootsie roll candy is smooth and firm, cut off a small piece and roll it into a long, thin rope. Cut it into small pieces using a sharp knife and place them on a wax paper-lined baking sheet. Repeat until you have formed all of the tootsie roll dough into small pieces.
7. Refrigerate the tray of tootsie rolls until they firm up, for about 1 hour. Wrap the homemade tootsie rolls in waxed paper to keep them from sticking together.

Enjoy!



## WTMA Will Graduate First Cohort Next Year

By Caryss Fraser

The Well-Trained Mind Academy has offered students a unique schooling experience since 2014. The foundational ideals on which this bastion of classical education stands have remained unchanged throughout the years, striving to provide the highest quality of various university-model online classes to students around the world. Still, the fearless leaders at this academy look to the future, providing innovative opportunities to support current students and expand the reach of this excellent program. The most recent innovation has been the formation of WTMA's first-ever official graduating class cohort. These students, now juniors, began meeting monthly during their freshman year to discuss future aspirations, establish effective learning strategies, and discover various career options through professional guest speakers. These bright young adults in the first graduating cohort at WTMA will complete their studies in 2025.

The initial introduction to the Well-Trained Mind Academy differs for each student. For some, like Emaan, this journey began when his home-schooling mother sought a supplemental course to teach what she felt she could not. The popularity of founder Dr. Susan Wise-Bauer's teaching commentary and curricula often serves as a beacon to this learning center, as was the case with Valentin, a student from Indiana who was first introduced to this institution via Well-Trained Mind-recommended German language course materials. Some were looking for a way to learn outside of the mainstream. Caroline, from New Hampshire, wanted a program that would academically challenge her in a way that public schools failed to provide. The quality of WTMA classes, paired with self-paced learning, created an environment in which she could push herself and thrive.

"Well-Trained Mind Academy provides a unique opportunity for students to interact and become friends with a like-minded yet remarkably diverse peer group."

Others, like Adelee and Ayron, had older siblings who had also attended the academy and followed in their footsteps. Still, a few entered the academy under more unconventional situations. Sophia, currently a resident of Texas, describes how she enrolled in her first class in seventh grade because of a move from the United States to Japan. At first, her family made this schooling decision out of necessity, but she says that, quickly, "our love for the academy grew, and now I get all my education at the academy." All of these students have remained at WTMA for an impressive length of time, with some beginning courses at the minimum accepted age and continuing for five to six years.

Often, a class always stands out as particularly impactful in a student's academic life. When asked about this topic, students spoke about a wide variety of classes, including an informative rhetoric writing course, a curiosity-inducing ancient history class, and a challenging philosophy and ethics study. For some, these classes led to an epiphany regarding their purpose and passions, with one student citing WTMA's anatomy and physiology class as the gateway to her pursuit of a medical career. Still, having a favorite class often goes beyond the knowledge gained, instead speaking volumes about the teachers involved. Several students cited the significant impact that specific instructors had on how they view the world and themselves, with these mentors patiently guiding them through academic difficulties and personal discovery. In these formative years, having a teacher to encourage curiosity and facilitate exploration is essential to the growth of a successful young adult.

The students of WTMA's class of 2025 are dedicated to their rigorous academics and are involved in various extracurricular pursuits. Many are athletic, like Caroline, proficient in kung fu and horseback riding, or Sophia, who has acquired many first-place awards for her competitive swimming abilities. Emaan, a fan of many sports, participates in his local public high school's tennis team.

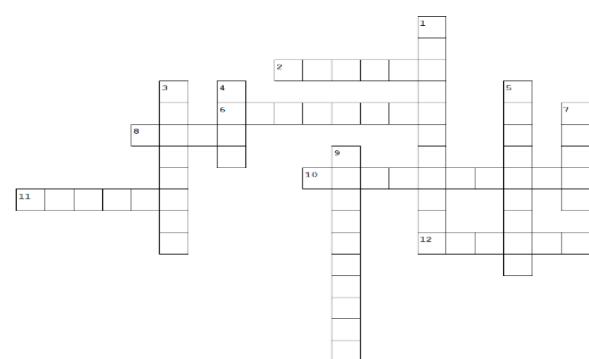
The arts are also an area of shared passion. Adelee spends her time drawing, writing short stories (notably one titled "Gloves"), and singing covers of her favorite songs. Valentin plays piano in two bands (one jazz-focused and one pop), and Ayron has been playing orchestral violin since the astoundingly young age of 18 months old. Several students participate in WTMA activities, such as Nature Sketchbook Club or Newspaper Club (shout out!), which offer additional learning and connection.

The future is looking bright for these unique and dedicated students. Many wish to pursue a profession in the medical field, such as neurology, radiology, or pediatric care. Some are passionate about the humanities and hope to pursue a career in this field. Others are choosing to forgo higher education for the moment to grow through unique experiences. For example, Adelee plans to apply for a summer job on a ranch in Colorado and, after this experience, perhaps attend culinary school. Despite their ability to express their goals specifically, these students maturely acknowledge that their paths and passions might change significantly in the coming years.

No matter where they end up, these bright students certainly have wise words of wisdom to share with their past or future selves. One says that "learning to talk and discuss things with people who have different views...in a respectful and kind way" has helped her grow as a student and person. Ayron suggests, "Stop procrastinating so much and put even more effort into everything." Bree says that participating in a college summer program "gave me a good idea of what college would be like and made me have a connection with that college." Sophia advises her past self to "learn from your mistakes, don't stress about anything too much, and remember to be yourself." Caroline describes a helpful lesson: "You can evade neither hard work nor rest. We all idolize one to the detriment of the other... So, preemptively plan times in your life that are dedicated to both hard work and rest, and you will find how much they both complement the other." Lastly, Valentin speaks to the hearts of all homeschoolers by saying, "Always remember to 'be yourself,'" and that "your upbringing, which is in many ways different and more 'sheltered' from many people's, makes you very unique and potential-filled in today's world."

I am also a part of this initial graduating class. Though I have spent several years in classes alongside my grade-level peers, gathering the information for this piece opened my eyes to so many hidden aspects of their lives. I regret not being able to include all the interesting tidbits of information they shared. This experience has also reminded me that, in addition to its unsurpassed educational offerings, Well-Trained Mind Academy provides a unique opportunity for students to interact and become friends with a like-minded yet remarkably diverse peer group. Though my classmates and I often have differing interests or life experiences, we are connected by our love of learning and respect for the educational process, which is a beautiful thing.

### Crossword by Santiago Martinez



#### Across

2. Begins in acute and ends in ramen
6. Take it to the next level
8. Present
10. Famous ballet
11. Search engine
12. How to Train Your...

#### Down

1. Material for edible house
3. Rudolph
4. Abominable Snowman
5. Hung socks
7. Cloudless sky color
9. Shocked and surprised

Solution on page 8

## Spain Triumphs in the 2023 Women's World Cup

By Jacob Pepe



In a thrilling and unpredictable tournament, Spain emerged as the winner of the 2023 FIFA Women's World Cup, held in Australia and New Zealand from July 20th to August 20th. This victory marks Spain's first-ever world title in women's football (soccer), highlighting the rise of the nation's football prowess, particularly the dominance of FC Barcelona's women's team.

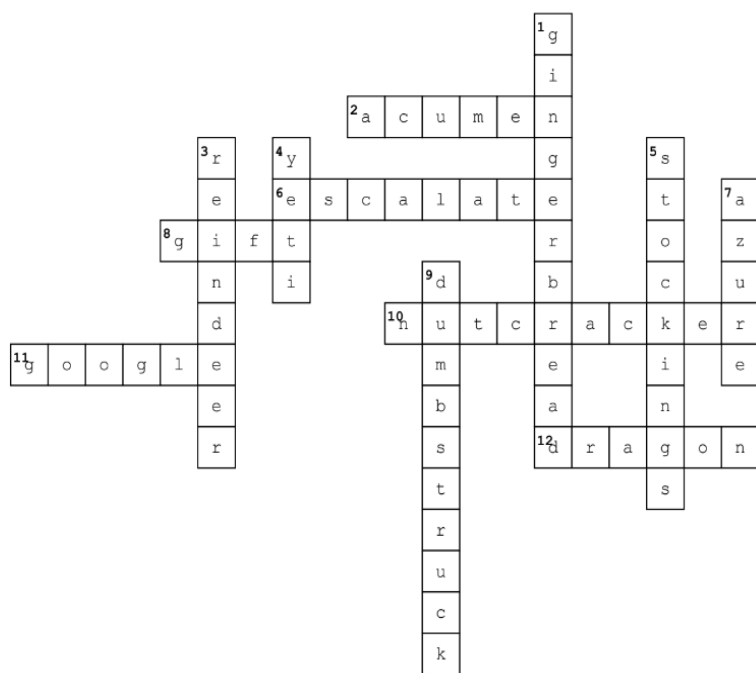
The 2023 Women's World Cup featured thirty-two teams from around the globe, with powerhouses like the United States, England, and France among the top contenders. However, the tournament saw several surprising upsets, such as 40th-ranked Nigeria defeating 10th-ranked Australia in the group stage. These unexpected results highlighted the growth of women's football and the closing gap between traditional champions and emerging teams.

New Zealand made history by securing their first-ever World Cup win for both men's and women's teams, defeating their opponents in front of more than 42,000 spectators. The Philippines also generated excitement in their World Cup debut by winning their first match against Norway.

The final match occurred on August 20, 2023, at Stadium Australia in Sydney, with Spain facing off against England. Spain emerged victorious, securing their first Women's World Cup title and joining the ranks of previous winners such as the United States, Germany, Japan, and Norway. The 2023 FIFA Women's World Cup showcased the growth and competitiveness of women's football on the global stage, with Spain's victory marking a new era for the sport. Fans around the world eagerly await the next edition of the tournament, anticipating more exciting matches and unforgettable moments. Photo by jarmoluk <https://pixabay.com/users/jarmoluk-143740/>

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