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ENCINITAS, THURSDAY, SEPTEMBER 19TH, 2024

The Grauer School

brat... school year?!

By Kate Z.

“brat summer”. “brat green”. “brat vibes”. This summer, as I worked tirelessly at my Columbia writing class, these words (and this color) swirled around my head. They beat relentlessly at my social media algorithms. I had not once listened to the album from which this massive trend originated, but I did not feel like I was missing out on anything at all. This was yet another fad, I believed, sulking at my desk and critiquing papers. It would all be over by the time my class finished. As soon as my plane’s wheels touched the runway of San Diego Airport, instead of the dwindling I

expected, the green wave was still in full force. It took me by complete surprise. Even the Roblox game my friends and I frequented was getting a collaboration. My friend told me she was going to listen to the album and quit - cringing, after just two songs. Neither of us could run from it. It was inescapable. Indomitable. Absolutely pervasive in every conceivable way.

Time and time again, I’ve turned away from the modern music scene, classifying it as “below me” and “cliche.” Now I am forcing myself to enjoy what everyone’s raving about for all of your sakes. In the

first ever edition of Track Talk, I’m covering the revolutionary hyperpop album of 2024 by British artist Charli xcx, the album that boosted a presidential campaign and the album that no one will stop talking about no matter how much I complain. Ladies and gentlemen, I present to you: my analysis of *brat*.

After listening, my first opinion is that this album sounds unfinished. A few more hours in the studio with some of these songs would have done them wonders.

and polishing. To name a few: “Club Clas-



Photographed by Aidan Zamari



There’s a lot of space for improvement and polishing. To name a few: “Club Classics” has a catchy beat but almost no substance, and the vocals on “I might say something stupid” have a jarringly out of place electronic effect (if she had recorded her original voice, and maybe put a stereo-style filter over it, I believe it would have hit the emotional goal she was aiming for). I cannot say anything negative about her voice, it is strong and portrays a laid back, caustic demeanor typical of modern

“rebellious” pop artists. Another of my critiques worth mentioning was the lack of differentiation in the chord progressions. This is a problem that every top-of-the-charts artist suffers from, perhaps because they know that repetition equals remembrance, so I cannot fault Charli completely for this. Surprisingly, at times she utilizes it well, for example “Von dutch” having a driving four-chord chorus and verse.

Overall, I believe this album is a step in the right direction for music that

tops the charts. Does it use cliché? Sure. Are the lyrics strangely personal? So much so that I found myself wondering why Charli was including me in her conversation about pregnancy. It ticks all the boxes that make an album popular while at the same time demonstrating ample musical knowledge. I don’t know if I’d say that I had a “BRAT summer”, but I certainly won’t fault anybody for wearing green in the past few months.

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Can Grauer Tell AI Apart From Humans?

By Brandon D.

ChatGPT, introduced by OpenAI, revolutionized artificial intelligence by making natural language processing more accessible and conversational. Its ability to generate human-like text responses sparked widespread adoption in various industries, from customer service to content creation. However, its impact wasn't without controversy. Concerns arose over misinformation, as the model could produce convincingly false or biased content. Ethical debates also emerged around job displacement, as automation increasingly replaced human roles. Additionally, privacy concerns were highlighted, with critics questioning how data was being used and protected. Despite these issues, ChatGPT marked a significant milestone in AI development.

Could you tell that that paragraph was generated by AI? Within a year of its release, ChatGPT and other AI chat-bots passed the Turing test, an assessment to determine a machine's ability to exhibit behavior indistinguishable from humans. With AI's rising capabilities and popularity, concern around its unethical use, especially in school, has become a household topic. To combat this, softwares such as GPTZero were developed to detect whether text was generated by AI or not. However, unless verbatim, the AI detection often struggled with accurately deciphering between human and AI generated text.

The second paragraph was also generated by AI. Or was it?

The Study

In the statistics class of 2023, three classmates and I conducted a study on students and faculty at The Grauer School to answer questions regarding their ability to determine whether text is generated by AI or not, using data gathering and statistical analysis. By reviewing the results of the study, we hoped to gain insight into the current capabilities of AI text generation.

- 1) How accurately can students and faculty at The Grauer School determine whether a short piece of text is written by ChatGPT or by a human?
- 2) Are faculty members' ability to determine whether text is real or AI generated the same as students' ability?
- 3) Does grade level affect the ability to correctly identify whether text is generated by AI or not?
- 4) Does having a 'strategy' increase your accuracy in identifying whether text is generated by AI or not?

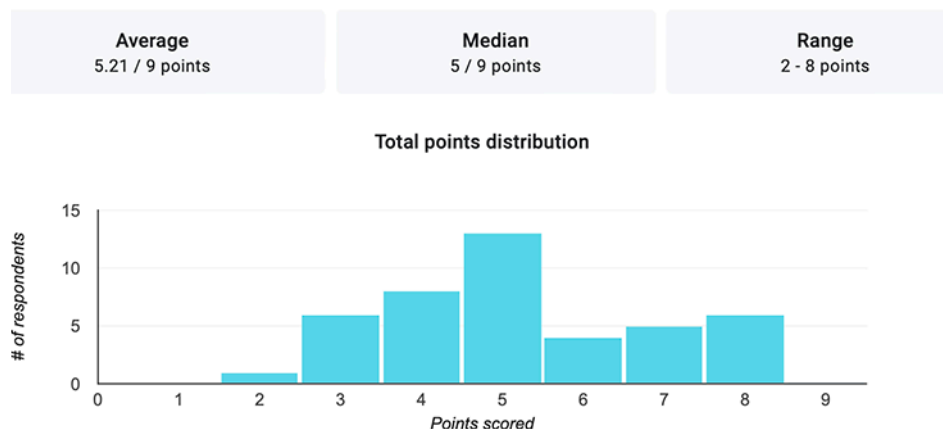
To gather our data, we created a survey on Google Forms to be filled out in person rather than independently online to prevent use of outside resources. Short excerpts of roughly 100 words were generated

using ChatGPT 3.5 exclusively with a single, somewhat vague prompt. Additional instructions specifically to make the text seem "less AI" (write like a 4th grader, etc.) were not provided, and the writing topics were chosen to be generic. An example of a prompt used is "write an article about a specific topic relating to famous 18th century artists." Human written excerpts were borrowed from articles published by major companies (The New York Times, National Geographic, etc.) and verified to be written by humans. Nine total pieces of text were chosen for the final survey to remove the process of elimination as a valid strategy. If there were an even number of excerpts, participants might assume an equal number of AI-generated and human-written texts were used and utilize the process of elimination. The only answer choices provided were "definitely real," "probably real," "probably AI," and "definitely AI." The "definitely" and "probably" options were both counted as the same answer (either real or AI) and gave us insight on the confidence level of participants. Also, no neutral answer was provided to force participants to make the answers binary (yes or no). Aside from "AI or human" questions, the survey asks for the participants' grade level (7th to faculty), frequency of AI usage, overall confidence level during the survey, and strategy usage. We asked random students from different grade levels to take the survey, attempting to survey an equal number of people from all grade levels, including faculty. The survey was run for two weeks, and the final sample size was 42.

How accurately can students and faculty at The Grauer School determine whether a short piece of text is written by ChatGPT or by a human?

Prior to running the study, we hypothesized that students and faculty at Grauer would be able to accurately differentiate between AI and human texts at least 50% of the time since most Grauer community members have had some experience with AI.

Histogram of Points Scored By All Participants



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Through statistical analysis, we determined our initial hypothesis was true. Participants were able to accurately differentiate AI and human text 61% of the time with an average of 5.21/9 questions answered correctly, having a slightly higher than random chance of answering correctly.

Are faculty members' ability to determine whether text is real or AI-generated the same as students' ability?

Some teachers at The Grauer School frequently boast their ability to spot AI-generated text, but is this actually true? According to the results of the study, faculty actually scored lower on average than students. However, through statistical analysis, we determined there is not sufficient evidence to conclude that faculty members have a different ability than students to determine whether text is AI-generated or not.

Average Points For Students vs. Faculty

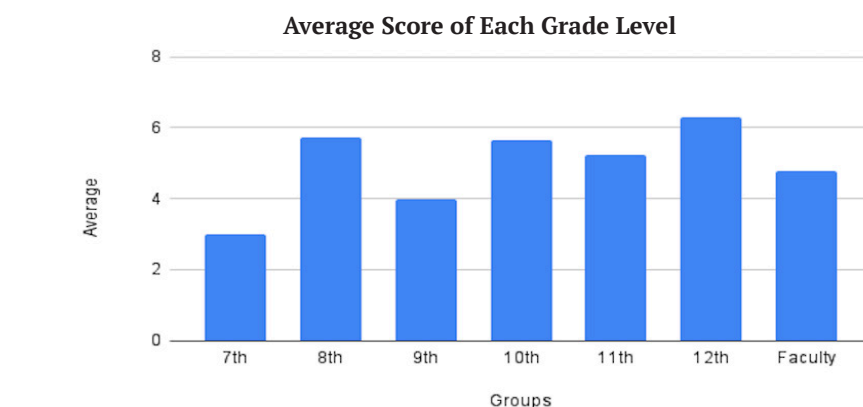
	Students	Faculty
Average points (out of 9)	5.48	4.77
Standard Deviation	1.72	1.42

Despite the results of the study, students should not expect to write essays using AI without consequence. "Because I know [students'] speaking and writing voices in class, if that voice is different in a piece, I can be suspicious that it is AI-generated," says Louise, an English teacher at Grauer.

Does grade level affect the ability to correctly identify whether text is generated by AI or not?

One might assume that there is a direct correlation between grade levels and their ability to discern AI text. However, as shown in the previous question, there was not a significant difference between students and faculty. Is this also true for all grade levels?

By utilizing mathematical reasoning and statistical analysis, we concluded that there was no correlation between grade level and average score. This finding



suggests that academic maturity or reading comprehension do not affect one's ability to detect AI text, and other factors, such as AI familiarity, might play a more important role.

Does having a 'strategy' increase your accuracy in identifying whether text is generated by AI or not?

If your grade level does not affect your ability to detect AI, surely knowledge and experience does. "I would look for very specific and technical words that sound unnatural for a person to use. Just big words in general, and it sounds like you can predict the next word," says Anthony Bazalaki, a statistics student with a particular talent for detecting AI and a contributor to this study. "I try to look for keywords because it starts to B.S. stuff. It says a lot of nothingness, and if there's whole paragraphs that are meaningless, I know it's AI," says Kate Zeps, a prospective English major. It is intuitive to believe having a strategy would improve performance on this study. But does it really help that much?

Average Points With a Strategy vs. Without a Strategy

	With Strategy	Without Strategy
Average points (out of 9)	5.54	4.81
Standard Deviation	1.70	1.52

A quick observation of the data may lead you to believe those who claimed to have a strategy performed better on average. However, statistical analysis shows that there actually isn't enough evidence

to conclude that a strategy alone can improve your ability to tell whether text is AI or human. Nevertheless, we believe that strategies can still be effective, depending on the type of strategy employed. A possible explanation for the results is that some participants may have had a false sense of confidence in their own strategies even though their strategies were not valid.

Key Takeaway

AI chatbots like ChatGPT have already proven to be highly sophisticated, capable of generating text that is often difficult to distinguish from human-written content. Our study at The Grauer School revealed that while students and faculty could accurately identify AI-generated text slightly more than half the time, their ability to do so did not vary significantly across different grade levels or between students and faculty. Additionally, the use of strategies to detect AI did not substantially improve accuracy, suggesting that even seasoned readers can struggle to discern AI from human text. As AI technology continues to advance, it is likely that the differences between AI-generated and human-written content will become even more subtle, challenging our ability to tell them apart. This underscores the importance of developing critical thinking skills and remaining vigilant as we navigate a future where AI plays an increasingly prominent role in our communication and information consumption.

That last paragraph may have been generated by AI. Maybe this whole paper was generated by AI. But who really knows?

Art Nerds' Guide to Success: How Creativity ACTUALLY Fuels Top Careers

By Clay B.

Today's oversaturated influences might promise you the glamorous life of a famous artist, like Banksy or Andy Warhol—wealth, recognition, and endless creative freedom. Meanwhile, parents might warn you of the risks—like ending up broke in your mom's basement. But is there a balance between these extremes? This summer, I attended an art school in New York City to uncover the reality—so you don't have to. Here's what you need to know about thriving as an artist in today's world, and it's more achievable than you might think. And you may finally be able to prove to your parents that art can be a part of your future.

This summer, I attended Pratt Institute, ranked as the 6th best art school in the world, where I watched their Alumni panels featuring recent graduates. Their stories, from graduation to making their mark in the art world, were both inspiring and revealing. However, these inspiring careers were somewhat less inspirational towards the financial support of adults in New York City.



A Product Design alumnus shared a story about his unique journey and the inspiration behind his successful design career. His impressive achievements include a popular sneaker campaign that found an unexpected fan base in fashion niches around the world. Remarkably, he acquired

his design skills not through his formal education, but on the job. His latest line of products stands out not just for its innovative design, but for its singular focus: black shoes. Despite receiving eyebrow raising attention from major sportswear manufacturers, the designer remains confident, assured that his designs are "ahead of the curve" in the American fashion industry. As a part of their audience I was stunned to find the praised lack of adaptability in rising designers today. In a subsequent panel, the college introduced a New York City art curator, also a recent graduate. The curation venue? The guest room of a modest two-bedroom apartment. His co-workers? High school friends. The panel highlighted the often-overlooked realities of pursuing a creative career, such as the lack of health insurance and security in the rising economic pressures of New York. While many students are interested in a career in art and design, the candid revelations of these young professionals underline the bitter challenges that I believe often deters the adaptable and talented artists of our generation. As for certain, I grew undetermined to pursue a future in what I love most while attending these panels.

As someone in the senior class of 2025, currently exploring colleges that will support my creative ambitions, these panels offered a sobering yet valuable insight. While pursuing a career in art and design is undoubtedly exciting, the honest and sometimes bitter truths shared by these young professionals highlight the challenges that many artists face today.

From impactful campaigns to sleek website designs, artists play a crucial role in shaping how technology is experienced, a major reason it exists in the first place. The website that caught your eye? Made by an artist. The posters you've saved on Pinterest? Designed by an artist. And perhaps the most overlooked but essential role—those apps that are intuitive, user-friendly, and visually appealing? Yes,

made by an artist. User design is a critical component of the tech industry, blending artistic principles with industry-driven projects. It's about more than just aesthetics; it's about creating meaningful interactions with users. There's often a debate about whether it's the audience that makes the artist or the art itself. This principle extends to user design—no product can succeed if it isn't presented well. It's an art form that embraces communication and interaction, making it perfect for the digital age. And with Gen Z, who grew up surrounded by graphic design and illustration, there's no better fit for interaction-based art careers than the art nerds of our generation.



So, as you consider your future and the possibility of a creative career, it's essential to weigh these realities. The art world offers immense opportunities, but it also demands resilience, adaptability, and a willingness to navigate the financial pressures that come with it. Though I believe there are artistic opportunities within every career, in which artists can utilize to combine their artist passion to a more standard sense of stability in a modern career. Being an artist is to be free of a closed mind, and thus follows when finding a career in art in today's society.

Is Self-Care Self-Sabotage?

By MJ C.

Grit, as defined by Angela Duckworth in her book *Grit*, is the “passion and perseverance for long-term goals” (Duckworth, 8). This quality is crucial in navigating the path to success, especially when it involves stepping outside of our comfort zones. Grauer teacher Patricia Young often reminds us of the importance of entering our “orange zone,” a term she uses to describe the feeling and experience of discomfort outside of our everyday routines. Repeatedly, psychologists have proven that embracing this “orange zone” leads to significant personal growth and development. While practices such as meditation, self-care, and periods of isolation are essential for reflection and mental well-being, deliberately putting ourselves in uncomfortable situations challenges our limits and serves as an investment in our future selves.

Self-care and spending time on comforting, habitual activities are essential for maintaining balance in our lives. They provide the necessary space allowing us to recharge and gather our goals and thoughts.

However, as essential as these practices are, they are not completely useful until active engagement with the world, especially in situations that test our grit. Duckworth emphasizes that “Without effort, your talent is nothing more than unmet potential. Without effort, your skill is nothing more than what you could have done but didn’t” (Duckworth, 42). Growth truly occurs when we apply ourselves in challenging situations that force our uncomfortable situations to become comfortable with time and practice.

Adobe Stock Image



Motivation plays a pivotal role in cultivating grit, especially when we are naturally drawn to the goals we want to

achieve. As Trevor Olson often reminds us, finding our “natural high” (those activities that naturally energize and inspire us) makes it easier to stay motivated and committed to our goals. As we pursue our goals, setbacks are inevitable. Duckworth reminds us, “When you have setbacks and failures, you can’t overreact to them” (Duckworth, 21). This perspective is crucial in understanding that setbacks and discomfort are not to be feared but embraced as opportunities for growth.

When we are motivated by our “natural high,” our “orange zone” becomes less daunting and we are more likely to view discomfort as stepping stones rather than an obstacle. We often learn within those daunting moments that our limits are self-imposed and can be overcome with effort and determination. The combination of grit, motivation, and a willingness to embrace discomfort not only helps us achieve our goals but also guides us to discover ourselves as individuals. Self-discovery and building our own version of success is never easy, but it is always worth our obstacles.

Current Events for Dummies

By Adele F.

Welcome to “Current Events for Dummies,” where we break down the big political happenings of the summer in a way that’s easy to understand. If you’re someone who doesn’t usually keep up with the news, don’t worry—we’ve got you covered! Here’s a rundown of some of the biggest political events that happened this summer.

Biden Drops Out of the Race

One of the biggest surprises this summer was when President Joe Biden announced he wouldn’t be running for re-election in 2024. This was a huge deal because usually, a sitting president (someone who is already president) runs for a second term. But Biden decided to step aside, saying he wanted to focus on his health and family. His decision means that the Democratic Party then had to choose a new candidate to run in the 2024 election.

Trump Survives an Assassination Attempt

In a shocking event, former President Donald Trump was shot in the ear from an assassination attempt this summer. The man who attempted the attack on Trump’s life was named Thomas Matthew Crooks. Trump survived the attack, but it sent shockwaves through the country. The incident led to increased security for all political figures and sparked debates about political violence in the United States. Despite the attack, Trump has remained the key figure for the Republican Party and continues to have a major influence on politics.

Kamala Harris Takes Center Stage

With Biden stepping down, Vice President Kamala Harris has stepped up her campaigning efforts. She is now the Democratic candidate for the 2024 presidential election. Harris has been traveling across

the country, giving speeches, and meeting with voters to share her vision for America. Her campaign has focused on issues like healthcare, climate change, and social justice. Many people are watching her closely to see if she’ll make history as the first female president of the United States.

Why Should You Care?

Even if politics isn’t your thing, these events will impact everyone in the country. The decisions made by our leaders affect everything from climate policy to the way we live our daily lives. By keeping up with what’s happening, you’ll be better prepared to make informed decisions, whether it’s in your classes, at the voting booth, or just in everyday conversations.

That’s it for this edition of “Current Events for Dummies.” Stay tuned for more updates as we get closer to the 2024 election!

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Are the Olympic “Losers” Really the Champions?

By Ezri R.

Scoring a gold medal in the Olympics is a point of pride for every country. Winning the multi-billion dollar, globally-revered, multiple-sport event is more than a point of pride, it's the ultimate gold medal a nation hopes to achieve. So, who was it this year? Who was the “winner” of the Olympics? The country with the most gold medals comes to mind for most people. Some count all medals, gold, silver, and bronze when measuring success. Relying on that technique the United States and China have dominated the charts for nearly fifty years, sometimes securing more gold medals than any other country's total medal count. You can credit this to numerous factors outside the athletes themselves: training, funding, and coaching, but its overwhelming victories boil down to one thing: population. Every four years, more and more people begin to reject the idea that population should be the deciding factor in an athletic competition.

The larger the population, the more athletes a country has to choose from. The more athletes you have to choose from, the greater the opportunity for more medals. A country like China has a significant advantage over New Zealand, with a population of 1.4 billion and 5.3 million,

respectively. Is measuring gold medals per capita a better approach? China won 40 gold medals or one gold medal per 35 million people. This way measurement works against larger countries like China and the US, favoring smaller populations. New Zealand's 10 gold medals may not sound as impressive as 40, but, when measuring per capita, their 267,000 per medal is more accomplished than China's one medal per 15 million.

While more inclusive to smaller countries, this method favors them to an excessive degree. Dominica may have only won 1 gold medal, but given its population of 67,000, it takes first place in the category of gold medals won per capita.

This method, while logically sound, is not widely accepted since it sounds backward to claim that one gold medal takes first place, while 40 gold medals put China in the 51st spot.

Countries like Australia, New Zealand, and the Netherlands argue that they offer a balance, a large gold medal count accompanied by a more impressive gold medal count per capita than the US, China, and Japan. Once again, we are hit with another issue: How do you measure that? Gold medals? Favors larger countries. Gold medals per capita? Favors smaller coun-

tries. Gold medals per athlete in each country? Favors smaller teams. A formula with a mix of each factor was also proposed, but that still raises more questions than it answers. What factors do you consider? How heavily do you weigh each factor? Equally, or are some more important? None of these questions can be answered and globally agreed upon, and any slight variation results in a completely different winner.

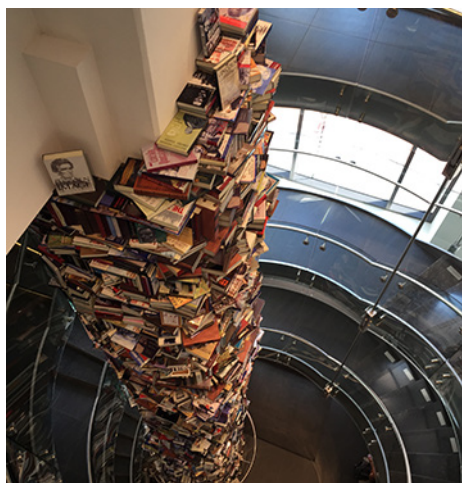


Photo from Getty Images

After a deep dive into the theories, calculations, and opinion pieces about which country truly “won” the Olympics my only takeaway is that your values, the factors you choose to prioritize, decide the winners. Maybe the “losers” could be the champions in your eyes, and the champions the “losers”, it's all a matter of perspective.

What Makes the Classics... Classics?

By Isabella M.



What makes a classic novel? The definition is a novel that has been accepted as exemplary or particularly noteworthy. But what takes a book from ordinary to extraordinary? There are many possible answers, such as a good hook or plot line. However, what most of these books have in common is that they are relatable to the readers and show cultural significance. A true classic will demonstrate something about humankind.

The Catcher in the Rye is considered a true classic. The novel is “about a boy really struggling with growing up and letting go of his childhood” said Paige

Prindle, Head of the Grauer English Department. The protagonist doesn't feel ready to grow up, which can feel relatable at times.

Most classics also have multi-dimensional characters. The protagonist shows different thoughts and emotions throughout the story. Oftentimes, they will change from the experiences throughout the book. This does not always mean that they improve, but that they are different than at the beginning of the story. This can make the character more relatable and familiar to the reader.

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What Makes the Classics... Classics?

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Novels must also make the reader think. Frequently books will show cultural issues and differences. *The Great Gatsby* demonstrates this beautifully. In the novel, the author illustrates the “American Dream”. People chase fame, money, and status, but instead of feeling fulfilled they feel alone. While only 1.5% of the world’s

population are millionaires (A Wealth of Common Sense), this is something that still feels relatable to our society today. 24% of the world’s population feels lonely (CNN). That is nearly 2 billion people. The theme in *The Great Gatsby* has remained relevant, which is what makes it sensational.

A classic remains timeless by staying relatable to the reader. They illustrate historical and cultural context while showing insight into the human experience through complex characters and intriguing plots. A classic is a novel that remains truly extraordinary.

How Well Do You Know Your Teachers?

By Zoe Ba.

It’s safe to say that Mimi Robinson is one of the most well known teachers at Grauer, but did you know that teaching wasn’t her original career plan? Robinson grew up in a culturally diverse neighborhood in Southeast San Diego where, as a kid, she was sent to the liquor store to buy milk for her family. When she eventually moved to Encinitas it was a complete “culture shock.” She described her childhood environment as being “as different from Encinitas as it could be while still being in San Diego.” For Robinson, growing up in Southeast San Diego was “scary” and “unpleasant” but an experience that made her stronger and grateful for where she is today.

In eighth grade, she transferred from a private Catholic school to a public middle school where she knew nobody. Moving to a public school after attending a private school her entire life made things rough socially as she navigated her new environment. In comparison to Robinson’s close relationship with her teachers at the private school, her relationships with her new teachers were almost nonexistent. However, as she moved into high school, the environment became more comfortable and familiar.

Robinson’s kung fu skills are well known around campus, but what initiated this interest? She first started learning at the age of thirteen due to the influence of her father. While serving in the Navy, her father was taught karate moves which he then showed to Robinson and her sister.

She fell in love with the sport and has been doing it ever since.



Photographed by @uniquemonikphotography

Kung fu isn’t the only sport Robinson is well known for. She considers competing in roller derby as one of her greatest passions, stating that she was drawn by the sport’s aggressive nature. Although she discovered roller derby only twelve years ago, it did not take long for her to start competing. She has been competing in a roller derby league since 2012 for SoCal whose teams compete against groups all over the region. Her abilities to teach and play roller derby were soon combined when she first started her roller skating club at Grauer. The club initially began as a safe on campus “expedition” during the pandemic. However, after the success of the expedition, she started hosting a weekly

roller skating club on campus. She believed the sport would teach students important life skills such as... learning when to stop! Robinson has stopped hosting the club but she says that if enough students are interested it could start up again. So, if you are interested in roller skating, go talk to Mimi Robinson!

When asked about why she wanted to be a teacher, Robinson said she “fell” into the role. Originally, she worked in an office for a company that she felt was not making any difference except to make money for her boss. It was only after working at this job for a year that she tried out teaching. Formerly an experiment, teaching became a passion. It felt meaningful to her that she was affecting people going out into the world. Robinson’s advice to students on campus is to try out all the clubs and take full advantage of what the Grauer School offers. She proudly declares, “Grauer really is the school I wish I had gone to.”



Photographed by @uniquemonikphotography

RLCraft: from Frail and Afraid to Beating the Game

By Anthony B.

Recently, there has been a spark in popularity in the well-known Minecraft modpack RLCraft by mod-developer Shivaxi. RLCraft is the most downloaded Minecraft modpack on the mod website Curseforge. Ever since 2019, it has received playthroughs and reviews from famous Youtube personalities such as Pewdiepie, CaptainSparklez, and ForgeLabs. As of now, RLCraft has received game-changing updates, all adding new cool items, structures, and features, rightfully placing it back in the spotlight. (Some of the content discussed in this article assumes you have basic knowledge of the game Minecraft)

If you truly want to understand this article to the fullest, I recommend reading a basic guide on how to play. RLCraft has a community-managed wiki page hosted on Wiki.gg, so check it out if you want.

RLCraft is a game full of dangerous monsters, including original and modified enemies from multiple. You can easily get instantly killed in any part of your journey; no matter how safe you think you are, you must take caution in everything you do.

The early game is the most difficult part since you start very frail. Your health is separated into different body parts with three hearts each. If you lose all the hearts in your head and chest, you die. This means a single shot from a skeleton will destroy you. Plus, it is only possible to heal specific body parts using bandages and plasters. All of this makes combat very difficult, so it is important to skip fights as

often as possible.

Villages are useful early on as a place to loot and make a base. You need experience points to progress in the game, and trading books to librarian villagers will give you plenty. Also, make sure to trap librarians, as they can be used to obtain enchanted books, which can drastically improve your armor and tools.

As opposed to normal Minecraft, ranged weapons are essential to direct combat. Throwing knives or bows are very easy to make and can save your life, as they have saved mine countless times.

Baubles are items that you can wear in new bauble slots. Each bauble can grant you a different buff, such as a permanent potion effect or a second chance when you are about to die. Most importantly, you can reforge them to give you more hearts, greatly increasing your chances of survival.

There are hundreds of unique structures in the game, so exploring for different structures is hands-down the best way to progress. Battle towers are very easy to bypass and give numerous valuable items such as iron, diamonds, baubles, and more.

Allocating experience points to skills is required to unlock certain features

of the game, including crafting, enchanting, and reforging. Since these are the main three things you will be doing in the game besides exploring, experience is actually more important than in vanilla Minecraft. The safest way to get XP is by trading books with villagers, while the most fun way is through exploring structures, killing mobs, and mining spawners.

Through repeatedly rolling enchantments through villagers and the enchantment table, clearing dungeons, and gaining stronger baubles, you will eventually be strong enough to kill a dragon for dragon armor and dragon bone weapons. With the addition of enchantments, you can feel confident that the mobs of RLCraft will fear you instead. By using a combination of baubles, tricks involving drinking wine, and a bit of gambling, you will finally gain a fighting chance of beating the final three bosses in the modpack: Rahovart, Asmodeus, and Amalgalich. Finally, after beating the game, explore the perilous lost cities dimension, craft new powerful weapons, and even gain the ability to permanently fly. At this point, the game has officially been beaten, but there is always much more to explore.



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“Wake Up in the Morning NOT Feeling Like P. Diddy”

By Leyton G.

Sean Love Combs is a man of many names: Puff Daddy, P. Diddy, Diddy, and the Diddler. Diddy was born in 1969 in Harlem, New York, where at a very young age he took an interest in music. Although Diddy was a very accomplished and successful artist and producer, he is most credited for discovering other talented artists such as The Notorious B.I.G., Mary J. Blige, and Usher. He has won three Grammy Awards, two MTV Video Music Awards, and a Guinness World Record. Diddy was adored by many, he was a household name and was known to be very charming and charismatic. Diddy was also known for his infamous parties, also known as the “Freak Off Parties”, many of which took place in Saint Tropez, Beverly Hills, and the Hamptons. The main theme for Diddy’s parties was the “All White Theme”. Everyone who was anyone would go to the Diddler’s party and have a good time, even though many knew what inappropriate and

vile actions were really going on during these parties.

Over the past couple of years, multiple celebrities have come out to discuss the things that were happening within Diddy’s infamous parties. Some of these celebrities consist of Kanye West, 50 Cent, Usher, and many more. Many believe that Diddy was also linked to the assassination of Christopher Wallace, also known as the Notorious B.I.G as well as the assassination of Tupac Shakur. Rapper 50 Cent spoke out against these allegations in his song “The Bomb”. Diddy has denied all allegations tied to The Notorious B.I.G’s death as well as Tupac’s.

Although there have been many accusations towards Diddy related to these murders, there was never any real legal action taken on the matter correlating with Diddy. However, on March 25th, Diddy’s multi-million dollar mansion and Miami trap house were raided by officials. The reason for these raids goes all the way back

to the early 2000’s. At the time, Diddy and Singer Casandra “Cassie” Ventura had been in an extremely toxic relationship that lasted from 2007 all the way up till 2018. There has been recent footage of Diddy assaulting Ventura in a hotel. Ventura ended up filing a lawsuit against Diddy in November, 2024. However this assault is just one of the horrible things the lawsuit entails. This lawsuit claims that Diddy participated in sex trafficking, human trafficking, sexual battery, and sexual assault. This has been just one of the nine other civil lawsuits that have been filed in the past 8 months.

Many wonder what has happened to the Diddler since these allegations have come up. Diddy has been keeping a low profile at the moment. However, he was spotted in Jackson Hole, Wyoming on a trip with his friends back in July. There is still a lot more legal action that needs to be taken, but as of September 16th Diddy is still on the loose...

Bionic Bling

By Milan B.

What are Prosthetics?

A prosthesis is an artificial device designed to replace a missing or non-functional body part. There are two main types of prostheses: external and internal. External prostheses are devices that replace body parts from outside of the body and can often be removed or adjusted. Internal prostheses are devices that replace body parts from the inside and are typically placed permanently. Prosthetic devices significantly enhance the quality of life for people who have lost a body part, enabling them to regain movement and independence.

Advancements in Prosthetics

Modern prostheses look and function quite differently than those made before the late 20th century. An assortment of new materials such as titanium, aluminum, silicon, and plastic allow for more

durable, customizable, and lighter prostheses. Recent advancements such as 3D printing, artificial intelligence, and bionics are creating the new generation of prostheses. Last year, local bionic technology company PSYONIC created an inexpensive prosthesis named the “Ability Hand.” This hand is constructed from softer materials compared to the traditional plastics and machined steel, utilizing silicone and rubber to replicate the texture of human skin. The hand utilizes a myoelectric pattern recognition system, meaning that the hand can be controlled by signals produced by muscles. Optimized muscle control mixed with new technology allows this relatively inexpensive hand to be the fastest responding to a muscle input on the market. While myoelectric pattern recognition has been used for the past couple of years to operate prostheses, they lacked the capability to imitate that sense of touch until

recently. PSYONIC added pressure sensors to the fingertips of the Ability Hand, which convert the pressure inputs to vibrations on the arm, allowing the user to feel the sensation of touch.

Challenged Athletes Foundation (CAF)

While these advancements in prosthetics are decreasing in price, they still come at significant cost. Organizations such as the Challenged Athletes Foundation (CAF) in San Diego make obtaining prostheses a possibility for many in need. Their mission is to “provide opportunities and support to people with physical disabilities so they can pursue active lifestyles through physical fitness and competitive athletics.” CAF hosts many events here in San Diego and are always looking for volunteers, so if you are interested in prosthetics or need some community service hours, go sign up and help!

ENCINITAS, THURSDAY, SEPTEMBER 19TH, 2024

Finding Happiness in Nature

By Luke W

As an outdoors enthusiast, I can assure you that nature is closely linked to mental health, particularly happiness. This claim is backed by multiple scientific studies as well as personal accounts. Spending time in nature has changed my life in many ways. Humans were designed with the intention of being in nature. Throughout evolution, we have been able to defy nature which has taken away some of our key needs. In order to reap the benefits that nature has to offer, one must spend time in nature.



There are numerous studies linking nature to mental health. Stanford conducted a study in the summer of 2015, revealing that 57% of humans today live in urban areas with that number expected

to rise to 70% by 2050. Urban areas lack natural plants and sources of nature, depriving us of essential needs. Psychiatry.org states, "Living in urban areas has been associated with increased risk for mental disorders including anxiety, depression and schizophrenia. Research using functional magnetic resonance imaging has identified changes in the brain indicating that urban upbringing and city living are linked to social stress processing." The social pressures from being so close to so many people overload the average person. This drastically increases the probability of mental health issues. There are a lot of personal accounts to back nature's correlation to mental health.

Throughout the investigation into this matter, Zackary Hubbell, a student at the Grauer School, was interviewed. When asked, if he had any personal experiences where being in nature significantly improved his mental health, Zack responded with, "Over the summer I was pretty stuck to my phone and hanging out with my friends everyday. It really depressed me. But then my mom planned a one week trip to Mammoth without service when I had a girlfriend. At first it sucked and I rejected nature and was really mad. But then I found a monk in the forest and he trained me everyday while I was there to find inner

peace." Another question he was asked was, are there particular natural environments that you find especially healing or calming? He responded with, "I find that the Grauer hiking trails are my happy spot." Finally, I asked, how often do you spend time in nature, and what activities do you usually engage in? He said, "I like to stretch in nature. Everyday in the Grauer trails." Zack's experiences are another example of the correlation between nature and mental health.

My personal experience is that nature has heavily influenced my mental health. I have had periods of time that have been really stressful and challenging to navigate in my life the stress can seriously really affect me mentally. In order to mitigate that and to "chill out," I spend time in nature. For me, the mountains are relaxing, so I will either take my bike out into the mountains and go for a ride, or I'll go for a hike. Both really help a lot. But for everyone, it's something different.

All of these accounts show that there is some sort of correlation between nature and mental health. The human body is designed to be in nature not inside. This is why there is such a big connection between our mind and nature. Closing out this article, I challenge you to go and find what helps disconnect you from all the stress and pressure put on you.

The Grauer Gazette Team



The Grauer Gazette Crossword

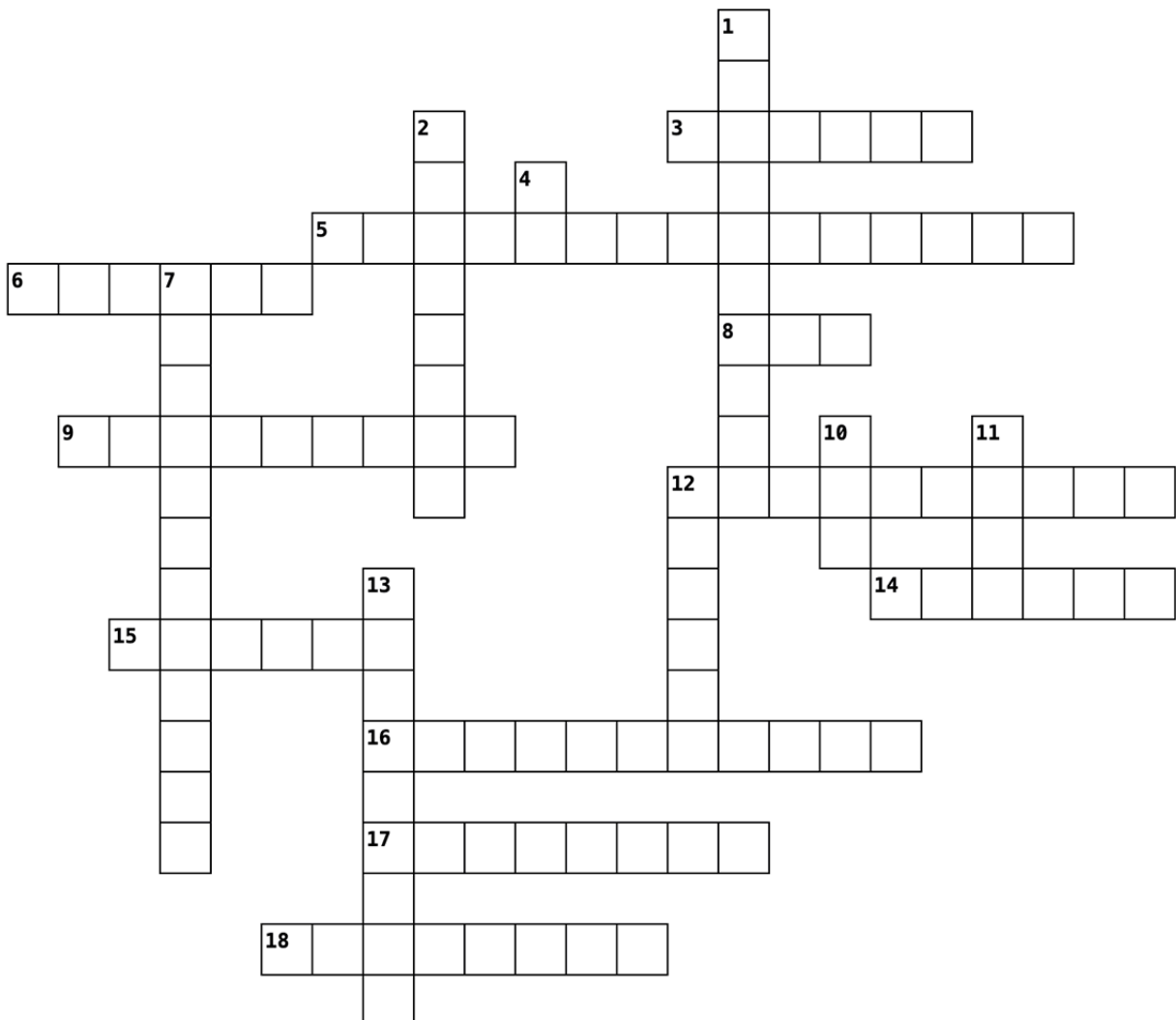
By Asa S.

Across

3. Homeland of the Sevies
5. ____ level
6. Brown Flipped Education
8. Alternative to 2 down
9. Nap time in disguise
12. The illness that mysteriously strikes right after college acceptance
14. Most commanding teacher
15. "Take out a pen or pencil and a piece of paper, Number One"
16. Biannual excursions
17. The teacher's way of saying, "I own your evenings"
18. Tedious first-week homework involving signatures

Down

1. "but the homework wasn't on ____"
2. Fortnightly informational yap period in 13 down
4. 14 Across' stomping ground
7. When you do 99% of the work but share 100% of the grade
10. Feeds half of The Grauer School
11. Filler word, 15 Across' least favorite word
12. ____ Grauer
13. The BIGGEST building



ENCINITAS, THURSDAY, SEPTEMBER 19TH, 2024

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