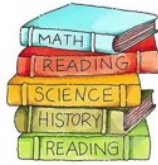




What Did JEM do This Summer?

Back To School!!!



How to Stay Healthy in the New Year!!

Jem Opinions!



# THE JEM TIMES



*Hi friends, and welcome to the JEM fall newsletter! In this newsletter, you can read about Jemmies' summer experiences, how to kick butt in the new school year, JEM's current obsessions, and so much more. I hope you enjoy it!*

♥Lexi Tuch

# What did JEM do this summer?

BY NOMI ROSEN

For the past three years, I have spent 3 weeks of my summer at Camp Tawonga in Yosemite. The time I spend at Camp Tawonga is undoubtedly the best part of my summer and I look forward to attending camp all year long. It is difficult for me to stress the importance of my camp experience in just an article, but I will try my best to do so through this story. It was the last night of my last year of camp. Strong emotions were building up amongst my age group, Chalutzim. We were sad to leave camp and were dreading the last day when we would have to go home. We had just held our closing campfire. Here, we shared our favorite memories of camp and talked about the importance of camp to us. Naturally, many tears were shed and shoulders leaned on. I myself couldn't contain my emotions (shocking I know) and probably cried a full bucket of tears. Hopefully this paints even a small picture of just how much I love and cherish Tawonga. Amidst the gloominess everyone was feeling, we still managed to pull it together and go out with a bang on our last night. Here is what we did. The campfire ended around 11:30 and we were sent to go back to our bunks and go to sleep. We would have to be up early the next morning to pack up and leave camp, so our counselors wanted to ensure we weren't too sleep deprived. Us Chalutzim campers however, felt differently. At about 2 am, we planned to meet on Girls Side Field and hang out there until 4, then return to our cabins, sleep for 2 hours and wake up at 6. While all us campers agreed on this plan, the issue was sneaking around our counselors. At about 1:30, once I was sure they were asleep, I went with my two best friends and to sit on our front porch and await the arrival of the boys. I can still remember so vividly how peaceful and happy I felt in that moment. I was engulfed by a canopy of striking stars above me, surrounded by the two people I loved more than anything in the world, and grounded by my cabin, which had been my home for the past 3 weeks. As the three of us sat there in awe, we noticed flashlights coming from the distance across the lake. "The boys" we said excitedly as we awaited their approach. Once they arrived, we gathered in a clump on the grass and talked, stargazed, slept and sang. All of this, of course, was amongst many paranoid "shhhh's" in order to not awake the rest of camp. As 4am came around the corner, we returned to our cabins exhausted, happy and content. This night allowed us to forget the impending doom of leaving and live peacefully in bliss. I still look back on this night often as one of the best of my life.

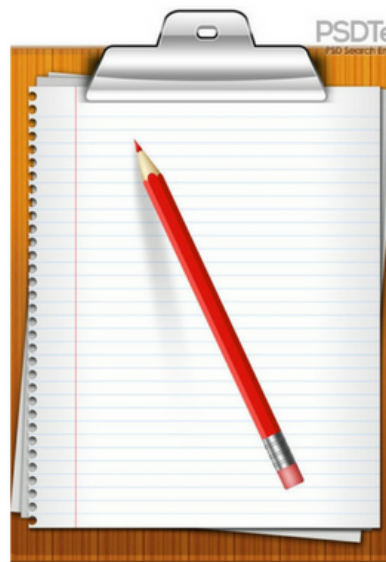
*"I love and cherish  
Tawonga"*



# Back to School!!

## BACK TO SCHOOL TIPS + TRICKS!

- START KEEPING A JOURNAL IF YOU DON'T ALREADY. TAKING TWO MINUTES OUT OF YOUR DAY TO WRITE DOWN YOUR EMOTIONS OR GOALS IS A GREAT WAY TO DE-STRESS!
- HAVE A HEALTHY BREAKFAST TO START YOUR DAY RIGHT! IF YOU DON'T HAVE A LOT OF TIME TO MAKE FOOD EVERY MORNING, MAKE A SMOOTHIE THE NIGHT BEFORE AND PUT IT IN YOUR REFRIGERATOR!
- TO NEVER BE LATE, MAKE A PLAYLIST OF SONGS THAT IS ONLY THE AMOUNT OF TIME YOU HAVE TO GET READY. WHEN THE LAST SONG STARTS, YOU WILL KNOW IT'S TIME TO LEAVE!
- MAKE THE MOST OF THIS YEAR. TRY TO ONLY MAKE FRIENDS WITH PEOPLE WHO HAVE A POSITIVE INFLUENCE ON YOU AND MAKE YOU HAPPY:)
- STAY AWAY FROM NETFLIX!! WHEN YOU SAY YOU WILL "JUST WATCH ONE EPISODE," IT IS SO TEMPTING TO WATCH THE NEXT ONE, OR THE REST OF THE SEASON, AS WELL.
- DE-CLUTTER YOUR ROOM OR DESK! A MESSY WORKSPACE LEADS TO A MESSY MIND, SO KEEP IT CLEAN AND ORGANIZED!  
STOCK YOUR LOCKER WITH SNACKS! THIS WAY YOU CAN QUICKLY EAT SOMETHING BEFORE CLASS TO CALM YOUR GRUMBLING STOMACH.



# How to Stay Healthy in the New School Year: No As Without Zs.

BY REBECCA SWERNOFSKY

Your body uses sleep for quite a few purposes. First of all, it breaks down waste products that have formed in the body, usually around the brain. This allows you to think more clearly when you wake up, often feeling refreshed. Sleep also allows your body to mend parts of itself which have broken, which is why after getting enough sleep, muscles are no longer sore. Your brain also processes the memories from the day during your nocturnal hours, but REM (Rapid Eye Movement) sleep is arguably the most important time for teens, since it's when the body develops itself. Infants and developing children usually have most of their sleep dedicated to REM, since their bodies are trying to grow. Teenagers are still developing mentally, and without REM sleep, can take on sleeping disorders and other mental health issues.

Quite a few commonly known side effects of lack of sleep are oily skin, moodiness, and being sluggish, but it's much more serious than that. Lack of sleep can affect your relationships with family and friends by your irritability, and make it much harder to manage stress. Your body hasn't had the time to clear out the waste products that built up in your brain from the previous day, so you remain sluggish and can't focus very well. This is why teachers always tell you to get sleep, because you won't be able to perform well at any mental task you do while operating on a tiny amount of sleep. Your physical body is affected just as much as your brain. You end up having lower motor control and reflexes. Some scientists have even gone far enough to say that driving while tired is even worse than driving while drunk (don't do either!). Also another side effect that people miss way too often is that your body physically is unable to repair itself. You can get extremely sick after weeks of lack of sleep, and your bones are easier to break.



Lots of teens have problems getting to sleep, from insomnia to sleepwalking to being scared of the dark and even to just being on electronics for way too long at night. Please please please if you're having trouble getting to sleep before 11pm, it's absolutely important that you try to fix your sleep schedule. It's worth so much more to go to sleep at 11pm every night and not do whatever keeps you up late at night (studying when tired, spending time on electronics, etc), than to spend hours being tired at school and falling into an endless cycle of sleep deprivation. Your health and mental wellness is on the line!

Your parents are more than willing to help you with this, since they want you to get a good night's rest every night. You can also ask friends, who undoubtedly have encountered some of the same issues you might have. If there are assignments at school that keep you up at night, consider asking your teacher what kinds of things you can do to get the work done more effectively (study smarter, not for a longer amount of time), and what kinds of ways you can keep track of your homework more easily and motivate yourself to do it. Not all teachers are very approachable, but I can guarantee that they all want you to do well in their class and understand the material.

# JEM Opinions:

## Anonymous Compliments:

- Coby Simler is a fantastic human being. He always calms me down when I freak out and cheers me up when he smiles. Love you, Cobes!
- I just want to tell Arielle Romm that she is a gorgeous human bean and I love her to bits
- Laura is so sweet and always has a smile on her face!
- I love my golden girls sisters, they are amazing!
- I want to compliment Sophia Jackson for being such an amazing and multi-faceted human being. She always manages to surprise me with her bubblyness and kindness. I'm so happy that she is becoming more involved in JEM!
- Mira you are so gorgeous your eyes and your soul are so beautiful, you are literally goals. I'm so lucky that I got to know you, I love you so much!

## What we're obsessing over:

- Kat Von D's liquid lipsticks
- Onesies
- Pogo sticks
- Baby pink
- John McCain<3
- Hydroflasks
- Smoothies
- Makeup
- Mangos

## What is JEM's favorite thing about fall?

- Big Sweaters!!
- PSL!
- The leaves, the pumpkin favored food/drinks, and the weather
- fuzzy socks and cute sweaters!!
- Ugg Moccasins all day every day
- Dressing up for Halloween is the best!

# Extras:

## JEM Jokes:

Q: What's the ratio of a pumpkin's circumference to its diameter? A: Pumpkin Pi

Q: Did you hear oxygen went on a date with potassium? A: It went OK.

Q: What do you call a fake noodle? A: An Impasta.

Q: How many "Suh Dude"s does it take to screw in a lightbulb? A: None, it's already lit!

Q: What did one autumn leaf say to another? A: I'm falling for you.

Q: What do whales eat for dinner? A: Fish and Ships!

Q: Why did the proton have so many friends? A: Because it was so positive!

## JEM Wordsearch:

- BBG
- BBYO
- B-LINKED
- CENTRAL REGION WEST
- CRW CUBS
- DALLAS
- ELAL
- ELECTION
- ESTEE LAUDER
- FALL LEADERSHIP CONVENTION
- G'VARIM
- INTERNATIONAL CONVENTION
- JOSEPHINE ESTHER MENTZER
- JUDAISM
- KALLAH
- LOS ALTOS
- MOUNTAIN VIEW
- NESHIKOCHELLA
- NEWSLETTER
- SIWI
- SUMMER PROGRAMS

S Q B V Z U L I V M Y N F O B B A D B J I L R Z T R Q W E K  
 N O B P K V P S X Z D I S W W G S E V O U Y V B H E M F G A  
 S O T G W T X H A R F G Q N V G G K I T L D B W F Z N D B B  
 Q D P L D T N R E T T E L S W E N N G A Q A A F A T E D G S  
 L S M P A F Y O C U U H I S L G T I Q G I H Y I Y N S W H P  
 F E W F J S F T I W U B Y N J Y Y L T H N E I T S E H A G P  
 M R D O D J O O A T M E T Y X X M B X T X R S D L M I R C J  
 S H I M C Y U L V D N A V W W F J O X F I E Z K S R K Y X S  
 C L B P K T R L E A P E O J P X G W U W W H U K Z E O C H P  
 R L I L O S W U R L D L V I B F P E M N G Z T A G H C J W F  
 H S P S W X O L V L Q P W N V P A N O E T P D E Q T H Z V X  
 H A L L A K E M C A Y I T V O F L I W Y P A J K W S E M W N  
 P F B B H R M W T S S R M V D C G E M Q U F I K D E L T H R  
 X U E F Z M O W W Y L T R B J E L J Z B C M F N B E L L N V  
 N O I T N E V N O C P I H S R E D A E L L L A F V N A C Q E  
 R K J E I T S J A C Z E L L R Q X G N G Z X M J Q I I G D L  
 T S U M M E R P R O G R A M S V H Q M O X G E P E H E R O Z  
 Z B L L I U A R H I G R G R K Q P E M V I E W S T P P W H M  
 L J R O R M N Y D K T V V V J O D X D I S T B R Y E K V T F  
 F N N P G G Z L G N A P B H Z G D E B T W U A U V S P D R O  
 E L E C T I O N E R O O W S W S S Q E W C O V N Q O J W U H  
 W B C V C E N C I M N Y W X J G T E C W G H A M R J U U G E  
 E T J X N Y G M F C Z Z B L J V L Y R J L G T Z Y E Y O N U  
 J S R K M R D H D V J R C B C A P C J C G D C F Z T T Y R V  
 R Y L O P K E B U Z W T R S U W K C S K R A Z X L Y S N L B  
 W U A W B H N U A O T K R D K Y R J W Y W T H L E K R I I S  
 J G L R T E H L C R G B E V Z C Q H L S C E D Y U D L P D J  
 C T E T R C H Q N G X R T P V Y T O I W B T S V Y T U N I O  
 V E H K N W F R Y H A C E J T G U L F H T N B T S Z B X D H  
 P D E D L S L S T B B G P E J L W R J N Y V Y Y M D S R D T

**The first five people to submit their finished word search to me: ([jembbgmaz@gmail.com](mailto:jembbgmaz@gmail.com)) will get a food prize at the next event!**