

# The GLOBE

SMALL SCHOOL . BIG WORLD.

## The Naked Egg: Experiments in Cell Bio

By Daisy Ribero and Clairra Folmer, Class of 2026

During Ms. Orenstein's Cell Biology and Embryology seminar, 10th grade students conducted an experiment with eggs to show diffusion and osmosis. Diffusion is the movement of molecules from areas of high concentration to areas of low concentration, seeking homeostasis. In other words, the molecules want to move to equalize their concentration levels. Osmosis is similar: the movement of water molecules from areas of high concentration to low concentration through a semipermeable membrane.

We placed eggs in vinegar for twenty-four hours. We hypothesized about what would happen. Would the eggs grow? Would they shrink? The next day, we discovered that the eggs' shells had dissolved in the acidity of the vinegar. Without their shells, the eggs had only the membrane to protect them. They were squishy and soft. Through diffusion, the eggs had absorbed some of the vinegar through the eggs' now semipermeable membrane, making them larger in size.

But the experiment didn't end there! Next, we placed the eggs in corn syrup, setting them aside for 24 hours. Upon returning the next morning, we found that osmosis had happened; some of the water from inside the eggs had moved through the membrane by osmosis into the corn syrup. The eggs were deflated. What would happen when they were placed in corn syrup for a second day? The eggs shrank even more. They no longer resembled eggs. Instead, they looked like misshapen blobs. Next, the eggs-turned-blobs were placed into water to soak for the weekend. On Monday, we returned to find our eggs reinflated back to a normal egg shape, but slightly larger than they started. Diffusion was again at work!



We enjoyed this experiment. It proved to be fun and informative, and it allowed us to visualize osmosis and diffusion in a tangible way.

Here we are including a thank you and a goodbye to our wonderful teacher, Ms. Orenstein. Thank you, Ms. Orenstein, truly, for being such an amazing teacher and administrator, who ruled with tight reins and a motivating spirit. You were always understanding, but firm enough to get us to complete our work on time (usually). We will miss you so much, and we appreciated your dedication to our school. Thank you, Ms. Orenstein!



## Electives at BWHS!

By Lelia Belle Scimeca and Eden Southard, Class of 2027

From the end of November to mid-February, BWHS offers several elective options to students: basketball, chess, art lab, and *The Globe*.

Chess club, led by Mr. Andenmatten, is a challenging yet fun elective that allows students to compete against their peers.



In art lab with Dr. Brossard, students are working on graph drawings. They choose an important person or beloved pet, and transfer the image onto paper using the graphing method. Jay Blake is drawing his dog Archie, and his friend Oscar Smeraldo is working on a drawing of his godfather as a Christmas gift for his parents.



Electives allow students to explore their different interests and give them the freedom to discover their passions.

# Success at the Holiday Stroll!

By Cecelia Clary, Class of 2024



On Saturday, December 9, BWHS Spanish students ran a bake sale at the annual Great Barrington Holiday Stroll to fundraise for our service trip to Argentina in April. We sold baked goods as well as small festive canvas paintings, crocheted airpod cases, and watercolor holiday cards made by Spanish students, raising over \$800.

In Argentina, we will do homestays with students from the Clara de Asis Waldorf School, one of the two Waldorf schools in Buenos Aires (the capital city). We will be spending the majority of our two weeks in Argentina doing service work, which will include building a Camphill village (a residential community for adults with developmental disabilities). We will also build benches for an urban park and work on a biodynamic farm with our homestay students.

Additionally, we will travel to Iguazu Falls (waterfalls of the Iguazu River on the border of the Argentine province of Misiones and the Brazilian state of Paraná), one of Argentina's most beautiful destinations. Throughout our time we will be putting our Spanish speaking skills to the test while experiencing the culture of Argentina.



# Basketball Season in Full Swing

By Lelia Belle Scimeca and Eden Southard, Class of 2027

This year, our basketball team includes Jaeden Alston, Ethan Lin, Oliver Jackson, Fei Fei Wu, Alesia Curletti, Fischer Rydingsword, August Gregory, Aurora Krzeminski, Ike Lesch, and Rowan Good, led by coach Steve Sagarin. After a light shooting warm-up, passing drills, and layup drills, they have a 5v5 scrimmage. During the scrimmage, students practice communication, team effort, and group strategy. Although Mr. Sagarin didn't expect to coach the high school basketball team this year, he is optimistic. He is going to do the best that he can to ensure a successful basketball season and is looking forward to winning a game.



# Geldbeschaffer: German Students Fundraise in Stockbridge

By Cecelia Clary, Class of 2024



The German students spent the weekend of December 2 fundraising in front of Elm Street Market in Stockbridge for their exchange trip to Germany in April 2024. They sold Ugly Mud Pottery, baked goods, bookmarks, gnomes, and hot drinks. They also ran a raffle with gift cards donated from multiple local businesses in Stockbridge. They were successful in selling almost everything and were able to raise over \$800.

For their first week in Germany, they will be staying with host families from a Waldorf school in Dresden while attending classes at the school. The other two weeks they will be traveling around Munich and Dresden, going to museums and possibly taking a trip to Vienna, Austria.

Beatrice Martel and Alesia Curletti (Class of 2026) are "excited to see the architecture and experience what it's like to live with a host family."

Fischer Rydingsword (Class of 2026) says "I'm so excited to experience the culture in Dresden and meet new people there. I hope to improve my German speaking skills while staying with my host family."





## Knowledge is Power

By Braidin Spear, Class of 2027

At BWHS, we begin our day with a period called Seminar. Each grade has a different seminar, which typically lasts three to four weeks. The purpose of the seminar is to allow the students to delve fully into a topic. This month’s seminars are the Scientific Revolution and Age of Enlightenment (9th grade), Cell Biology and Embryology (10th grade), World Literature and Translation (11th grade), and History through Architecture (12th grade). We featured the 10th graders’ Cell Biology seminar on page one; here is a report on the other seminars.

### The Seminar that Teaches Us How to Stop Being Flat Earthers:

In Scientific Revolution and Age of Enlightenment, taught by Dr. Hamelrath, 9th grade students learn about the intellectual reawakening of Europe after the Dark Ages. They study the events and discoveries that metamorphosed the entire human belief system, including the discovery that the earth is not the center of the universe and that it is spherical. The

class researches the Enlightenment, the key figures who orchestrated it, and how it led to the technological-based world we have today.

“So far I’m enjoying the seminar. Dr. Hamelrath is a very chill teacher,” says Isaac Lesch (Class of 2027).

### The Seminar for Book Dubbing:

In the 11th grade seminar, World Literature and Translation taught by Ms. Stier, students analyze the art of translation. They read works of literature that have been translated from different languages into English. They study various literary works, and develop skills to compose their interpretations of the texts they read. In their examination of these translations, they discuss how these classic works of literature continue to influence modern culture, and how they affect the beliefs and ideals of society.

“It’s a really good seminar, though I had to translate work from Japanese, which was daunting. I loved reading *Sir Gawain and the Green Knight!*” says Calendula Dulle (Class of 2025).

### The Building Blocks of Life:

In the 12th grade seminar, History Through Architecture taught by Mr. Sagarin, students study how different works and styles of architecture have developed while studying the evolution of human civilization. Using their examinations the students form an understanding of the changes in human society and culture from ancient times and how they can be recognized in today’s architecture. The class studies various buildings and structures and their purposes. Students create a portfolio of notes and drawings and make architectural models to represent their understanding of what they’ve learned.

“We live and work in buildings and it’s important for students to understand how humans have designed them. Buildings affect who we are and how we live, and this has changed over time,” says Dr. Sagarin.

The seminars at BWHS are always interesting and informative, but also fun and engaging. The day just wouldn’t be the same without them.

## Spirit Week at BWHS

By Cecelia Clary, Class of 2024

Last week was our first ever Spirit Week. Each day was a different theme. We started off with “Anything but a backpack” day, where students brought in anything other than a backpack to carry their school supplies in, including a car tire, a baby stroller, a fish tank, and a cooler.



Tuesday was “Tropical OR Gnome” day. Students dressed as gnomes or in tropical attire. One student came in with a full beard and a gnome costume, while others wore shorts and flip flops with button-down aloha shirts.

Wednesday was “Students dress like teachers and teachers dress like students” day. Teachers came in pajama pants and sweatshirts. Students wore suits, sweaters, and dresses.

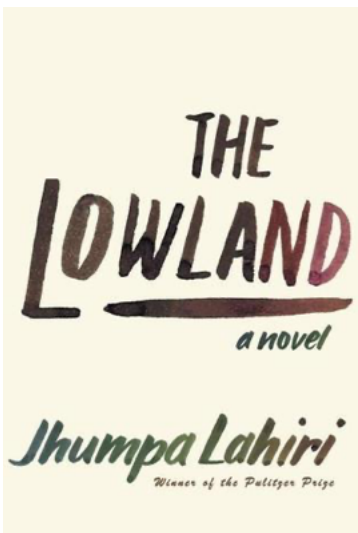
Thursday was the last day of the week and the theme was “Twin day.” Students wore matching outfits.

## Division of Two Brothers

*Book review by Ava Young, Class of 2025*

*The Lowland* by Jhumpa Lahiri is a lush family saga that expands across generations, colorfully illustrating the unshakable bond between two brothers. When Subhash receives a telegram from his parents reporting that his brother has been murdered, he feels an immense wave of guilt and grief.

Growing up in a suburb of Calcutta, India, brothers Subhash and Udayan are inseparable until their obvious differences pull at the seams of their relationship. As the reader experiences the brothers' transition from childhood to young adulthood, we feel the differences overcome the relationship they once cherished. Udayan becomes a part of the Naxalites, a political group that opposes the mistreatment of agricultural workers. Udayan is more impulsive, while Subhash is reserved and afraid to break the rules. Subhash relocates to



America to attend a liberal arts college in Rhode Island. Subhash and Udayan keep in touch loosely throughout the years, but their relationship is like the Lowland, a flat field by their birthplace in India, separated by two large lakes. Their distance only taints the close relationship they used to share, and they become desensitized to each other and their country.

After he learns about his brother's death, Subhash returns to India for the first time to discover that his parents have become ghosts of the vibrant yet stern people they once were, and he meets Gauri, the woman his brother fell in love with, who is pregnant with his brother's child. As Subhash works through his grief, he decides to marry Gauri and take her to Rhode Island to live with him so that she and the child can have a brighter future, but as they arrive in America, they realize that starting over isn't as easy as they thought.

Jhumpa Lahiri is a skilled storyteller, who passionately illuminates the culture of India and what it is like to trade one life for another while learning about the complexity of love, the toxicity politics can incite, and the significance of family dynamics.



## Congratulations to our seniors!

Congratulations to Ella Rydingsword on early admission to Paul Smith's College with a Presidential scholarship, and to Ethan Lin on early admission to Northeastern University!



Northeastern University



## A NATURE MYSTERY

*An avian riddle by Calendula Dulle, Class of 2025*

I am a common bird whose voice you may have heard calling out from a distant treetop. My high pitched song is quite distinctive, and it sounds like I'm repeatedly calling for someone named Peter. Many birds would prefer to be heard and not seen, and none more than me. If you do see me though, I might just make your day! With bright black eyes and bill, and distinctive head tuft, I definitely don't look like most feeder birds. My color scheme is mainly slate gray, white, a tiny amount peach, and black. I forage similarly to a chickadee, and would also love to visit a feeder if you have one, especially on frigid winter mornings. I stay around here all year, no matter the temperatures, even though my body weight is only .74 oz! While I am a cavity nester, I do not have the large head and beak needed to excavate nest holes by myself, I rely mainly on open woodpecker holes or human made nest boxes. Because of this it is important that humans don't cut down all dead standing trees. They may be dead, but birds like me are not done using them! Who do you think I am?



(Left) Students kayaking at Camp Hi-Rock in September





## Buck Eye Balls

*Holiday recipe by Clara Far, Class of 2026*

These simple no-bake treats are like peanut butter cups, but better. With only six ingredients, these delectable desserts are easy to make and will be the perfect gift to share with family or friends during the holidays.

1 1/2 cups creamy peanut butter

1/2 cup softened butter

1 tsp. vanilla

1 16 oz. box confectioners sugar

1 6 oz. package of semi-sweet chocolate chips

2 tbsp. shortening

### Directions:

- 1) Line a baking sheet with wax paper.
- 2) Mix the first four ingredients in a medium bowl until they have a stiff consistency.
- 3) Shape the dough into teaspoon-sized balls and chill until firm.
- 4) Melt the chocolate and shortening together in a microwave or double boiler.
- 5) Dip the peanut butter balls into the melted chocolate with a toothpick.
- 6) Place on the baking sheet and chill for 30 minutes or until firm.
- 7) Enjoy!



### Student Written, Student Run.

Official Newsletter of Berkshire Waldorf High School.

It's back!

After a long hiatus, our school newspaper *The Globe* has made a comeback! We hope you enjoy this new special holiday issue.

### The Globe Staff

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Cecelia Clary (2024)

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## In Defense of Unwholesome, Disaffected Risk-Takers

*By Dr. Stephen Sagarin, Faculty Chair*

Granville Stanley Hall, turn-of-the-century psychologist and founder and first president of the American Psychological Association, helped to establish the contemporary view of adolescents as unwholesome, disaffected risk-takers. Since then, piles of research and popular opinion have helped to create the underclass of teens that annoy, scare, and puzzle grownups. We too often say good-bye to our children as they enter, say, seventh grade, hoping to see them again as human beings when they reach their late teens or early twenties.

No doubt teens are an enigma in our adolescent age—advertisers wish to sexualize and accelerate the development of children to that point in adolescence in which they realize their desires, can argue for them, but haven't developed the forebrain skill of judgment necessary for the beginnings of wisdom. Advertisers then wish to keep all of us in this adolescent state until we die, consuming without thinking. You could say we are a culture obsessed with adolescence because we understand it so little, and that we understand it so little because we have created a culture that keeps us too close to it.

Because of their developmental stage, teens will usually act as we expect they will. Treat them with fear, and they'll repay your trust; treat them with respect, and you'll discover that they are more respectable than many of the adults you know. (These statements hold true for adults, too, but adults have enough self-control occasionally to ignore your trust—or your censure—if they choose.)

Teens, on the threshold of adulthood, defend themselves as they enter this new territory. Risk-taking is a mirror of idealism; what task or quest is worth putting myself on the line for? Disaffection is a mirror of feeling—life means so much; I can't let it show. If we can see through the fronts that teens present, we discover intelligent, sensitive, thoughtful young adults. I've taught four-year-olds to swim and fifty-year-olds social science research methods, but I enjoy and am privileged to teach open-minded, energetic, idealistic, humorous teenagers. Thanks, kids.



*Artwork by Anwesha Saha, Class of 2024*

# One Small Light

*Reflections on the season by Beth Robbins, English and Drama teacher*

We're almost at the shortest day of the year.

There's more dark than light. Which can—potentially hopefully—make the light even more precious. Make it something to celebrate. To notice.

And in just a few days the light will increase. Slowly. Steadily. Day after day.

It's really no surprise that the holidays marking this time in different ways acknowledge this seasonal shift, at least here.

Light is frequently used as an image to imply wisdom. (Think of the star the wise men understood to mark the birth of the child.)

But it has other meanings.

Tracing back the word light you can discover that one of the origins is from the Old English, *lihtan*, meaning to lessen the weight of.

Light as lessening the weight.

Think of walking into a dark space and striking a match. How much light is suddenly created from that one small flame.

It does break through something. The light, that is, lifts something up.

All the observances during this season celebrate miracles of one sort or another. No matter how dark life may be, there remains the possibility of a lightening. There is a source of light, not only without—the sun, the moon and stars—but within.

Last week marked the end of the 8 day celebration of Hanukkah. Night after night, those who observe the holiday lit candles. On the first night, one, on the second, two, and so on. But what

was lit was not only the candles to mark the day, there is what is called a *shamash*, a helper candle. So, on the first night, you actually are lighting two candles.

There are undoubtedly many thoughts about the significance of lighting a candle that will be used to light other candles. For me it is a reminder that we can't do it alone. We all need to acknowledge the other.

There is a story that the ancient Rabbis told about the creation of the world. It's not about any holiday in particular. But I find it a hopeful and relevant story.

I'd like to share it here.

Before time existed, there was just God, and God's light filled the universe. There was no place that God did not exist.

At some point, God decided to create a world. But God recognized that there was no place to build such a world, because God's presence filled the universe. So God withdrew from a part of the universe, drawing in God's breath, and there God would make a world.

A void was formed, dark and empty, and then God spoke these words: **LET THERE BE LIGHT.**



*Digital art by Clara Far, Class of 2026*



The light entered into this void and formed, in succession, ten vessels filled with God's primordial light. Yet the vessels weren't perfect. They could not contain God's immense and overwhelming light. And the ten vessels shattered. Billions of holy sparks were scattered about the great void like the stars in heaven. And this is why humanity was created, to gather the holy sparks which have been scattered across creation and to bring them into wholeness again.

When all the holy sparks have been gathered, the primordial vessels will be restored, and the world will be repaired. Therefore, say the Rabbis, it should be every person's greatest desire to lift these fallen holy sparks wherever they find them and to elevate them to holiness by acts of kindness and generosity.

This is known as Tikkun Olam, repairing the world.

One candle.  
One small light.

And then another.  
And another.

A bright star shining above.

It's a beginning.

Happy holidays.

