

THE Grauer Gazette

No. 17

ENCINITAS, THURSDAY, MARCH 20TH, 2025

The Grauer School

Was the Revolution Televised?

By Adele F.

Kendrick Lamar's Super Bowl Halftime show was more than a surface level music performance; it was a calculated political statement. On February 9, 2025, Lamar captivated over 133 million viewers with a rich performance in symbolism, cultural references and bold artistic options, challenging social norms.



From the costumes to stage design, every element was carefully designed to convey a message about racial inequality, cultural identity and political unrest, which strengthens the event as a historical moment in super bowl history. Lamar's attire featured a jacket with the word 'Gloria', which pays homage to black history and culture. A giant playstation is a symbol of the gamification of the platform, and the elusive American dream. The dancers additionally formed a divided American flag during the anticipated performance of "HUMBLE". The inclusion of major figures

added layers to the political remarks of the performance. Samuel L. Jackson's illustration of Uncle Sam provided a sarcastic yet thought provoking statement; controlling control over African American artistic expression. The presence of Serena Williams, performing the crip walk during "Not Like Us", celebrated not only her Compton roots, but also hinted at the past criticisms of cultural pride.

The performance also took a direct approach to global issues. Waving the Sudanese-Filipino flag, a protector briefly took the center stage, taking a stand against international conflicts for justice and human rights. While the security quickly removed the person, this moment has gone viral. Showing the need and desire for activism in entertainment. The NFL and ROC Nation carefully responded, issuing statements, who removed themselves with any clear political support and accepted the artistic merit of performance.

Nevertheless, the public reaction was electric. The number of audiences for the Halftime show was last seen at 133 million, which was the most in history. Social media also praised some of the fearless messages of Lamar, while others criticized the show's extreme political nature. In between songs during the perfor-

mance, Lamar announced clearly into the microphone, "The revolution's about to be televised. You picked the right time, but the wrong guy." This word choice was especially fascinating as President Trump was in the audience during the show.



Many suspect that this insinuates the people of America voted for the wrong president and put the wrong person in power during a time of real change. The statement also played homage to a famous quote from Gil Scott-Heron, "The Revolution will not be televised," which has often been used by activists to imply that the media will not represent everyone's voices equally. Critics and cultural commentators largely agreed to one thing: his super bowl Halftime Show was not just entertainment - it was a cultural flashpoint, forcing millions of people to face the realities of greed, power and identity in the US.

What's up with Grauer?

Carnival

The Spring Carnival, which was supposed to be held on March 14th, has been moved to April 25th. There will be live music, carnival games like axe throwing and cornhole, face painting, and food.

ASB President Election

Congratulations to Zoe Brisbois! We cannot wait to see where your leadership takes ASB next year.

Theatre

The Grauer Theatre Department will be putting on Jane Austen's Pride and Prejudice on April 4th and 5th. The iconic piece will be presented in the round, making it a unique theatre experience.

Prom

Mark your calendars: prom will be held on May 17th!

Music

The Grauer Music Department is looking ahead to the Gala on May 3rd and Grauerpalooza on May 16th. They will be featuring artists like Anderson .Paak, Olivia Rodrigo, Alanis Morissette, Elliott Smith, and many more.

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Ragebaiting: The New Money Maker in Social Media

By Clay B.

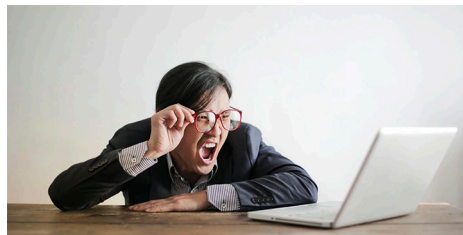
In the fast-paced world of social media, influencers and content creators are increasingly siding with controversial tactics known as “ragebaiting” to achieve viral success. Sincerity and authenticity are no longer important; instead, postings, films, and photos that provoke anger or disgust are becoming the norm, demonstrating that damaging a reputation can be a profitable tactic in today’s digital world. A tactic many people are willing to sacrifice their social life for...

In the last six months alone, an insane rise in the prevalence of politically charged and inflammatory content has been seen on platforms like X (formerly known as Twitter). Many users, including influencers, have adopted absurd and provocative statements that often border on hate speech. These posts are designed to trigger emotional responses, knowing full well that a significant portion of their audience may disagree. A recent study found that politically charged posts garner significantly more engagement from users, often creating reactions driven by outrage

rather than agreement (Tulane University). The center of this content baiting lies in social media algorithms; these platforms favor engagement over content quality. A specific tool has shown its success through this rise of baited negative media content; the “confrontation effect” refers to the tendency of people to engage with content that contradicts their opinions, as observed by Daniel Mochon, a professor of marketing at Tulane University. It’s that simple: regardless of the content of a post, the more outrage it elicits, the more people share, comment on, and like it. For aspiring influencers, this means that courting controversy is a guaranteed method of increasing visibility and engagement.

Pop culture references express this trend as well. For example, the infamous Pepsi ad featuring Kendall Jenner sparked outrage for overshadowing social justice movements. Campaigns like this show just how poorly a received campaign can still foster extensive discussions and engagement online (Brandbassador). The shocking volume of interactions feeds the

algorithms, bringing in demand information to the spotlight. All the while undermining the core message for criticism. Engagement is what these platforms need, after all.



Unsurprisingly, ragebaiting has complications that go beyond basic interaction. While it is a useful strategy for influencers to become more well-known, it also is a concerning change in public discourse; sensationalism frequently outweighs important discussion. In a world where social media thrives on outrage, influencers and content creators face a dilemma: mastering chaos is the only true way to succeed in today’s world of content.

So in all, if you can’t hack it through genuine content, ruffle some feathers instead!

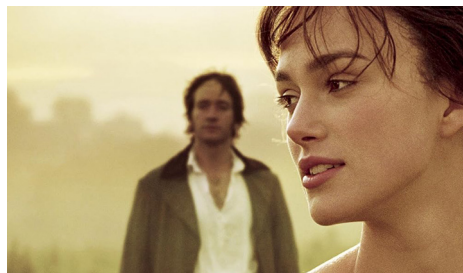
Shelf Talk: Pride and Prejudice

By MJ C.

Jane Austen’s *Pride and Prejudice* is a remarkable novel about love, misunderstandings, and learning to see people for who they truly are. The novel, written in 1813, follows one of the five Bennet daughters, Elizabeth Bennet, a smart and independent young woman, as she clashes with the wealthy and seemingly proud Mr. Darcy. At first, Elizabeth sees Darcy as cold and arrogant, but as the story unfolds, she realizes there’s more to him than expected.

A particularly compelling aspect of the book is Elizabeth herself. She is clever, strong-willed, and unafraid to challenge those around her, making her a memorable character. Her dynamic with Darcy is particularly fascinating, filled with tension, wit, and slow-burning understanding.

When Darcy first deals, “You must allow me to tell you how ardently I admire and love you,” his words are filled with passion, yet stuck with the very pride that has kept them apart. Their love is undeniable, but is shaped by the barriers that stand between them.



Beyond the romance, *Pride and Prejudice* offers a sharp critique of the social structure of the time, particular-

ly of the limited opportunities available to women. The Bennet family’s financial struggles show the pressure placed on women to marry for security rather than love, a theme that remains prevalent. Austen’s keen observations on human nature and relationships make the novel not only an entertaining read but one whose meaning stays relevant.

Austen’s emotional insight makes every interaction feel alive, from the novel’s quiet moments of reflection to its grand declarations of love. And for those eager to see this beloved classic come to life, the school theatre production this April will offer a wonderful opportunity to experience its humor, drama, and romance in an entirely new way.

The AI Detection Crisis

By Brandon D.

You're sitting at your computer, typing away to finish your essay due tomorrow. The thought of using AI crosses your mind, but you don't need to even touch it. Everything is going so well, and the ideas are just flowing naturally. You finally finish the essay, and turn it in on Canvas or Turnitin. A couple of days later, you get an email from your professor: "Your essay has been flagged as 35% written by AI, and you have received a 0/100 on the assignment as a result."

This exact scenario has already happened to me three times for my classes at MiraCosta College. This isn't a rare occurrence either; students across the country are being falsely accused of using AI on their writing assignments, suffering significant grade drops and poor mental health. A student from the University of North Georgia was falsely accused of using AI and received a 0% on her writing assignment. Her grade dropped so low that her GPA fell below the standards for her scholarship, costing her a significant amount of money. Furthermore, she was put onto academic probation, taking six months to appeal. Without knowing how to defend her innocence, the student, already struggling with mental health, was overwhelmed by anxiety.

Most colleges and universities in the United States utilize Turnitin or sim-

ilar plagiarism/AI detection tools. Some high schools (including Grauer) have also begun to adopt this grading style. These tools are inherently flawed, since there is no definitive way to tell if text is generated by AI. It is entirely possible for someone to coincidentally write a sentence exactly the same way an AI would; AI text-generation softwares were designed to mimic natural human language, after all. After being accused so many times myself, the idea of intentionally writing worse, if it meant not being flagged, came to mind. In fact, Turnitin themselves state,

"Our AI writing detection model may not always be accurate (it may misidentify human-written, AI-generated, and AI-generated and AI-paraphrased text), so it should not be used as the sole basis for adverse actions against a student."

Regardless of this warning, most professors still grade students' work based on these tools. Furthermore, they set the cutoff for the "acceptable level of AI" far too low, generally around 25%. Actually, I consider this level of AI content to be a good indicator that it is written by a human.

Thankfully, schools are slowly adjusting to this new grading criteria. At MiraCosta College, most teachers allow you to "prove your innocence" (though still a very flawed method) by either sharing your edit history and thought/creative

process, or joining a Zoom meeting and discussing your paper. Still, these methods require significant effort, sometimes taking even longer than writing the actual essay took. Therefore, as a student, it is best to be prepared in the case that you do get falsely accused. Firstly, and most obviously, don't use AI. Not even to paraphrase, do research, or write an outline. Even if you intentionally avoid directly writing what it generates, you might subconsciously reuse some of its wording and sentence structure.

Secondly, write all of your notes and drafts on one Google document (which has an extensive edit history feature), making it obvious that your thoughts are original. Finally, be prepared to share your document (and therefore edit history) and have an explanation for your ideas. With this method, I was able to gain 100% of my points back for all three assignments in which I had been accused of using AI.

Still, edit histories and notes can easily be faked, and teachers will eventually "catch on," even if innocent students need to use this method to defend themselves. AI detection tools will most likely never be 100% reliable, and institutions need to develop new, fair methods to allow students to prove their innocence in the classroom.

Higher Education in Hot Water

By Ezri R.

"Johns Hopkins to lose 2,000 jobs after Trump's \$800m cut in USAid funding," an article in The Guardian reads. "Trump administration cancels \$400 million in federal dollars for Columbia University," stated an NPR article earlier this week. "Stanford University" announces it is "freezing staff hiring".

Across the nation, universities are scrambling to cope with extreme budget cuts as they welcome a new class of students. With scholarships to distribute and Ph.D. research to fund, these budget cuts

threaten incoming students.

For undergraduates, these cuts warn of larger class sizes and fewer academic resources or scholarship opportunities. Graduate students, especially Ph.D. candidates, face even steeper challenges. Ph.D. candidates are often compensated heavily for their research, enriching the school's academic community with their contributions. Without grants or scholarships, few will be able to afford the considerable prices these programs require. The University of Pennsylvania, for example, asked de-

partments to reduce their incoming Ph.D. cohorts. Some students with informal offers received notices that they no longer had a place in their program, and their acceptances were rescinded.

Wendy Roth, Chair of Graduate Education in Penn's sociology department, described the experience of informing students they were no longer accepted. "Two of them were extremely upset. One person was in tears," Roth said. "It's just the most terrible thing to get that kind of news when your plans are made." *Continued on Page 4*

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Higher Education in Hot Water

By Ezri R.

With reduced funding, fewer Ph.D. candidates will be admitted, limiting mentorship for undergraduates and reducing the availability of teaching assistants. At Penn, the history department's Ph.D. cohort was cut from 17 students to only seven. The typical group of nine to twelve students in English can now only be a maximum of six. The biological sciences graduate program at UC San Diego has shrunk its class from 25 to 17 students, cutting opportunities for aspiring researchers. Fewer graduate students will mean larger

undergraduate class sizes, eliminating the personalized learning experience integral to some smaller, research-based programs.

Students aren't the only ones impacted; North Carolina State University, Stanford University, and the University of Louisville have all announced hiring freezes in response to anticipated funding losses. Temporary hiring freezes may not cause much disruption, but if these same circumstances continue, limited job opportunities in academia will disrupt the job economy.

The situation has left universi-

ties like Yale and Columbia searching for ways to support students. While Yale has pledged to fund research programs through internal resources temporarily, Columbia has had to reduce its incoming Ph.D. class significantly.

These next few years outline an unprecedented time for students applying to college. Without grants to fund research opportunities, college tuition increasing, and scholarship and aid dwindling, no one can anticipate how these changes will impact the future of higher education.

The Power of the Perfect Shoe

By Chiara C.

The right pair of shoes can elevate any outfit, adding an element of personal style in an ensemble. Look around you; everyone is probably wearing a pair of shoes. Some people opt for comfort, some opt for color, some opt for brand names, and others for athletic shoes that their favorite star athletes wear. It isn't a secret that shoes make an outfit. For women's shoes, we can all appreciate a pair of red-soled high heel shoes that bear the famous initials CL on them. Yes, Christian Louboutin, the current king of women's shoes in all major department stores.

Shoes have this magical ability to make an outfit even more appealing. The right pair can complement a person's style and make the whole ensemble have a personality. For example, a pair of red Gucci loafers with a black fitted pantsuit can truly make anyone turn their head, wanting to check those shoes out even more. Bold colors, high-quality leather, and stylish bulky or chunky heels can make an outfit irresistible. Moreover, the appropriate footwear can accentuate textures or colors in an outfit. Some people like to pull one faint color in a scarf and get their shoes in that color. It pulls the outfit together and creates a visually appealing ensemble. The design of shoes can also reflect a polished look to an outfit, and that is why you find that many

gentlemen wear wingtip shoes with their suits. The classic style and conservative design are socially accepted and appropriate shoes for a formal suit in a formal setting. Some very stylish men like to change things up and wear a different color wingtip, but most opt for the classic black or wine color with a crisp three-button dark suit. As a statement piece, shoes can use a unique design element that can add some flair to an outfit.

Ever put on an outfit and then just switch out your shoes and all of a sudden the casual outfit turned into an outfit you can go out in? The right shoes can transform your jeans and shirt outfit into a more formal outfit that you can go to dinner in. Picture this...a pair of dark wash jeans and a black tank top with Hoka sneakers are perfect to go to class in, right? But now, switch out your Hoka sneakers with a pair of platform black Dr. Marten boots. Wowza! Changed the whole outfit with a magic wand into an outfit ready to go to Vigilucci's Restaurant for dinner! Pairing the right shoe with an outfit can create a mood. If you're going on a work interview in an office, it's probably not a good idea to show up in flip-flops. Slide on a pair of classic chunk heels with a conservative 1.5 to 2 inch heel and convey professionalism, elegance and depending on color choice, show that you would be a good fit with the company. Shoes

can mirror personal style when a person picks on trend styles and colors that pop, so depending on where you are going and who the audience is, the shoes can either do the talking or stay in the background. Shoes can make you have better posture, feel at ease, and have more self confidence. Yes, wearing proper fitting comfortable shoes makes you feel good about yourself. When you feel good about yourself, you feel happy. In turn, this makes the person radiate confidence and have some major swagger. When a person is wearing shoes that don't cause discomfort, there is no awkwardness because of pain standing in shoes, and that can only be a positive. Well made shoes that are stylish and comfortable elevate an outfit in every way. A polished and put-together look that makes the person wearing it feel good about themselves and feel comfortable is the perfect storm for a magnetic entrance into any room.

Shoes play a crucial role in completing an outfit. Some wearers show their personality through their footwear, and others use them to define the formality of their outfit. The right choice of shoes is a critical component of any outfit by enhancing a stylish look with a lasting impression. Next time you are out and about, check out those shoes—you can tell a lot about a person by the shoes before you even speak to them.

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The 2025 Oscars

By Adele F.

The 97th Academy Awards, held on March 2, 2025, celebrated a remarkable year in cinema, with standout films and performances taking center stage. Hosted by Conan O'Brien, who brought his signature humor and warmth, the ceremony garnered positive reviews and achieved a five-year high in viewership, attracting 19.7 million viewers.

The evening's top honor, Best Picture, was awarded to "Anora," directed by Sean Baker. This independent film was not only selected as Best Picture but also earned Baker Oscars for Best Director, Best Original Screenplay, and Best Film Editing, matching Walt Disney's record of winning

four Oscars in a single ceremony. Mikey Madison's portrayal of the token character in "Anora" earned her the Best Actress award, marking a significant milestone in her career. Adrien Brody secured the Best Actor award for his role in "The Brutalist," achieving his second Oscar in this category, 22 years after his first win. Kieran Culkin received the Best Supporting Actor award, while Zoe Saldana won Best Supporting Actress for her performance in "Emilia Pérez."

"Wicked" was recognized for its exceptional production design and costume design, with Paul Tazewell winning Best Costume Design. "Dune: Part Two" excelled in technical categories, taking

home awards for Best Visual Effects and Best Sound. The ceremony was not without its controversies. "Emilia Pérez," despite its critical acclaim and multiple nominations, faced backlash over its representation of Mexico and portrayal of transgender issues. Additionally, Demi Moore's visible disappointment upon losing the Best Actress award to Mikey Madison became a talking point on social media, reflecting the emotional stakes of the evening. In summary, the 2025 Oscars highlighted a diverse array of cinematic achievements, celebrated both emerging and established talents, and sparked conversations about representation and authenticity in film.

2025 Grammys: A Night To Remember

By Luke M.

Sometimes, it all works out. Often it rarely does, especially not in a year where the first two months saw the West Coast going up in flames and a felon stepping into the highest office. But, if you are lucky, in music and pop culture, there are moments when you witness everything as it should be. Whether it be a rally of people coming together fighting for what is right or a historical moment on a Grammys stage.

We knew the 2025 Grammys would be nothing short of spectacular. Maximizing the performances of the artists on the program was part one. Touching both the big and small concerns that weighed down the light-hearted festivities was the second part. Finally, picking a stack of winners that felt—for the most part—more triumphant than disappointing, was the final proof that the Grammys got it right this year. For a show that many viewers locally and globally thought would be cancelled because of the raging wildfires that caused devastation across California, the Grammys graciously tilted its hat to the problem, acknowledging the traumatic loss and togetherness throughout the night. From the beginning to the end, The Recording Academy and Grammy host Trevor Noah never let the fires be in the background. There was a

Dawes-led performance of "I Love L.A." to the California firefighters handing out the last award. There were countless fundraising commercials that aired to support businesses in between. They never, however, forced it onto people, because, after all, the night was about celebrating music and the artists behind it.

The glitz and glamour of the night did not disappoint whatsoever, Sabrina Carpenter's performance, a mashup of her smash hits "Please Please Please" and "Espresso" standing out. Chappell Roan brought the Wild West to Crypto Arena with "Pink Pony Club," establishing this song as a generational hit. The night ended with longtime star Charli XCX's Grammys debut, where she closed the show down with her iconic performances of "Von Dutch" and "Guess."

The best part of the night was, of course, the awards. Filled with fan drama and happy celebrities, these were nothing short of fantastic. The most highly anticipated awards of the night were "Album of the Year," "Record of the Year," "Song of the Year," and "Best New Artist." The biggest shock of the night? Billie Eilish lost every single category she was nominated for. She was up against heavyweight artists like Kendrick Lamar and Beyoncé. Even though



most teens around the globe—myself included—felt Eilish deserved at least one Grammy, the real competition came down to her and Beyoncé. It turned into a battle of the fans, each side going at it, arguing that "Billie was robbed" while the other side claimed "Beyoncé deserved it." While yes, it is true that Billie Eilish deserved more recognition, Beyoncé's dazzling album *Cowboy Carter* most definitely earned its win if Eilish could not take home the award herself. With bangers like "TEXAS HOLD 'EM" and "AMEN," she most definitely deserved an award.

In the end, not everything always goes perfectly, particularly when real life has been a mess, with natural disasters and political turmoil. However, in music and pop culture, sometimes everything just clicks on occasion. Whether it's individuals uniting for a cause, or a major moment on the Grammy stage, there are times when things feel like they're going the way they are supposed to.

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Kings and Queens of Corbets

By Luke W.

Do you think that skiing is a sport? If you do, then you are right. If you believe it is not, watch the Kings and Queens of Corbets, which will change your mind. Corbets Couloir is undoubtedly the most challenging ski run in North America and one of the hardest in the world. Nestled in the heart of Rendezvous Mountain in Jackson Hole, Wyoming, Corbets will make your heart drop. With the mandatory thirty-foot drop into a jump turn, no one with a basic skiing ability can even make it down, only experts. Kings and Queens pushes this to another level. Athletes drop into the narrow chute airing over the cliff and dropping over sixty feet, then hopefully landing it. Kings and Queens pushes the limits of freestyle skiing and snowboarding every year. The 2025 Kings and Queens builds on the six years of competition. The event is separated into four classes: men and women, skiing, and snowboarding. Regardless of the sport, the best overall are named King and Queen. The King and Queen win a ten-thousand-dollar cash prize. This year's winners were Tim McChesney (skier), crowned as the King, and Ana Eyssimon (skier), crowned as the Queen. It is no easy task to win this contest. One must be able

to launch blindly over the cliff's edge while performing a trick, then land it. All of this simultaneously. It seems impossible to the average person, but to these athletes, it just comes naturally.



Tim McChesney dropped into Corbets first, gaining massive air. While in the air, he spun a double-cork 1080. This trick is almost impossible to do, but he made it look easy. Then, he effortlessly skied the rest of this double black run. When it came time to hit the crowd-pleaser jump, he landed a switch 1080. A flawless run that will go down in King and Queen's history. The amount of skill to replicate this run is almost impossible to find. The amount of control and coordination required for such a flawless run is unimaginable. No one was able to come close to this run, hence giving him the crown as Corbet's 2025 king.

On the queen's side, Ana Eyssimon was crowned the queen. This was her first time in Jackson Hole, and she was crowned the queen. She dropped in with a straight air. Then she did a massive tail grab on the crowd-pleaser. This granted her the title of 2025 Queen of Corbets. It is an impressive feat to still straight air drop corbets. Landing such a drop is very technical and requires professional abilities to achieve. It is really impressive that Ana was able to have such a successful run.

Kings and Queens continues to challenge the norms of freestyle skiing. Skiing is considered an extreme sport due to the consequences of failure. Failure on Corbets can easily result in serious injury or death. So, it is essential to appreciate these athletes' talents. With the event attracting more high-profile athletes every year, it is bound to get bigger. I recommend taking a trip to Jackson Hole sometime and checking out the infamous run. As someone who has skied it, I appreciate the true dedication and skill to do what these athletes do. The extreme sports community eagerly awaits what will come for Kings and Queens next year for the eighth year of the contest.

Behind the Scenes of the Grauer Surf Team

By Luke W.



This year the Grauer surf team has flourished. Going undefeated in surf competitions, this team is not one to mess with. Led by Coach Karch Rondo, the Grauer surf

team dominates the break when let loose. The team is centered around building each other up and helping push teammates through heats. Each team member gets to participate in a fifteen-minute heat in their discipline. During this heat, six competitors are sent out to the break. While catching waves, they must stay within bounds, otherwise, they could face disqualification. Only two waves are scored. However, if one chooses to surf more, the higher-scoring waves will be counted. The top three competitors will move on to the next heat. This will continue until one person remains. Throughout this season, Coach Karch has hosted events outside of school for the team to work better with each oth-

er. During these practices, Coach Karch will study the team's form and critique surfers' techniques. If the practice is successful, there's a good chance that Karch will get some donuts or pizza for the team. As a member of this team it is a great opportunity to meet new people throughout Grauer. I have made many new connections along with meeting surfers in Horizon Prep. The surf team is a way for everyone to appreciate the ocean and get some exercise in a competitive manner. I would encourage anyone reading this to sign up for the surf team next year. Or at least come to a competition. The team is about to compete in the last competition of the season, we hope to see you there.

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Unveiling Bianca Censori: The Controversy Surrounding the Architect-Turned-Icon

By Leyton G.

Kanye West, better known as Ye, is a household name. Ye is an extremely famous rapper, designer, and entrepreneur. He has released 10 studio albums, 4 collaborative studio albums, and 1 compilation album. Ye has also created an extremely successful fashion label called Yeezy, also known as YZY. Yeezy has collaborated with major companies such as Balenciaga and Adidas. Ye is also extremely well known for being married to Kim Kardashian, an American personality and socialite. However, Ye and Kim filed for a divorce in 2021 due to family issues.



In 2023, Ye married the 30-year old Australian architect and model Bianca Censori. Many were unaware of Bianca and who she was until her marriage. Bianca and

Ye met through their professional careers originally, and eventually Bianca began working for Ye's company in November of 2020.

Bianca was born on January 5, 1995 in Melbourne, Australia. She attended the University of Melbourne and earned her bachelor's degree and master's degree in architecture. She started her own jewelry brand, Nylons, and has also worked with various architectural firms. Bianca is widely regarded for her role in the Yeezy Campus Projects. The Yeezy Campus Projects are large-scale architectural projects that focus primarily on creating large-scale architectural projects for Yeezy. Some of these projects consist of futuristic buildings and structures. These structures are for sustainable minimalist communities.

Recently, Bianca has made a majority of public appearances, usually wearing avant-garde and controversial outfits. Her most recent outfit has struck up a lot of controversy amongst many people. Ye and Bianca both made an appearance at the 66th Annual Grammys. Bianca came dressed in a black fur coat, wearing a see-

through dress underneath. Many were outraged with her decision to wear this outfit. Others thought it was a phenomenal fashion statement. Bianca became the most Googled person globally following her Grammy debut. Many came after Bianca's husband, Ye. They blamed him for being a controlling husband and forcing her to wear this outfit publicly. This is not the only backlash Ye has been receiving lately in the media. He has said a variety of controversial things relating to Anti-Semitism.

Many believe that Bianca and Ye were even planning on getting a divorce after their appearance at the Grammys. However, Ye recently made a short film based in Japan starring Bianca. Many people are extremely concerned over Bianca and are giving her a lot of hate for wearing revealing clothes.

However, there are a vast majority of problems that are far worse than a woman wearing questionable outfits. At the end of the day, we are all human and should not belittle and shame someone for what they wear.

Dealing with Burnout

By Isabella M.

We are reaching that point of the year where many begin to feel burnt out. The mental load builds up, and suddenly you are left feeling depleted. But what is this feeling?

Burnout is caused by prolonged feelings of stress or anxiety causing you to feel overwhelmed and emotionally drained. Some other symptoms you may experience are exhaustion, frequent headaches, muscle cramps, a change in sleep/eating patterns, and a weakened immune system. Burnout can be caused by many things, including unmanageable workloads, feelings of lack of control, and lack of sleep.

If you start to feel that you are burnt out, here are some ways to prevent and recover from burnout. Cleveland Clinic

offers a list of strategies to help. First, recognize that you are feeling burnt out. The next step recommended is to talk to someone about these feelings. Another step that is vital is to show yourself some compassion. This can look different for everyone.

For some people, this may mean cuddling with their pet or baking, and for others, it may be recognizing their own limitations. Another tip that may help is paying attention to your stress levels. Begin to notice what some of your stressors might be, and work to find solutions to make them more manageable for you. Adding in forms of reflection, such as journaling or meditation, has also proven to be incredibly helpful. The next recommendation is setting boundaries. Become aware of what you are and are not capable of doing

and saying 'no' to anything that may be too much (within reason). It is also important to put an emphasis on physical health.

Making sure you get enough sleep, healthy nutrition, and daily exercise are also vitally important aspects of recovering/preventing burnout. These will help you feel less fatigued and can help improve your mood. Finally, make sure you take fifteen minutes every day to do something that brings you joy. Some examples of this can be spending time reading a book, coloring, knitting, or anything else that helps you feel creative.

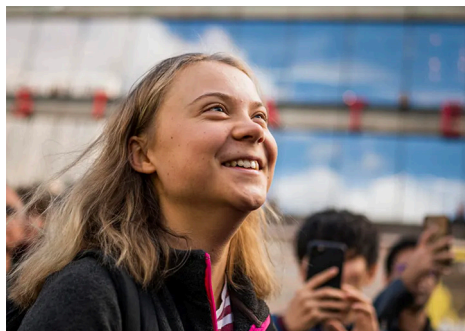
Burnout won't disappear overnight, but implementing these habits can start to help you over a longer period of time to feel better. Be patient with yourself, and remember—you are not alone in this.

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Greta Thunberg: Where is She Now?

By Zoe Br.

Almost everyone has heard of Greta Thunberg, the youth activist fighting climate change at protests and in the United Nations. But where is she now? It's been a few years since she was a big headline. There could be quite a few reasons for this. One is that nothing sticks around in the media for very long. She managed to stay relevant for about two years, and for an activist, that is pretty good. Because so much is constantly happening in the world, the turnover of news stories is very fast-paced.



Additionally, as news becomes more repetitive, people become desensitized to the problems being presented through the media. As they talked more often about the

Swedish teenager fighting against climate change, the average news consumer became indifferent to what she was saying. A current example of this is the recent plane crashes. The first crash was in the news for slightly more than a week because new information was being released. However, the later crashes were only major headlines for a day or two. Given the first incident was larger and involved more people, it still received disproportionately larger media coverage than the others. This reflects Greta's appearances in the media. While at first she was covered semi-often, as she continued speaking about the same or similar issues in the same way, it became less interesting and, therefore, less newsworthy.

Greta's early activism centered around attending and organizing various types of protests and calling out adults for not doing enough to help the generations after them. While those efforts are great, they didn't keep her in the spotlight. Her issue? She has not changed (though that's not necessarily a bad thing). She is still calling people in places of power out

on not doing enough and is still attending protests. Additionally, her areas of activism have expanded, now covering more civil and social issues along with climate change. With these new topics, she has found herself in more controversial arenas. This further diminishes the press' interest in publishing major headlines about her. She is no longer the autistic girl from Sweden calling out the leaders around her; she has lost the "oh, a kid cares" attention. Now, as an adult, her methods have grown more "aggressive" in the eyes of many. "Once lauded as an environmental star, the Swedish activist appears to have embraced thuggish tactics over delicate diplomacy," Marianka Swain uses as the subheading for her The Telegraph article: "Greta Thunberg's descent from climate darling to militant pro-Palestine mouthpiece." The agitated wording demonstrated by Swain shows how Greta is perceived in today's news. Due to media fatigue from repetitive stories, growing up, a change of focus, and development in her style of activism, she has fallen out of favor with the media and, thanks to that, out of the public eye.

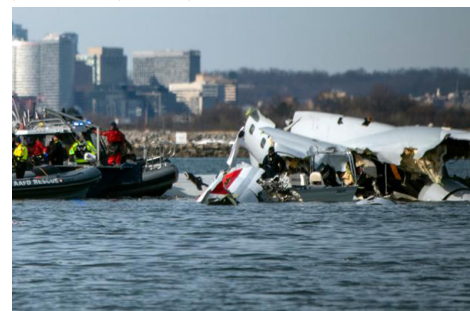
DC Crash Recognition

By Zack H.

A tragic mid-air collision occurred on January 29, 2025, over Washington DC, taking the lives of 67 people. Those involved were passengers and crew members on the American Airlines Flight 5342 and the U.S. Army Black Hawk helicopter, which unfortunately collided with one another. Among the victims were various dedicated professionals, skilled figure skaters, and beloved family members. Two young skaters with a promising future, Spencer Lane, 16, and Jinna Han, 13, also passed during the crash. Both were skilled skaters at the Skating Club of Boston. Spencer, known for his rising talent and skill on the ice, was accompanied by his mom, Christian Lane. Jinna, praised for her technical skills on the ice, was also accompanied by her mother, Jin Han. The loss of young talent has forever impacted the skating community. These

young stars were not the only popular skaters aboard Flight 5342; famous Russian figure skaters Vadim Naumov, 55, and Evgenia Shishkova, 52, also perished on this flight. World champions in the 1990s, the married couple had moved to Connecticut together in 1998 and were highly praised coaches at the Skating Club of Boston. They were flying home from a camp in Kansas, teaching young, talented skaters. Their son, Maxim Naumov, a competitive skater himself, had left Kansas 2 days earlier and was thankfully not on the flight. The U.S. Army Black Hawk helicopter crew included three dedicated soldiers: Captain Rebecca M. Lobach, Chief Warrant Officer Andrew Loyd Eaves, and Sergeant Ryan O'Hara. The helicopter was on a training mission out of Fort Belvoir when the midnight collision occurred. The crash happened while the airport was understaffed with only one traffic control

worker at the Reagan National Airport, a job usually led by two.



This tragic collision claimed the lives of individuals from diverse backgrounds, including athletes, family members, and military personnel. Each victim has left behind a legacy of talent, perseverance, and commitment to their communities. As loved ones mourn and many continue to pay tribute, we honor their contributions and the impact they left on those around them.

ENCINITAS, THURSDAY, MARCH 20TH, 2025

Spring on a Plate

By Ezri R.

Beet, Chickpea, & Endive Salad

For the salad:

- 3 medium beets, peeled and cut into wedges
- 1 small head endive, sliced
- 1 can (15 oz) chickpeas, drained, rinsed, and patted dry
- 1 tbsp olive oil
- Season to taste (1/4-1/2 tsp) with turmeric, paprika, salt, and black pepper
- 1/4 cup crumbled feta cheese
- 2 tbsp chopped fresh cilantro or parsley

Recipe:

1. Preheat the oven to 400°F (200°C).
2. In a bowl, toss the beet wedges with olive oil, turmeric, salt, and pepper. Spread them on a lined baking sheet. Toss the chickpeas with 1/2 tablespoon olive oil, paprika, and salt. Spread them on another section of the same baking sheet.
3. Roast for 25-30 minutes, stirring halfway through. The beets should be fork-tender, and the chickpeas should be slightly crispy.
4. Make the dressing:
 - In a small bowl, whisk together tahini, lemon juice, olive oil, maple syrup, and garlic. Then add water gradually and season with salt and pepper.
5. Combine the roasted beets, crispy chickpeas, and sliced endive. Drizzle with the lemony tahini dressing, tossing lightly to coat. Sprinkle with crumbled feta and fresh herbs. Enjoy alone or with warm pita or a baguette!

For the dressing:

- 3 tbsp tahini
- 2 tbsp lemon juice
- 1 tbsp olive oil
- 1 tsp maple syrup or honey
- 1 small garlic clove, minced
- 2-3 tablespoons water (as needed)
- Salt and pepper to taste

Mushroom & Tofu Cabbage Wraps

For the wraps:

- 1 block (14 oz) firm tofu, pressed and crumbled
- 1 cup mushrooms, finely chopped
- 1 small head bok choy, chopped
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 1 tbsp soy sauce or tamari
- 1 tsp sesame oil
- 1 tbsp crispy shallots
- 1 tsp chili crisp (adjust to taste)
- 1 tbsp sesame seeds
- 1 small head lettuce or cabbage

For the peanut dipping sauce:

- 3 tbsp peanut butter
- 1 tbsp soy sauce or tamari
- 1 tbsp rice vinegar
- 1 tsp maple syrup or honey
- 1/2 tsp chili flakes or sriracha
- 2-3 tbsp warm water (as needed)

Recipe:

1. Heat a pan over medium heat and add sesame oil. Sauté garlic and ginger until fragrant, about 30 seconds. Add mushrooms and cook until they release moisture. Stir in tofu, bok choy, soy sauce, and chili crisp. Cook for 5 minutes until everything is well combined and bok choy is tender. Stir in sesame seeds and crispy shallots.
2. Make the peanut sauce:
 - In a small bowl, whisk together peanut butter, soy sauce, rice vinegar, maple syrup, and chili flakes. Add warm water gradually until smooth and creamy.
3. Spoon the tofu-mushroom mixture into lettuce or cabbage leaves. Drizzle with peanut sauce or serve on the side for dipping.

Arugula & Roasted Carrot Pasta

For the pesto:

- 3 medium carrots, peeled and chopped
- 1 tbsp olive oil
- 1 cup arugula
- 1/4 cup walnuts
- 1 small garlic clove
- 1/4 cup grated Parmesan cheese
- 2 tbsp lemon juice
- 1/4 cup olive oil (more as needed)
- Salt and black pepper to taste

For the pasta:

- 8 oz pasta of choice (spaghetti, fusilli, or penne)
- 1/4 cup reserved pasta water (as needed)
- Extra Parmesan for garnish

Recipe:

1. Preheat the oven to 400°F (200°C).
2. Toss chopped carrots with olive oil, salt, and pepper, then spread on a lined baking sheet. Roast for 20-25 minutes, until tender.
3. Make the pesto: In a food processor, blend roasted carrots, arugula, walnuts, garlic, Parmesan, and lemon juice. Slowly add in olive oil until smooth. Season with salt and pepper.
4. Cook the pasta according to package instructions. Drain, reserving 1/4 cup of pasta water. Toss the pasta with the pesto, adding reserved water as needed for smooth texture.
5. Serve warm, garnished with extra Parmesan.

As winter fades and spring takes center stage, a fresh wave of vibrant vegetables arrives in season. In the Grauer School Garden, the new harvest brings a colorful mix of beets, crisp bok choy, peppery arugula, and more leafy greens. Cooking with seasonal produce does more than enhance flavor, it also means supporting local growers and reducing your carbon footprint. With an abundance of fresh, homegrown ingredients from the Grauer School Garden, community gardens, and local farmers' markets, now is the perfect time to whip up something new and delicious. Spark your imagination for outlets for these fun flavors with some of the recipes below!



Bok Choy & Cabbage Miso Noodle Soup

For the soup:

- 1 tbsp sesame oil
- 2 cloves garlic, minced
- 1-inch piece ginger, minced
- 1 cup shiitake mushrooms, sliced
- 4 cups vegetable broth
- 2 tbsp white miso paste
- 1 tbsp soy sauce or tamari
- 1 cup rice vinegar
- 1 small head bok choy, chopped
- 1 cup cabbage, shredded
- 6 oz soba noodles
- 2 green onions, sliced
- 1 tbsp sesame seeds

Recipe:

1. Heat sesame oil in a pot over medium heat. Sauté garlic and ginger until fragrant, about 30 seconds. Add shiitake mushrooms and cook for 2-3 minutes until softened.
2. Pour in vegetable broth and bring to a simmer. In a small bowl, whisk miso paste with a ladle of warm broth until smooth, then stir it back into the pot. Add soy sauce and rice vinegar.
3. Add bok choy and cabbage, cooking for 2-3 minutes until just tender. Meanwhile, cook soba noodles according to package instructions, then drain and rinse under cold water.
4. Divide noodles into bowls and ladle the miso soup over top. Garnish with green onions and sesame seeds. Serve hot and enjoy!

Kale & Lentil Tabbouleh

For the salad:

- 1 cup cooked lentils, cooled
- 2 cups kale, finely chopped
- 1 cup fresh parsley, finely chopped
- 1/2 cup cherry tomatoes, diced
- 1/4 cup red onion, finely diced
- 1/4 cup cucumber, finely diced
- 1/4 cup crumbled feta

For the dressing:

- 3 tbsp olive oil
- 2 tbsp lemon juice
- 1 small garlic clove, minced
- 1/2 tsp ground cumin
- Salt and black pepper to taste

Recipe:

1. In a large bowl, combine lentils, kale, parsley, cherry tomatoes, red onion, and cucumber.
2. Make the dressing
 1. In a small bowl, whisk together olive oil, lemon juice, garlic, cumin, salt, and pepper.
 3. Pour the dressing over the salad and toss well to combine. Let sit for 10-15 minutes to allow the flavors to meld.
 4. Top with crumbled feta if using, and serve chilled or at room temperature.

Creative Writing Piece: You Didn't Notice Did You?

By Mikayla B.

you didn't notice did you? you didn't notice when you pretended to be asleep in the car just to have your mother carry you up to bed for the last time. you didn't notice when you ran to the door and yelled daddy's home after work and he picked you up and spun you around for the last time. you didn't notice when the rain washed away your chalk drawings on the sidewalk and you never went out there to color hopscotch again. you didn't notice that when you dried off after you danced in the rain and jumped in the puddles you started caring more about makeup and hair getting ruined and you never went back out. you didn't notice that you hung up those plastic play phones and never opened it again, you had a real one now and it's not a toy but an addiction. you didn't notice that you put on your shoes after playing in ball pits and you never took them off again. you didn't notice when you ate ice cream for the last time without counting calories in your head. you didn't notice when you had your last fight with your brother about who got the passenger seat before you started

arguing about who got to drive the car. you didn't notice you stopped believing in santa claus as the magic of christmas was replaced with material wishlists. you didn't notice you stopped believing in a monster that lived under your bed, as it started to come out in the reflection of your mirror. you didn't notice when you went to the field today for the last time when you got your last participation trophy. when you kicked your brother's seat during a road trip for the last time. you had your last play dates with the barbies. you had your last disney movie night with your family. you didn't notice that grandparents don't last forever. you didn't notice that your childhood dog wasn't internal. you didn't notice that your parents are growing up too. you didn't notice it did you? you didn't notice that you grew up. but you notice it now don't you? you notice it every time you look in the mirror and you're shocked because your reflection doesn't look familiar. you look older, you look tired, you look like it's been centuries since you let your imagination run wild. you look like you don't

even remember what it's like to be a child. you notice how every time you look back at pictures and you notice how you were at the age little you wished for, and you notice how you thought you would never make it this far, adulthood was fantasy, as fantasy it was the games you would play, but here you are. and you notice it now don't you? the time goes by to fast that you must do everything you can to make the most of it right now because if you don't open your eyes you will blink and you will notice that you didn't notice how fast the time was going. and it's lovely isn't it? and you notice how you used to refuse doing english homework and you didn't read homer or the odyssey that was assigned, and you notice how you wish you did. how you wish you noticed homer's writings when he wrote, the gods envy us, they envy us because we're mortal, because any moment might be our last, everything is more beautiful because we are doomed. you will never be lovelier than you are right now. you notice it now, don't you?

Senior Buisness Advertisments



Company Name: The Spice Girls

Founders: Kaia Bass and Ezri Rohatgi

The Spice Girls create spice mix packets, perfect for your kitchen! Just pick the spice packets that intrigues you most and spoon some of that mix into your next meal to spice up your life and add some unique flavors to your cooking that will wow your family. Included with the spice packet are some recipe suggestions that we can verify taste delectable with our handpicked artisanal spice selections.

Company name: Macro9

Founders: Milan Bregman, Brandon Diep, Anthony Bazalaki

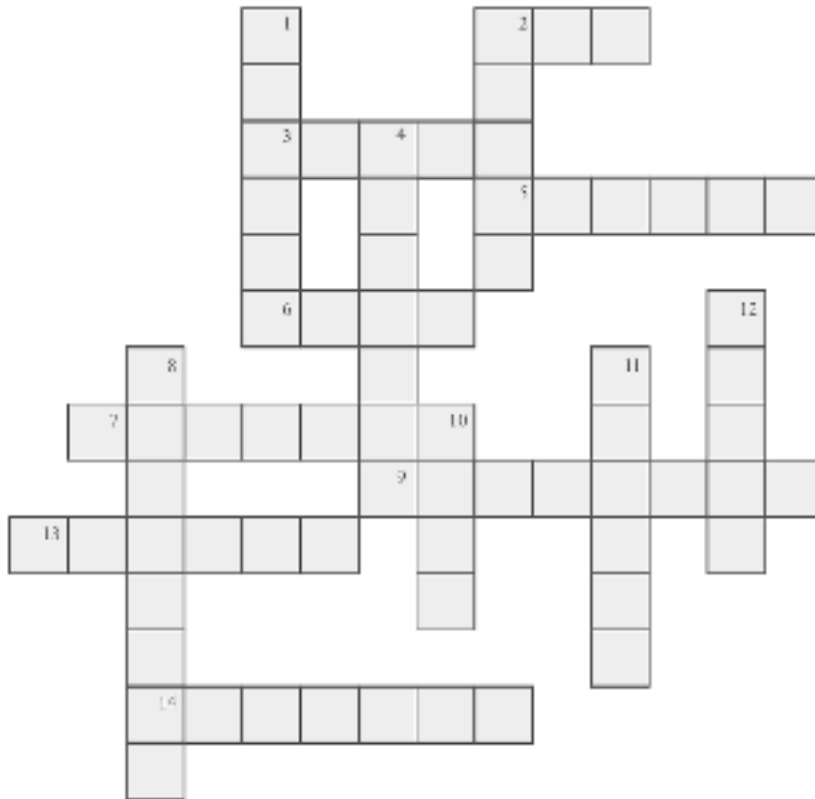
Macro9's flagship product, the LynxPad, is a 9-key mini keyboard (a.k.a. macropad) than can be set up to perform any combination of key presses using its custom software. This device is highly effective in improving efficiency of every day computer use.



ENCINITAS, THURSDAY, MARCH 20TH, 2025

The Grauer Gazette Crossword

By Isabella M.



Across

- 2. bumble ____
- 3. red songbird
- 5. the great outdoors
- 6. where birds lay their eggs
- 7. color spectrum
- 9. state flower of Louisiana
- 13. maraschino ____
- 14. 3/20/25

Down:

- 1. Where you grow plants
- 2. Easter ____
- 4. flower ____
- 8. a purple flower
- 10. gesture/movement
- 11. ex: narcissus, aster
- 12. flower from Amsterdam

ENCINITAS, THURSDAY, MARCH 20TH, 2025

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