



**COMPOSITION
NOTEBOOK**

S O U R

VOL. XX

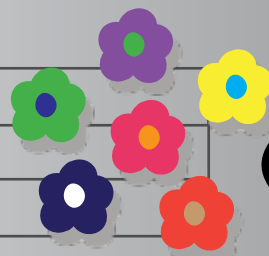
ISSUE II

12.30

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Vol. XX

Issue II



SOUR

Dear Reader,

WE OFTEN FANTASIZE ABOUT THE "GOOD OLD DAYS." WHETHER IT'S SIMPLY REMINISCING ON YOUR FAVORITE CHILDHOOD DISNEY CLASSICS OR SIMPLY LOOKING BACK TOWARDS THE DAYS OF BEING YOUNG AND CAREFREE, TO EACH ONE OF US THE PAST REPRESENTS MUCH MORE THAN A PART OF OUR LIVES—THERE IS A SENSE OF COMFORT IN THE KNOWN. AMIDST THE ONGOING PANDEMIC, MANY FOUND A SENSE OF BELONGING IN MUSIC THAT REMINDED US OF A TIME MUCH MORE CAREFREE THAN THE PRESENT.

WITHIN THIS ISSUE, INSPIRED FROM THE AWARD-WINNING 2021 ALBUM SOUR BY BREAKOUT ARTIST OLIVIA RODRIGO, WE TAKE A BRIEF BLAST TO THE PAST. INSPIRED BY HER Y2K-STYLE, WE EXPLORE THE THEMES DISCUSSED THROUGHOUT RODRIGO'S MUSIC RANGING FROM ARTISTRY TO GROWTH. WE HOPE THIS ISSUE INSPIRES YOU TO ENJOY EACH DAY AS IT COMES AND TO BE A VOICE FOR CHANGE.

Tsion Daniel: Editor-in-Chief

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WORDS

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GRAPHICS

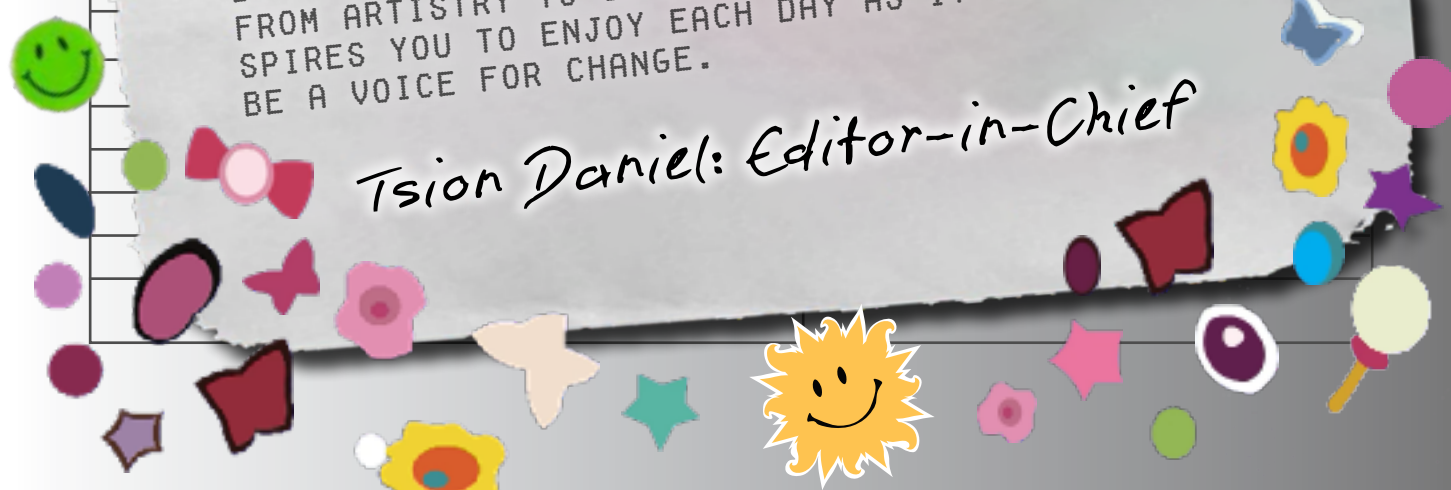
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SOUR

it's brutal out here

Learn more about Olivia Rodrigo, her debut album "Sour"



SOUR

BRUTAL	2:23
TRAITOR	3:49
DRIVERS LICENSE	4:02
1 STEP FORWARD, 3 STEPS BACK	2:43
DEJA VU	3:35
GOOD 4 U	3:58
ENOUGH FOR YOU	3:22
HAPPIER	2:55
JEALOUSY, JEALOUSY	2:53
FAVORITE CRIME	2:32
HOPE UR OK	3:29
<hr/>	
#OF ITEMS SOLD	11
TOTAL MINUTES	34:46
<hr/>	
RELEASE DATE	05.21.21

Click the bolded song titles to watch the music videos!

RECORD-BREAKING

Learn achievements, records set by "Sour"

- May 24, 2021**
"Sour" becomes the first debut album in history to have **two songs debut at the top** of the US Billboard Top 100 chart
- May 30, 2021**
"Sour" gains the **biggest streaming week** ever for a debut album by a female artist with 300.73 million on-demand streams
- June 5, 2021**
Olivia Rodrigo becomes the **first female artist**, and the fourth act overall, to simultaneously chart 11 or more songs in the Billboard Hot 100's top 30
- October 2021**
"Sour" reaches 378,000 sales and becomes the **third best-selling album of 2021**, only behind "Evermore" and "Fearless (Taylor's Version)"
- March 7, 2022**
"Sour" is **certified triple platinum** by the Recording Industry Association of America for streams and sales equaling three million units
- July 2, 2022**
"Sour" is the **longest-running debut album** in the Billboard 200 chart's top 10 during the 21st century

OLiViA



GRAPHIC CHENYAO LIU

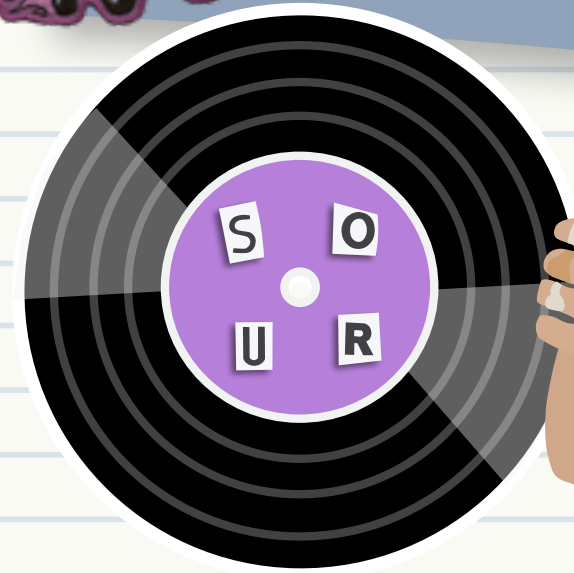
SOURCES IMDB, BILLBOARD, POPDUST

RODRiGO

try MY Best

See some of Olivia Rodrigo's awards

- Olivia wins...**
- 2022 Billboard Music Awards**
 - Top New Artist
 - Top Female Artist
 - Top Hot 100 Artist
 - Top Streaming Songs Artist
 - Top Billboard Global 200 Artist
 - Top Radio Songs Artist
 - 2022 Grammy Awards**
 - Best New Artist
 - Best Pop Solo Performance for "drivers license"



PARENTAL ADVISORY EXPLICIT CONTENT

Fanpages



Maddie Misterka

Managing Editor

obsession over celebrity drama



News Feed

Trending

Inbox

My Pages

Friends

Images

Videos

Messages

Notifications

love to hate her

Female songwriters are more than men they dated

Olivia Rodrigo's album "Sour" was a massive success. It debuted at number 1 on the Billboard 200 chart for five weeks, becoming the longest number 1 album by a female artist in 2021. The album was believed to be about Rodrigo's rumored ex-boyfriend and co-star, Joshua Bassett.

This theory quickly overshadowed Rodrigo's hard work as she received negative comments on her past relationship. Her name practically became synonymous with Joshua Bassett's. I remember seeing dozens of headlines and TikToks about Rodrigo and Bassett. But there wasn't much coverage of just Rodrigo and her debut album, "Sour."

In an interview with *The Guardian*, Rodrigo responded to criticism that she only wrote songs about boys. She said, "I'm a teenage girl; I write about stuff that I feel really intensely—and I feel heartbreak and longing really intensely—and I think that's authentic and natural."

This media frenzy also negatively affected Sabrina Carpenter, another rumored ex-partner of Joshua Bassett.

In a song Carpenter released in July 2022, she sings, "I got death threats filling up semi trucks. Tell me who I am, guess I don't have a choice. All because I liked a boy."

Rodrigo and Carpenter are not the first female singers to struggle with this negative and sexist mindset. Taylor Swift has also spoken out about how hurtful being defined by a past boyfriend is.



Nora Mariano

Entertainment Reporter

Fanbases are known for crossing the line when it comes to celebrity gossip and drama. This is made so much worse when female celebrities are recognized for the men they have been connected to more than their own talent.

In an interview with 2Day FM, Swift said, "You're going to have people who are going to say, 'Oh, you know, like, she just writes songs about her ex-boyfriends.' And I think frankly that's a very sexist angle to take. No one says that about Ed Sheeran. No one says that about Bruno Mars. They're all writing songs about their exes, their current girlfriends, their love

life, and no one raises the red flag there."

It may seem like female songwriters should just live with this press because they choose to write songs referencing past relationships. But female artists shouldn't have to brace for, or change their music to avoid, hyperfixation on a past partner when they release a new song.

In the same interview, Rodrigo said, "I don't really understand what people want me to write about; do you want me to write a song about income taxes? How am I going to write an emotional song about that?"

Fans and publications both need to remind themselves that while an ex-partner referenced in a song is important, the songwriter and their art should be what is focused on at the end of the day, especially concerning female artists because of a long history of uninterest in a woman's successes in the music industry.

Recently many new Asian American artists have become popularized in music and film: for example, the recent emergence of K-pop becoming incredibly popular. Now, there is a lot more Asian American representation in modern media, compared to what it once was. However, sophomore Ava Luo said there is still a long way to go for Asians to have what she would call good representation in the media.

"I think that in America, the representation Asians receive is still distorted," Luo said. "I feel like a lot of the time people don't realize that other countries are evolving as well; they aren't just stuck in the past. School teaches a bit about the history of some Asian countries, but they don't really talk about how far they've developed so a lot of the time students are stuck with a distorted perception of Asian countries in general."

Regarding Asian representation in media, particularly music, Luo said there has been a bit of progress in America in recent years, with the exploding popularity of groups like BTS and Blackpink, but she said that also comes with some negative impacts as people now associate not only K-pop but Asian artists in general with those two groups. As a result, she said, it still creates a very narrow perspective of Asian music.

Luo is not alone as freshman Ismail Kheri said he has a similar viewpoint.

"It is sad to see Asian representation distorted like this. In a continent with almost 50 countries, it's hard to believe almost none of them have been correctly represented," Kheri said.

Freshman Kevin Tran said he agrees with Kheri and added to why he thinks Asian representation is underrepresented.

"Pop musicians don't really promote, people just know them," he said. "Korean (artists) have to promote by posting TikToks with other artists or of just them and going onto music shows (in order to receive more attention). Sometimes even then, their popularity doesn't increase."

On the other hand, freshmen Jennifer Hu said she was heartened to see Asian representation increasing over the past few years.

"Asian representation used to be much worse, but now it's better because (people started using) social media platforms such as TikTok, YouTube and Instagram to promote Asian representation especially during COVID," Hu said. "For example, I got into BTS and Seventeen during COVID because of their promotions through YouTube."

Film teacher Grant Steckbeck says that he believes that there is still not enough Asian representation in the media.

"I believe that there is not yet enough representation for Asians in, at least, American cinema. I will acknowledge, however, that there has been an

"In a continent with almost 50 countries, it's hard to believe almost none of them have been correctly represented"

FRESHMAN ISMAIL KHERI



Freshman Ismail Kheri scrolls through Spotify browsing different music options. Kheri normally listens to his music on Spotify with his AirPods.

throughout my life," Kheri said. "What I have seen regarding Desi music is not always accurate. You usually only see stereotypical inaccurate Bollywood music in western movies or shows."

Tran said he agreed with Kheri's views about Asian representation.

"I feel like Asian representation is not enough in (the) media and music industry and if they are represented, they are given stereotypical roles (in movies)," Tran said.

Steckbeck said that there are many ways people can support Asian artists.

"Patronage is probably the biggest thing we can do. Keep buying and consuming their art. Personally, I tell my students that their stories are important. All of their stories are important, but especially those who have the perspective of a marginalized group. People of color, women, Indigenous peoples, religious minorities, all of them have stories to share with society. We can also help by sharing these stories. That's why art classes are important. Visual art, performing art, film, radio, TV, print, all of it," he said.

Luo said she can relate with Steckbeck's viewpoint. "I think there needs to be more Asian American representation in American media because growing up I never saw anyone like me in movies or shows," Luo said.

Even though Asia representation in the media and music industry have increased recently, there's still a long road ahead for artists to be as well respected as other artists.

"(The best way we can support Asian artists now) is by continuing to uplift our young artists, through learning their backgrounds and spreading their voices," Chen said.

Kheri said, "Everyone has a different perspective and they deserve to have it expressed."

"Asia is a continent so diverse that its culture and music deserves to be shared," he said. "So you should be open to changing your habits up a little bit and maybe you will learn something new." □

uptick in more mainstream representation of Asians in film. I'm thinking of 'Everything, Everywhere, All At Once,' 'Crazy Rich Asians,' 'Shang Chi,' and 'Parasite.' Now, I know there are more out there, but those are the ones that come to mind immediately. This all shows me that there is currently a push to get these stories and perspectives out there."

Luo said the lack of Asian representation in the music she listens to brought her closer to Asian music.

"The minimal amount of Asian representation in pop music kind of pushed me to get into K-pop. Now, I would say around 90% of the music that I listen to nowadays is Asian music," Luo said.

Hu said she agreed and added why she continued to listen to Asian music.

"Personally, I think that the production of Asian music has a larger variety of genres than most of the American pop that I hear," she said. "(Based on what I've heard), American pop genres usually surround the concept of love, whereas in K-pop, they incorporate more of their personal experiences or traditional music into their songs."

Kheri said he feels Asian representation is important, and it still lacks in many ways.

"Representation has always been a big thing for me. Lack of representation can be a huge disadvantage when it comes to understanding a culture. Being Desi (a word that describes people, culture and products of the Indian subcontinent), music is embedded in our modern culture. Whether it be in movies, weddings or big events, I have been exposed to a considerable amount of Desi music

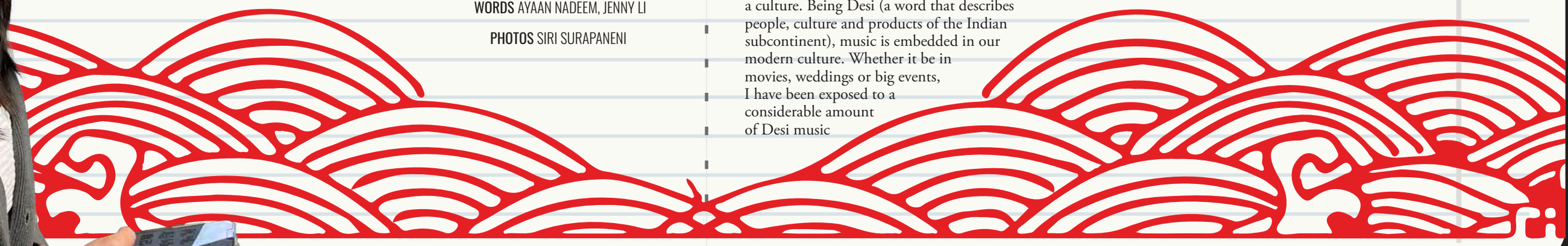
Sophomore Ava Luo listens to her favorite song called "Charmer" by Stray Kids while walking in the hallway.

Asian Representation

In light of rising Asian American artists in modern media, students reflect on Asian American representation

WORDS AYAAN NADEEM, JENNY LI

PHOTOS SIRI SURAPANENI



Flavor Frenzy

Learn about how humans receive, prefer each of five basic tastes that have been identified

GRAPHICS ALI PERSINGER, LYDIA TEETER

SOURCES SMITHSONIAN, MINNESOTA DENTAL ASSOCIATION



Bitter

Foods: Dark chocolate, arugula, cranberries
A large number of bitter compounds are known to be toxic, which is why many perceive bitter flavors to be unpleasant

Speak Up! 11

Do you prefer sweet or sour candy? Why?



"I like sweet candy better because I don't really like sour things and I have a huge sweet tooth. I love all things sugary and a chocolate or sweet candy is my favorite."

FRESHMAN EVA MARSDEN



"I prefer sweet, because I'm always just in the mood for sweet candy. Sour candy never really hits the spot when I want something sugary."

SOPHOMORE JACQUI RAMSEY



"Probably sweet candy. I mean sweet is just a good flavor for me, I don't know."

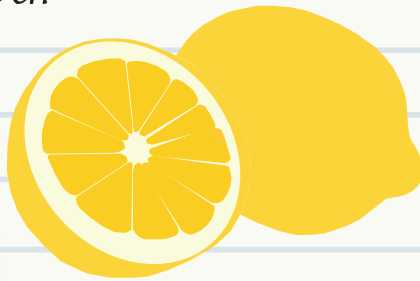
JUNIOR QUINTIN LONGARDNER

SPEAK UPS, PHOTOS LYDIA TEETER

Sour

Foods: Cherries, vinegar, citrus fruits

Taste receptors detect hydrogen ions from organic acids found in foods; the sour taste is produced by acidity, which is measured on the pH scale



Take a look at how different parts of tongue taste certain flavors

Tongue Tied

Bitter

Sour

Umami

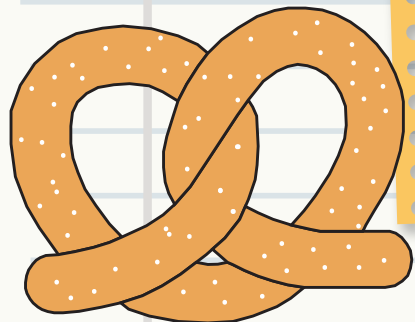
Salty

Sweet



Salty

Foods: Chips, cheese, caramel
Signals the presence of sodium chloride, which enhances the natural flavors in foods



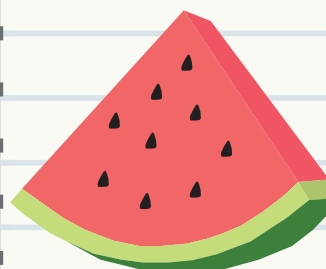
Umami

Foods: Meat, asparagus, tomatoes
An appetitive taste that is the most recently identified taste



Sweet

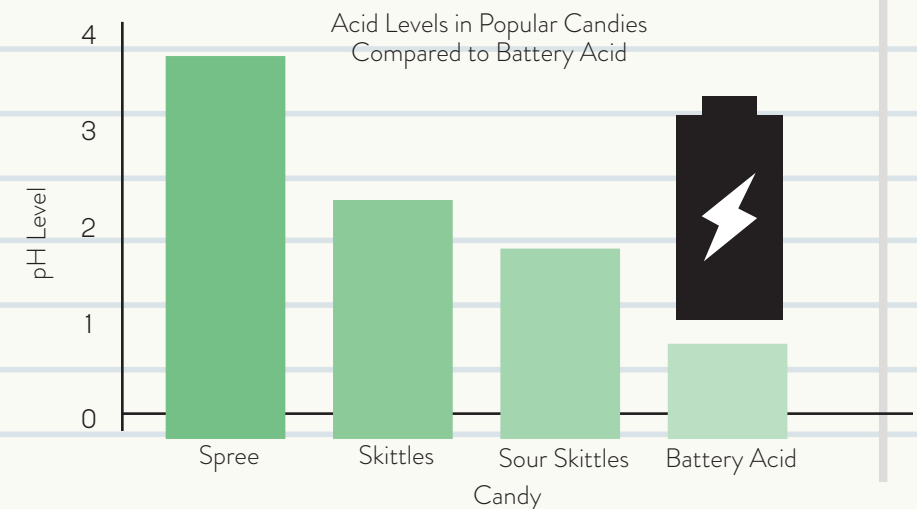
Foods: Cake, strawberries, honey
Signals the presence of sugar, which is a core source of energy, making it desirable



Sour Results

Learn about not-so-sweet consequences of sucking on sour candies

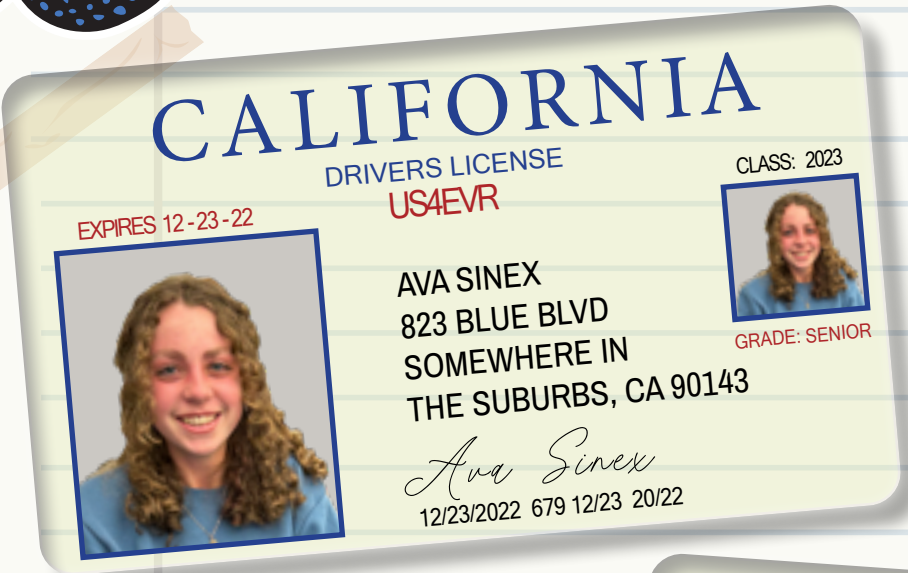
- The measure of acidity in foods is called pH
- Acid dissolves enamel and causes tooth erosion
- Loss of tooth enamel occurs at a pH level of 4.0





Speak up: opinions on construction

Q&A RAGHAV SRIRAM

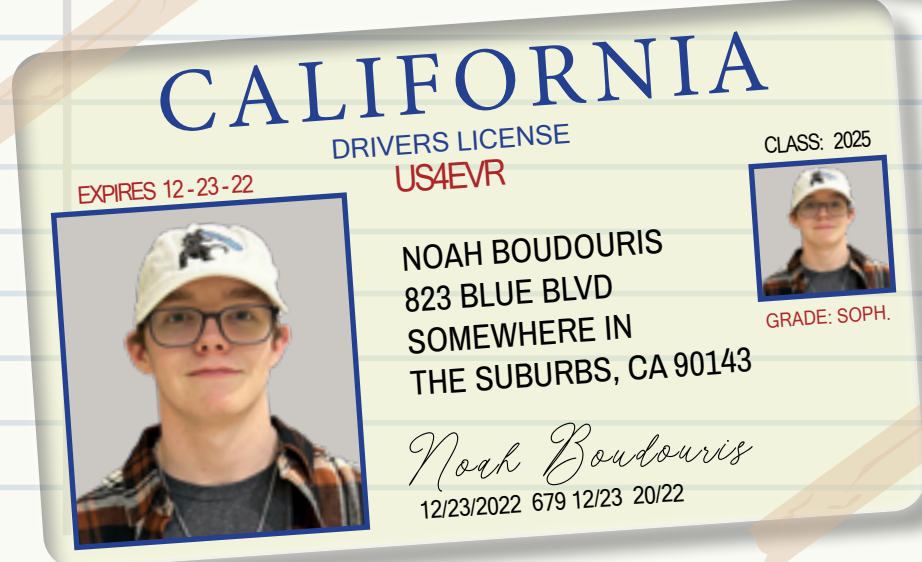


"Now I go up on the highway and I go through Clay Terrace and I go around the back to get to the high school instead of just going through Smoky Row. It's been a bit of an inconvenience."

"It was the construction that was around the Smoky Row roundabout that really affected traffic and made it frustrating to get by. Especially when they built the medians in the ground, there was almost no space for my car to get by; it was not fun."



"The construction is just kind of there. It doesn't hurt the traffic too much. I'm alright with it, it's chill."

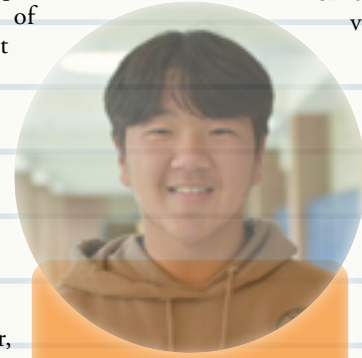


"The construction is just kind of there. It doesn't hurt the traffic too much. I'm alright with it, it's chill."

CONSTRUCTION CRAZE

Roundabouts are more efficient in times of extensive construction

Driving fosters a sense of responsibility and independence from having to rely on busy parents or family members. Learning to maintain a vehicle and manage vehicle expenses is good practice for the responsibilities of adulthood. Driving is a life skill. Some might even say it's one of the most important skills that a person can possess. Not only does having a license make many life tasks easier—like running errands, getting to work and traveling—it also gives you freedom and agency. Especially in Carmel, a suburb of Indianapolis with 138 roundabouts, where the main source of transportation is by car, driving is crucial to get from point A to point B; however, driving in Carmel has recently been a hassle.



Eddie Sun
Student Section Editor

leaving and arriving at school, possibly causing them to leave earlier and get home later, due to the traffic caused by construction. Due to the large amount of construction occurring in Carmel, ultimately vehicles have to travel further distances with longer commute times, causing more vehicle pollutants that could harm our health and contain greenhouse gasses that cause climate change. On the other hand, roundabouts in Carmel seem to be secretly beneficial.

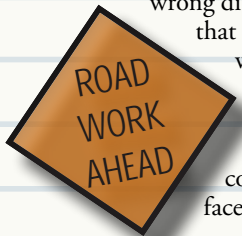
Although the abundance of roundabouts in Carmel seems to be unnecessary, ultimately roundabouts have been beneficial and efficient. Roundabouts are a safer alternative to traffic signals and stop signs. The tight circle of a roundabout forces drivers to slow down, and the most severe types of intersection crashes—right-angle, left-turn and head-on collisions—are unlikely. Roundabouts improve traffic flow and are better for the environment since it allows for cars to travel more efficiently. Since roundabouts replace stop signs and traffic lights, it permits quicker commute times and cuts out the time drivers wait at lights and stop signs.

With a surplus amount of construction—such as those on the east side of Carmel on Smoky Row Road, construction on Keystone and Natatorium construction—commute times have drastically increased, possibly causing more environmental hazards due to the further distances vehicles have to travel. According to RMI, a non-partisan, non-profit organization that works to transform global energy systems across the real economy, road expansion projects have failed to deliver the promised benefits, while evidence continues to mount that they exacerbate traffic and associated pollution.

Instead, road expansion projects move us in the wrong direction, generating more traffic that increases climate pollution, worsens local air quality, and leads to more road crashes. Since construction in Carmel may lead to longer commute times, students may face problems regarding them

roundabouts replace stop signs and traffic lights, it permits quicker commute times and cuts out the time drivers wait at lights and stop signs.

Roundabouts improve traffic flow and are better for the environment. Research shows that traffic flow improves after traditional intersections are converted to roundabouts. Less idling reduces vehicle emissions and fuel consumption. Roundabouts generally are safer for pedestrians. In conclusion, construction in Carmel seems to be a burden and ultimately harmful towards the environment, causing longer commute times and more carbon emissions; however, the amount of roundabouts distributed around Carmel seem to counteract the negative environmental impacts caused by construction by reducing idling times and allowing for better flows of traffic.

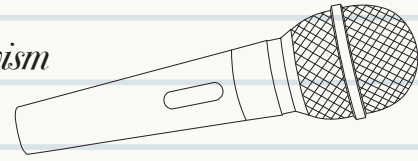


Click to watch the Driver's License Music Video

Platform Activism

Students, staff reflect on effectiveness of celebrity activism

WORDS PALLEVI PILLAI SPEAKUPS DEVYN SAPPER



On July 14, 2021, Olivia Rodrigo gave a compelling speech at the podium of the White House briefing room. She was there to promote the new COVID-19 vaccine, encouraging young people in particular to get vaccinated. During this time, the highly contagious Delta variant of COVID was on the rise.

Macy Wood, Olivia Rodrigo fan and senior, commended the singer's actions.

"I thought that it was amazing to see Olivia Rodrigo at the White House, especially considering she only became mainstream six months prior with 'Drivers License,'" Wood said. "As a fan I know she really values the ability to voice her opinion to hopefully make a difference, so I think she was the best choice to be the 'Gen Z Rep' for the issue of COVID-19 vaccines. In terms of effectiveness, I think the fact that she was still a new artist made the event more prominent because it turned some heads."

Senior Jade Meek was more skeptical of Rodrigo's activist stance. She said she feels it was excessive to attend the White House in order to promote her message.

"I feel like the whole thing was more on the side (for Rodrigo) to get more recognition," Meek said. "I just think it's unnecessary to go to the president's office and speak out about the vaccines, maybe a post on social media would have been just as effective."

World history teacher Page Deddens agreed with Wood that celebrity PSAs can be effective in changing some public opinion.

By the Numbers

3
"Sour" singles debuted as top 10 on the Hot 100 chart

35
MILLION monthly Olivia Rodrigo listeners on Spotify

SOURCES FORBES, SPOTIFY

"We give a lot of power to celebrity in this country and I do think they have the power to sway some in their perceptions of certain topics," Deddens said via email. "I think some of the most effective use of celebrity is used to address public health concerns like the COVID-19 pandemic, as long as the campaign appears authentic. For example, the campaign during the pandemic of celebrities signing 'Imagine' during lockdown appeared to be inauthentic so it didn't have much of an impact and was often criticized."

Deddens is referring to a video posted by Gal Gadot in March 2022, the onset of the pandemic. The video featured a compilation of prominent celebrities such as Natalie Portman singing John Lennon's famous song "Imagine" in an attempt to bring unity hope to the masses. The video resulted in murky responses and comments from viewers calling the video tone-deaf to the harsh struggles many people endured as a result of the pandemic.

Deddens said that although celebrity activism has been exacerbated by social media, it has always been a constant among artists.

"Celebrity political endorsement and activism has been around since the birth of the celebrity," Deddens said via email. "The first that come to mind personally are Muhammad Ali and Jane Fonda. I know Sammy Davis Jr. and Sidney Poitier were active in their support of the Civil Rights Movement. In a more modern sense I know many current celebrities have used their fame to endorse causes like climate

change and advocate for protections of LGBTQ+ rights and minority rights."

Although Wood supports Rodrigo's activist endeavors, she said she feels that it is difficult to partake in true activism in today's culture.

"I believe that artists should have the ability to speak up on issues they care about whenever they would like," Wood said. "But, I worry that new artists feel pressured to now represent a certain cause with the modern risk of being canceled. Personally speaking, I don't like it when every celebrity tells me to go and vote. Like I get it. I think that for some they may have tagged along this trend in hopes of improving their platform. In the end though I never really turn to artists for much advice on larger issues and mostly stick to admiring the artistic work they are known for and, what I believe to be, more passionate about."

Although skeptical of Rodrigo's White House visit, Meek said she is supportive of effective celebrity activism.

I think the spreading of awareness relies more on the issue artists discuss," Meek said. "If it's a seemingly controversial issue that needs to be taken seriously because its consequences will harm others, I'm all for celebrities taking a stand against it."

Deddens said that the responsiveness on the public to celebrity activism is dependent on their interest in a particular artist or Hollywood in general.

"I can see the benefits and the disadvantages for celebrities using their platforms for activism," Deddens said via email. "I think often how you feel about celebrity activism often aligns with your own beliefs and politics. If a celebrity is endorsing a cause you also feel passionate about you are more likely to support the use of celebrity to enact change. Personally I don't find celebrity endorsements all that compelling. There are very few celebrities that I personally follow and look up to so that probably

Powerful Platforms

See different ways pop artist, actress Olivia Rodrigo uses her platform to create public awareness regarding different movements, complex issues

Rodrigo designed a t-shirt and donated a fraction of the money made from sales to an organization called She's the First (STF). This organization helps to provide education to impoverished young girls in Africa, South Asia, and Latin America.



She appeared at the White House on July 14, 2021 in order to promote vaccination among younger generations. Slower vaccine rates were seen from U.S. citizens aged 18 to 27 at the time, so her fanbase was a prime recipient for the message.

Rodrigo spoke in support of abortion rights during her Sour tour at a Washington D.C. concert. She did this in response to a draft leak of the Supreme Court which hinted at overturning the case of Roe v. Wade.

GRAPHIC JANE MARTENS
SOURCES BORGEN PROJECT, LOFFICIELUSA, WUNC

Speak Up!

Do celebrities have an obligation to use their platform for speaking out, and is it effective?



"I think that (the activism) at least brings the problem to the forefront whether that person has the ability to change anything, not sure, but it gives a platform to whatever issue that they are discussing."

BAND DIRECTOR MICHEL POTE



"If a celebrity is very educated on the topic, it's important they use (their platform) because they have such a large audience. But I also think that we should hold people who aren't famous to similar ethical standards whether or not they have a large platform."

BAND DIRECTOR KYLE YOUNG



"It instantly reaches thousands, millions of people so it's definitely an effective way of (activism) because they have the platform. I also think it comes with a great responsibility because people that follow somebody that's well known or famous tend to put some trust into what those people say and it influences a lot of people no matter what."

SOPHOMORE EVELINA RUBCHINSKY

plays a role in how I feel about them."

Wood agreed with Meek that the topic of the issue itself determines its effectiveness in compelling the public.

"It really depends on the audience of the artist speaking out," Wood said. "I know that the voter turnout has definitely increased in the past years and some of this has to be from the large promotion of voting from artists. When it comes to other issues, such as climate change and mental health, I think it's harder to see real influence artists have. So while they definitely bring more awareness to larger issues, it's still hard to measure whether it brings about actual change."

That was our place.
I found it first
made the jokes you
to her when she's
t go Do you
get deja vu
when she's
with you?



Do You Get Deja Vu?

SOURCES BRAIN BLOGGER,
WEBMD, CLEVELAND CLINIC, SCI-
ENTIFIC AMERICAN, HEALTHLINE

Learn history,
theories behind
deja vu

GRAPHIC ROSE CLARK,
TSION DANIEL, JANE
MARTENS, DARSHINI
SHANKAR

Car rides to Malibu... Strawberry
ice cream... One spoon for two... And
trading jackets... Laughing 'bout how
small it looks on you... Watching
reruns of Glee... Being annoying...
Singing in harmony...

CLICK ON THE LYRICS TO WATCH
THE "DEJA VU" MUSIC VIDEO

Fact or Fiction?

Learn about unproven theories on deja vu

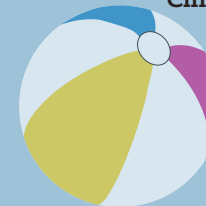
Past life:

Some people believe deja vu occurs when someone experiences something similar to an event that occurred in their past life.



Childhood memories:

Another common belief is that deja vu occurs when someone recalls a similar experience from their childhood, which they do not fully remember.



Science Behind Deja Vu

Take a look at mechanism in brain behind deja vu



Temporal Lobe:

The temporal lobe is one of the four main lobes that make up the cerebrum, which controls voluntary movement, intelligence and memory. The temporal lobe is responsible for processing hearing and recording memories.

What is Deja Vu?

Learn definition, susceptibility factors

Definition: the feeling that you have already experienced a present situation

Several Susceptibility Factors:

- Ages 15-25
- Regularly remembering dreams
- Traveling a lot
- Tired, stressed, or busy
- Have college or advanced degrees

Deja V(iewed) Through Time

Take a look at history behind deja vu

1876: Emile Boirac coined term "deja vu" in his book, *L'Avenir des sciences psychiques* (*The Future of Psychic Sciences*).

1896: F.L. Arndt recognized deja vu in neuroscience.

1964: Dr. Robert Efron proposed that dual processing and delayed signals cause deja vu.

PRESENT: Scientists continue to struggle explaining what causes deja vu.

1 step forward, 3 steps back

Students, teacher reflect on complexity of non-linear grief patterns

WORDS PALLEVI PILLAI GRAPHIC JILLIAN MOORE

actress and singer Olivia Rodrigo skyrocketed to fame after releasing her debut album and two lead singles, “Drivers License” and “Good 4 U,” respectively. The fourth track, “1 step forward, 3 steps back” depicts a toxic and manipulative relationship. In the song, whenever Rodrigo feels the relationship takes a step

forward, sudden anger from her partner sends it three steps back. Freshman Allison Shen said she related to this song as she felt her relationship with her boyfriend at the time was not progressing.

Shen said, “I feel like the relationship was not really going anywhere as it gradually just became really awkward, and made me and my partner realize it was so much better when we were friends. The conversations were awkward ‘hellos’ and the texts were just endless chains of messages sent so many times (that they had become meaningless.”

Even though she knew it was the right thing to do, Shen said, after her breakup, she still felt she had made the wrong decision.

“After our breakup, we still stayed friends, and once, I remember we were talking over messages late at night. I knew it was so much better than what we were like during our relationship, but I still felt like there were some sparks there. And that seemed to make me regret my decision to cut ties with each other as more than friends,” she said.

Shen is not alone. Just like with death, experts say emotions after a breakup can cause people to cycle through the five stages of grief: denial, anger, bargaining, depression and acceptance. Elisabeth Kübler-Ross’s book *On Death and Dying* outlined these five stages. Kübler-Ross said these emotions are often seen as a sequential process, however, it is a non-linear path.

According to psychology teacher Michael O’Toole, the linear stages of grief seen in modern-day media are not representative of how grieving really works.

“Stages (in media) are like, you hit one, you experience this and then you progress to the next stage. That’s not really how grief works,” he said. “Grief can be a set of emotions and they are similar to those stages, but you can

always backslide or you can skip a whole stage... There are too many factors to keep a complete, rigid scale.”

Additionally, O’Toole said everyone’s pattern and duration of grief are different. For her part, senior Keira Poynter said acceptance was the emotion that was the most difficult for her to process.

Poynter said, “There’s a relationship that I’m still not fully accepted on because of the way it ended and the way we’ve acted toward each other since. Most of (the relationships I’ve been in that have ended), I’m very in the acceptance stage of because I know that it’s what was best and we were better off as friends or as people who didn’t talk to each other.”

In her case, Shen said she felt like acceptance was a natural stage to progress into.

“I feel like it took a lot of coming to terms with myself and my partner because I feel like it’s just something that happens,” Shen said. “You can’t really stop it because it’s going to happen eventually. You just come to accept it.”

“I don’t think anyone who loses a loved one will ever be able to fully accept it because even if it’s been years, it’s always going to be there. It may not always be the first thing you think of every morning when you wake up, but it’ll always be there. It’s like stitches; you’ll always have a scar.”

FRESHMAN RILEY ALDERMAN

But, grief can develop from more than just romantic heartbreak. The loss of a loved one can also cause people to experience non-linear grief. Freshman Riley Alderman, for example, said she is still trying to accept the grief over the loss of her mother in 2021.

“When you lose a loved one, it’s just a really rough time. It comes in waves, you know? One day you’re crying, one day you’re fine, one day it just really hits you hard,” Alderman said. “I don’t think anyone who loses a loved one will ever be able to fully accept it because even if it’s been years, it’s always going to be there. It may not always be the first thing you think of every morning when you wake up, but it’ll always be there. It’s like stitches; you’ll always have a scar.”

Even after the loss of her mother, Alderman said she cycles back into certain emotions of grief. “When people hear that someone else has lost someone, they instantly go to pity and they

By the Numbers

57 PERCENT of Americans have had a major loss in the last three years

54 PERCENT of individuals struggle to find grief resources

51 PERCENT of individuals report more empathy following the loss of a loved one

SOURCES ETENERVA.COM, NEW YORK LIFE FOUNDATION

feel bad and they make it known and it’s a lot of that,” Alderman said. “It makes it hard when you’re reminded of something every day by other people even when they don’t mean it in a bad way.”

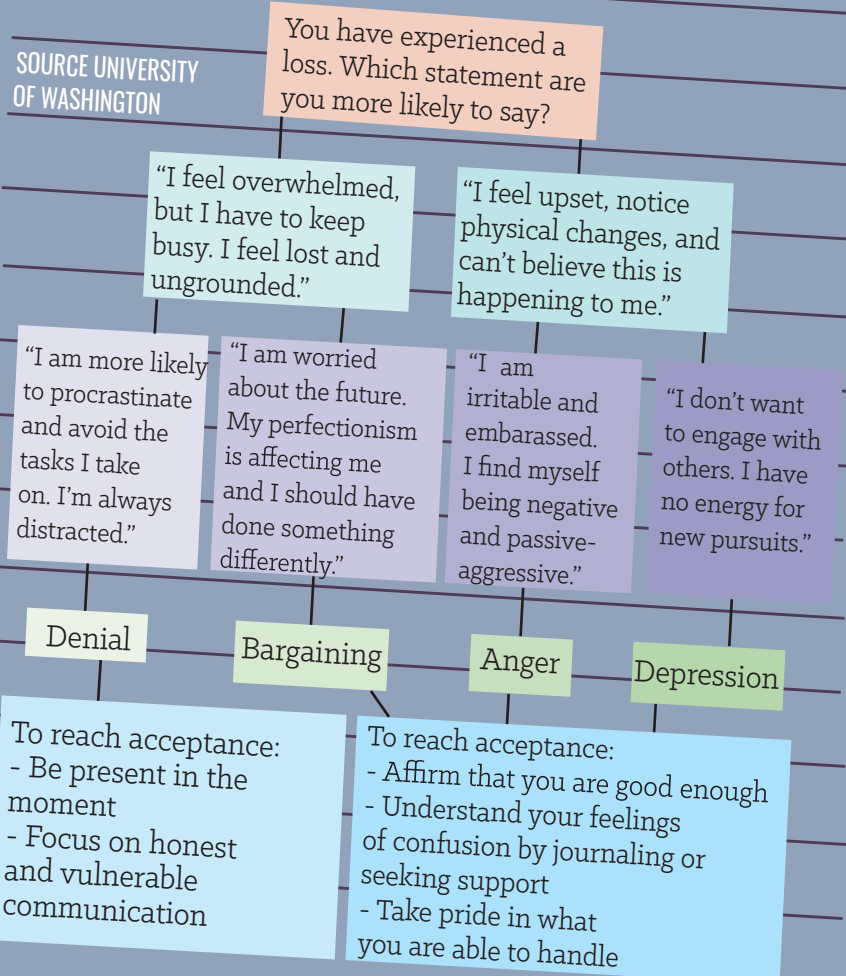
O’Toole said over the years, the grief a person experiences may subside, but it is normal to fall back into any of the stages of the grief cycle.

He said, “It might have been a few years and you’re still grieving whether you know it or not, but maybe not as intensely. But maybe a dream happens, and it can start that whole process again. Maybe there’s a big family event and one of the relatives isn’t there anymore and that might start the whole process over again.”

Shen said, “I feel like any long conversation or interaction with them would ignite (the process of grief again), but I feel like as I’m moving on, it’s harder to have those memories come back to the surface again. I feel like even now I will go back to those stages of grief, especially denial and depression. I think that there are still times I will grieve due to some lingering memories and there are always times when I feel like my decision wasn’t right. But, overall, I believe I made the right decision and there is nothing I would change about what happened and the great memories we had.”

Can Healing Be Linear?

Follow this flowchart to learn how to use Five Stages of Grief



Click here to access resources available at Carmel High School.

Three days WKND

Traveling worship band members discuss their experience as teenage musicians

Q&A LUKE MILLER SUBMITTED PHOTOS 3DAYWKND

How and when did 3DAYWKND come about? How did you guys all meet and start the band?

Some of us have been friends since elementary school, but for the most part we met playing with another band. After we grew closer together, we decided to start our own band and just have fun jamming and traveling together in 2020.

Walker Lasbury, Junior

What is your favorite gig you have done, and why was it your favorite?

My favorite, and I know the boys would agree, is Hanging Rock. It's a camp in Lebanon that we usually play at for a couple weeks in the summers. I really enjoy our late-night basketball games, as well as all of our adventures in between our sets. The camp staff is also great, and it's fun to see them everytime we play there.

Henry Dentino, Junior

How often do you guys get together to practice? Is practice the key to success in having a band?

Occasionally before a big show we will do a rehearsal, but for the most part we know these songs by heart, and since we have been playing with each other for so long, we really understand each other's styles and how to mesh together.

Walker Lasbury, Junior



Junior Henry Dentino performs at Wabash, Indiana.

Senior Jaden Wilson performs in front of a crowd.

What types of gigs do you guys play?

We do anything from small local parties to large festivals and shows around Indiana.

Dominic Hale, Junior

What advice would you give to others wanting to start a band?

- Just say yes. In the beginning you are going to be playing a lot of small gigs where you are actually losing money from travel and food expenses. Don't be discouraged; everyone starts that way. Keep the end goal in mind, and if you stay persistent, your talent will be recognized.

Dominic Hale, Junior

Do you do it more for fun or as a business and way of making money?

When we decided to start 3DAYWKND, money was not in mind. But as we've been together longer and playing larger events the money that comes with it has been really helpful. It allows us to travel farther, and for longer periods of time where we would instead be working a summer job. When we are on the road together it does not feel like work at all.

Jaden Wilson, Senior



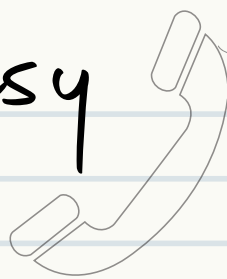
Junior Dominic Hale performs a piece.

jealousy. jealousy

Students, social worker reflect on implications of social media usage

WORDS MICHELLE WAN, JASMINE ZHANG

PHOTO HIBBA MAHMOOD



When Musical.ly was released in 2014, it quickly gained its spotlight within two years with 90 million users. Since ByteDance Ltd. acquired Musical.ly Inc. in 2017 and merged it with TikTok, the app has amassed a significant number of users and influence over internet users, with over 750 million monthly users worldwide in 2022.

It comes as no surprise that the Generation Z, the newest generation of people born after 1997, is often referred to as the TikTok Generation,

with around six in ten teenagers considering themselves to be a regular user of the app. According to a study conducted by *The Guardian*, a majority of teenagers in the United States have an account on Tik Tok with 67% of the teenagers in the sample saying they have ever used the app and 16% saying they use it "almost constantly".

Ella Williams, regular Tik Tok user and creator and sophomore said, "I started using Tik Tok around 2015 when it was still Musical.ly. It was pretty much the

only form of social media my parents let me have at that age, I thought it was pretty fun, and I have had

it ever since." Williams added, "Most of my content consists of me talking about animated shows or any other shows I find interesting. I interact with a bunch of fandoms because it's fun to talk to other people who enjoy the same things as me."

Many users like Williams enjoy producing content for fun, while some have content that blows up and they start using TikTok as an official content creator.

Angela Peng, TikTok and YouTube creator and senior said, "I like to go on and make random videos just for fun. It's also nice to copy some of the trends on (TikTok) that are easier to replicate."

"I can definitely see why some people feel envious of the lives of popular creators, and I think it varies from person to person, but personally the feeling of envy or jealousy just went away at some point."

SOPHOMORE ELLA WILLIAMS

Sophomore Ella Williams poses for a selfie. Williams says she enjoys social media because it allows her to interact with people who share similar interests as her.

TikTok has been a rising platform among Generation Z students, and this trend can be seen within the student population at CHS.

"If I'm watching content that puts me in a good mood or makes me feel relaxed, then I'll likely have an overall positive mindset the rest of the day. My mental health has been pretty well balanced throughout the years," Williams said.

Peng added, "I think TikTok is a huge platform nowadays and it's setting so many trends too. I like going on to see what's trending."

However, with the rise of new social media platforms like TikTok, there are differing opinions on how healthy the use of these platforms really are, especially on younger generations.

According to Marc Faddoul, co-director of Tracking Exposed, a digital rights organization investigating TikTok's algorithm, "The app provides an endless stream of emotional nudges, which can be hard to recognize and really impact users in the long run. It's not going to make anyone depressed overnight, but hours of consumption every day can have a serious impact on your mental health."

Williams said that she agrees that the app can have some negative effects on its users. "I will admit the app is pretty addictive, and it can get a little toxic sometimes," she said.

These concerns have primarily been prominent due to many users being to medical professionals after seeing videos on TikTok about their symptoms, suggesting the widespread influence it has on its users.

"I remember (once) I saw a trend of people on TikTok being mean to this performer who was opening up for Chase Atlantic on tour," Peng said. "It annoys me because it's so disrespectful to the artist, but why hate on her so much. She didn't do anything wrong. So I think Tik Tok can be toxic in that way.

"(I think) as a social worker, an important thing is looking at the different things (such as) in your life that might be influencing these feelings of depression or envy," said Gabi Goldstein, licensed clinical social worker. This suggests that social media apps could have a major impact on one's mental health. "I am strength-based and person-centered. It helps you better understand what direction you want to take as a clinician (when working with clients)."

Peng said she disagrees. "I think I used to be a little envious when I was on Musical.ly when I was really young, but now I don't really care," Peng said.

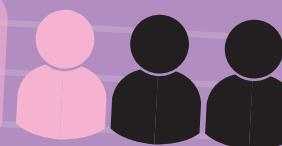
Similarly, Williams said, "I can definitely see why some people feel envious of the lives of popular creators, and I think it varies from person to person, but personally the feeling of envy or jealousy just went away at some point."

Despite the downsides, social media apps can

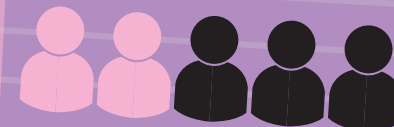
Social Media Mediation

Learn how growing usage of social media impacts in-person socialization between teens

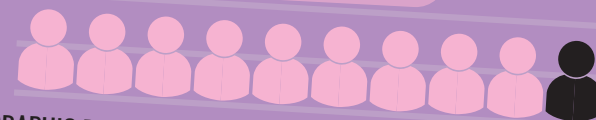
1 in 3 teens prefer to use texting instead of in-person communication



2 in 5 teens socialize more online than in-person



9 in 10 teens use social media



GRAPHIC RYAN ZHANG, ARJUN PUROHIT
SOURCE CLEVELAND CLINIC

be a creative way to connect with diverse groups of people and create networks that otherwise would not have been possible.

William believes that TikTok has allowed her to create new friendships that she wouldn't have created if she did not have the app.

"I feel like I have made many friends on TikTok. I am able to meet new people from around the world that like the same things as me, or sometimes people that find me on their for you page will come up to me at school and start a conversation," she said.

Modern social media platforms have gained their popularity through their ease of use and ability to get noticed by other users.

"Personally, I can't choose between TikTok and YouTube, since I make content on both. I feel like these apps are just both very enjoyable to use," Peng said.

"I have both Instagram and Twitter, but I feel like TikTok pushes your content out more than other social media apps like Instagram, and I think it's overall more entertaining." Williams said. [A]





BLESSED BIRTHDAY



Kate Loper
In-Depth Editor

Something inevitable that happens to everyone each year: getting older. Several people have different perceptions of how someone should feel while they celebrate the day where they age another year. This can be due to a number of things, a fear of getting older, a fear of dying, and also societal pressure of what a birthday is “supposed” to be like. Personally, I view the day as a happy celebration, where I can live another year doing exciting new things, along with the advantage of becoming older that brings me new opportunities in life.

Birthdays for me have never been something extremely special, but I have always enjoyed the day doing something that I loved. On my 16th birthday weekend, I went to my favorite local art museum along with making a special candle to commemorate the day. I had a blast, and even though it was nothing grand I ended the day happy and excited that I was now

16. As the months have passed since I was 16, I have done new things I have never thought I would have had the confidence to do. I have passed my drivers test, begun painting and writing poetry, along with conquering around half of my junior year of high school. I have had ups and downs so far being this age, but the pros outweigh the cons, and I am so happy to have had another birthday under my belt.

Also during my life, I have had some health problems. Nothing greatly concerning, but I was diagnosed with Celiac disease.

This causes me to have a severe allergic reaction to the protein gluten when I ingest it. Due to this, many of my days of my life have been spent feeling sick and also laying in bed with stomach pain. By celebrating another birthday, I am able to live another year with my Celiac disease under control. I also get thinking, what if I was born in the 1800s

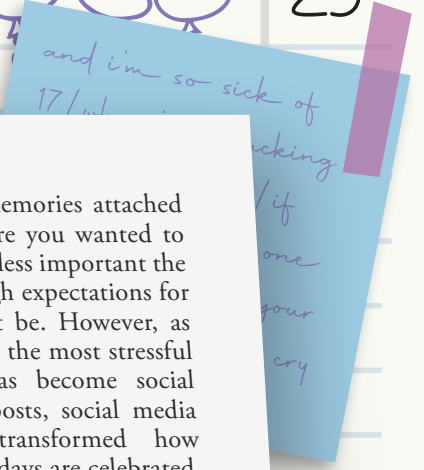
Birthdays are important milestones, should be appreciated

instead of now? I would probably be dead if I am being honest here, as many did not know what gluten was widely until the early 2000s. I am thankful that I live in a modern time where these symptoms of an immune reaction do not take over my everyday life anymore. Everyday I have another chance to try a new gluten-free food and conquer the autoimmune disease I have been born with.

In life, there are many ups and downs and I do understand the feelings of dread and sadness on a birthday. I try not to dwell too much on being sad over things, and try to think

of the positives of things in my life. My birthday is a day to celebrate myself and my accomplishments I completed during that year. By doing this with my thoughts and emotions, I am able to flip how I feel and turn my feelings of dread and depression into feeling loved and wanted. In my opinion a “happy girl birthday” is the way to go. ^A

BIRTHDAY BLUES



As a kid it felt like my birthday was the best day of the year. It was heaven, a day all about me where I got presents and cake. I was adored and spoiled, and I would count the days until I was another year older. However, as I got older it became a day that just happened. On the actual day itself I'd feel stressed out and sad. This sadness was a byproduct of many things. For one I had moved and didn't know as many people to celebrate my birthday with, but as I made friends this general sadness around my birthday remained.

What I experienced is coined as “birthday blues”: a phenomenon where people feel a general sadness on or approaching their birthday. Birthday blues can happen for a multitude of reasons: feeling like you're losing another year of your life or childhood,

Social media has negatively changed the meaning of birthdays

having tough childhood memories attached to the day, not being where you wanted to be in life, birthdays feeling less important the older you get or having high expectations for what your birthday might be. However, as I've aged in my experience the most stressful part of my birthday has become social media. From stories to posts, social media has transformed how birthdays are celebrated.

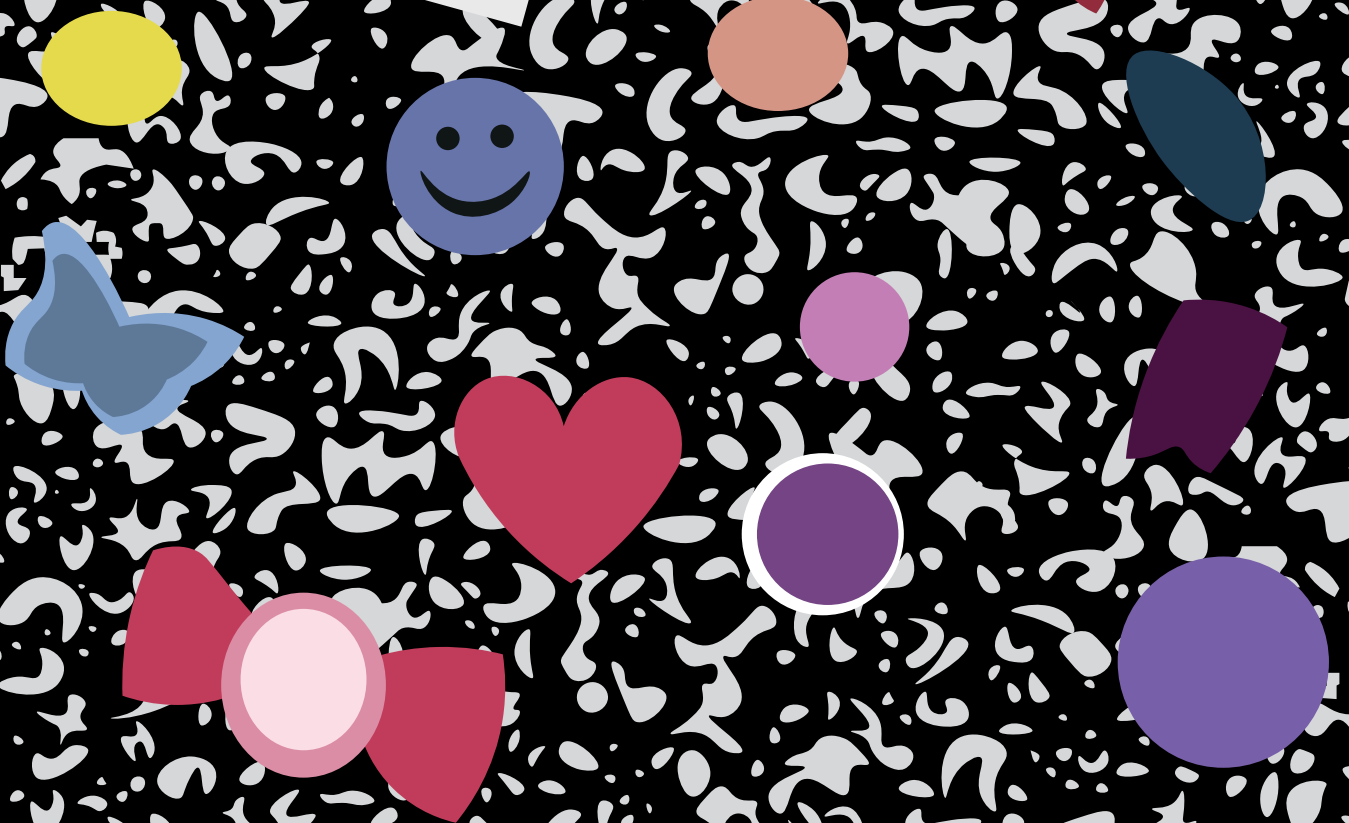
What once felt like a nice display of friendship on Instagram or Snapchat now feels obligatory. I worry that I will forget to reciprocate when their birthday comes up or even if I do if I will have photos to post of them for their birthday. Birthday parties have become performative as well, with dressed up photos and pretty cakes. Now not only do people who barely know you have to show their support but you must



Arya Pinnamaneni
In-Depth Editor

also have a perfect party. Birthdays have not just become a milestone but an event to be showcased. This brings an almost performative aspect into celebrating your birthday because you know others will be viewing it and you. Though the idea of these posts and stories is genuine and sweet, it has evolved into a social pressure that has made me, as well as many others, dread an already hectic day. While I concede that many other people enjoy their birthday and that it is an event that should be celebrated, for myself and others it can be stressful.

Fortunately, Snapchat has a setting that can hide your birthday and won't signify others to congratulate you. For those who prefer to enjoy their birthday less or prefer to celebrate privately, this is a good option. While it's nice to be celebrated, I as well as many just don't prefer to be on their birthday and this allows us not to. ^A



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