

The Gregorian Chant

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A New Head on Gregory's Shoulders

JOY HAN
STAFF REPORTER

Significant changes are happening on campus and returning students have already noticed the difference. A new head of school is in town! Ms. Seger previously lived in Houston, Texas, where she was the assistant head of St. Francis Episcopal School. Prior to that, she worked at an all-girls school in Columbus, Ohio, and was the head of school for 20 years at St. Luke's Episcopal in Baton Rouge, Louisiana.

Ms. Seger came to Tucson specifically for the opportunity to do interim work at The Gregory School. Her first visit at Gregory was during Friday explorations, she was impressed with the strong teaching, passionate faculty, and engagement from the students.

A burning question many students have at the start of a new school year is how the administration enacts changes to school. The answer is that the administrative team and Ms. Seger worked throughout the summer to make preparations for the next school year. During the summer, the team has more chances to meet up and "look at the policies and procedures and really kind of dig in." This is so Ms. Seger can get a better perspective on concerns or just

other things they need to focus more on. They worked together to evaluate what policies and procedures they believe will be most beneficial to the school.

One thing that Ms. Seger wants to bring to The Gregory School community involves "[presenting] ourselves in the bigger community." One of the things she has advocated for is the community service that students will do directly, along with the faculty to help engage that. She wants to "do things that put us in the service so that people actually see The Gregory School students" helping the bigger community in a more direct way, rather than fundraising for an organization.

She wants to use her leadership skills to "help people see the treasures within their schools." Because people don't always realize that some things don't happen in other places. She sees that tradition is really important to TGS and feels that she is learning "along with everyone else" when doing interim work. Ms. Seger knows that TGS' culture, teaching, learning and opportunities may be different, but that is what makes her job "really fulfilling for [her]."

Although Ms. Seger always seemed like she was set on education, she (like many other students) wasn't

sure what career she wanted when she went to college. It took her a couple of years in college to really reflect on the path she wanted to take. One activity that "really gave [her] joy" was community service, which was one thing that brought her to education. She thought for years about what she would do and she "always loved working, and so [she] knew that [she] wanted to do something that was going to be joyful too." This is a reason why Ms. Seger believes that it's imperative that students are able to "get a taste of all sorts of different potential career paths or hobbies and interests." She thinks that explorations are a great example of giving students the opportunity to experiment with different paths because of this.

She started out as a middle school teacher and taught science and math for a couple of years. After that, she worked as a kindergarten teacher. When she received an administrative role, she worked with high schoolers, making her experience a whole range of students. When she had the administrative role, she had to coach teachers and work families and students, which she really enjoyed.

Did you know that other than her job, Ms. Seger also



Ms. Seger at The Gregory School.

PHOTO/ARIANNA DUPONT

loves to bake? Her favorite desserts to make are cookies, more specifically, salted caramel chocolate chip cookies. Making cookies for teacher's birthdays and putting them in their mailbox is one of her traditions because she thinks that "birthdays are special so, even when you're a grown-up." Ms. Seger and her two children often joke around about her "encore job" which they call "a job after retirement, that you might want to do just something that's fun," would be to work at a bakery or a children's bookstore.

Ms. Seger's own children started out in independent schools, the same type of academic environment as

TGS, after she herself intended public school her whole life. She got to see the "richness of their experiences." It helped her understand her children in every level of development, and really reinforced her belief that the school experience is very important. School is meant to prepare children for life, however, Ms. Seger wants "what's happening today" to be really impactful too. Which is why she also thinks schools are at the center of family life, since kids really do spend their life in school. It really does become their extended family.

Trend Phenomena: Underconsumption Core & What You Should Do

CAITLYN SAAVEDRA
EDITOR AT LARGE



Examples of underconsumption core in the media.

GRAPHIC/GOOGLE IMAGES

Romanticizing class is nothing new to the media. From popular television shows like Shameless, showcasing the painful yet entertaining antics of the lower class, to Gossip Girl, emphasizing the fun of being young and rich, class is a major theme across successful media dramas. The merge between media and reality has undergone an imperceptible transformation on social media platforms - Instagram, TikTok, X - used by all. These universally accessible platforms widen user ability, expanding the demograph-

ics of media creators. This new bridge between reality and entertainment on social media platforms has led media consumers down a rabbit hole of doubt but, can this be good?

The term "underconsumption" has recently repurposed itself across several social media platforms. Instead of referring to its literal definition regarding the relationship between goods and services, this idea of underconsumption is now being used as fuel for a debate on what the average consumer looks like. Living

in a consumerist society, shopping sprees, sales, and impulsive purchases have normalized mass spending, which has been further popularized through hauls in the media. Binding both commodities - the physical and the social - underconsumption-core has given light to how grossly consumerist our society can be.

The trend "underconsumption-core" aims to promote mindful spending. Sometimes classified as minimalist, examples often include wearing hand-me-downs, only purchasing essentials, repurposing old possessions, and avoiding spending just for the sake of it. It promotes conscientious purchasing and secondhand resources, emphasizing the importance of relying on high-quality products rather than cheaply mass produced ones. Sharing their lifestyle with few unused items and a select number of products, a new idea of consumerism has entered the social media sphere, nicely juxtaposed with the unnecessary mass consumption prevalent among many popular influ-

encers.

Social media branding and trends have entered our personal lives outside of social spheres, altering many people's behavior. The viral "underconsumption-core" has opened doors to self-reflection as people, as an exercise, move all their possessions to one space to truly take in the weight of every unnecessary purchase. With the popularization of products and trends, brand name has become increasingly important. People seek out the newest products to create trendy content and neglect to use it again, favoring popularity and possession over mindful spending. Following this unrealistic standard people see from popular influencers, this pattern has spiraled and resulted in the normalization of purchasing an unnecessary amount of products that go unused. Many expressed their personal disgust when reflecting on their excessive purchases, claiming to now strive to become more conscientious consumers. Now, social media videos are circulating with a new wave of content

promoting sustainability and mindful spending.

Many argue that underconsumption, though it suggests treasuring items over collecting them which is a focal message when promoting sustainable living, is a misguided trend. Some feel that the term "underconsumption" doesn't fit the message and instead conflates chosen minimalism with actual poverty, romanticizing and inaccurately representing the lower class. Using the term "underconsumption" implies that these purchasing habits are less than that of the normal consumer.



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Brushstrokes and Melodies

EMMA SIMEK
LUNA WOOD
BUISNESS/SOCIAL MEDIA
MANAGER
STAFF REPORTER

For the past three years, seniors Danni Hopkins and Jazmin Beltran have studied together at The Gregory School and have certainly left a positive impact on both the community and each other during that time. Danni has been a TGS student since seventh grade and Jazmin since her sophomore year.

In the following months,

Jazmin plans to write to state senators and apply directly to the Air Force Academy in El Paso County, Colorado. She hopes to be part of the Air Force’s global intelligence networks, partly because “[she] know[s] so many languages.” She also plans to pursue painting and “become someone, whether...to [her] family or [her] significant other.” Danni, however, plans to stay close to home and attend the Uni-

versity of Arizona because “both of [her] parents work there.” She has played piano and sung in her church choir since a very young age, and plans to continue to study music and eventually become a musician.

When asked about the greatest lessons they’ve learned at TGS, both had profound thoughts to share and pass on. It’s easy to let the small moments weigh heavily on your heart, and a fork in the road may make you feel like your whole life is spiraling, but it’s important to keep moving. Jazmin wisely reminds us to not “hold on to the past and to never stop dreaming.” We all shape our destinies no matter what. Danni’s takeaway is equally insightful; she feels learning is more important than winning. Every failure comes with a lesson, “even if you don’t win, you learn something from it. Life is about making mistakes and growing from them.”

Jazmin and Danni both have TGS figures who have made a difference in their lives. Initially hesitant to seek help from a counselor, Jazmin found an unexpected source of guidance in Mr. Saul. “He really helped me

when I didn’t think I needed it,” she reflects. She also credits Mrs. Young with rekindling her love for English, highlighting how her teacher’s vibrant energy transformed learning into an exciting experience.

Meanwhile, Danni turned to her teachers and friends for support and inspiration. She remembers Eva Healy, a senior who graduated last year, with fondness since she gave her constant support through some of her most stressful times. Throughout her senior year, Jazmin has also been a pillar, providing support and a friendship that’s hard to find. Mr. Kraus is one of the teachers who stood out for his kindness and encouragement, especially when Danni was struggling with math. The English department also greatly sparked her love of reading, which she hadn’t felt since her homeschooling days.

Both seniors have some wise advice for students who are still navigating the earlier years of high school. Jazmin wants to encourage others to accept the weight of their difficulties without allowing them to break them. “It’s okay to feel down

in the moment, but don’t let it define you,” she urges. She’s learned from her experience how important it is to process feelings without letting them control your life. Regarding academic pressure, Danni particularly stresses the importance of maintaining perspective. She advises underclassmen to not be overly fixated on achieving perfection, particularly in their grades. She reassures that “a poor grade isn’t the end of the world.”

As their talk ended, Jazmin and Danni considered how much they had changed and grown throughout high school. If someone is unhappy with who they are, Jazmin encourages them to jump at the chance to grow into someone else because she believes in the positive effects of change, so “don’t be afraid to reinvent yourself.” Danni agrees that living is about experiencing everything—good and bad—and pressing on regardless of what happens because “the best thing you can do is just keep experiencing life.” We wish Jazmin and Danni all the best as they get ready to start new chapters in their lives and appreciate them sharing their journey with us.



Jazmin and Danni enjoying the school’s riparian area.
PHOTO/EMMA SIMEK

Engineering a Greener Future

SAGE MCCLURE
STAFF REPORTER

Two beloved seniors at The Gregory School, Mariajose Anaya Enriquez and Addison O’Brien, have been a wonderful part of The Gregory School community. Mariajose has been a student here for eight years, and Addison for seven. Both plan to make the world a better place through pursuing their passions. Addison is a prospective environmental sciences major because “[she’s] really interested in ocean conservation.” A goal of hers is to make a difference in sustainability related to the ocean.

Mariajose plans to work in the engineering field, she’s considering majoring in biomedical engineering or aerospace. With a passion for teaching, “[she’s] always loved working with kids.” Having recently participated in internships and volunteering related to her interest in education, Mariajose is in active pursuit of her passions. She is very excited about engineering and says “[She’s] always been a math person”, though teaching “would be a dream job” for her.

Though they both have

enjoyed many of the classes The Gregory School has to offer, they both spotlighted Ms. Wevill’s psychology class. Addison expresses that “it can relate to anything that you’re studying or interested in,” and she is excited about its multiple applications. They agreed that it shaped the way they think which “is very important for classwork and also your life in general.” They are planning to bring what they’ve learned from this class into their many future adventures.

During their time at The Gregory School, they have made many amazing memories. They have enjoyed all of their Interim weeks, though their favorite has been last year’s when they went to Utah. They enjoyed the hikes, hanging out downtown, and visiting colleges. Other favorite memories have included various Gregory Days and pep rallies. Mariajose says that she loves “just watching the whole school, like, come together.” An important memory for Addison was her sophomore year Prom. She said that she had a lot of fun and it was “a very good venue,” a core memory of Mariajose’s is Homecoming

of 2017, since “there was a zipline and bouncy houses and all that, and being there, [she] was just like, ‘wow, [she’s] at the right school!’”

In Addison’s free time, she enjoys hiking, and doing puzzles. She says, “hiking is really one of [her] biggest interests.” Mariajose is “a big family person” and likes to spend time with her family, as well as being “a pilates enthusiast.”

Mariajose and Addison have bonded over their shared love of reading, and they both enjoy many different types of books. They also share a love for movies: Addison is fond of thrillers, but says “they’re so scary,” and Mariajose “loves both serious and unserious movies.” She got her favorite movie, There Will be Blood, from Mr. Milner’s film class, but she also enjoys more light-hearted movies such as Diary of a Wimpy Kid and Alvin and the Chipmunks.

Together, the two have been long-time friends at The Gregory School, leaving our community for the better.



Addison and Mariajose sharing some laughs.
PHOTO/SAGE MCCLURE

THE GREGORIAN CHANT

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The Boys are Back in Town

ARIANNA DUPONT
COPY EDITOR

Jaxon Maher, Braden Lockaby, Emil de Brujin Yepiz, and Jack Borens are an eccentric group of seniors whose close bond is hard to miss. In fact, Jack and Braden have known each other since they were three years old, and the rest of the group have all been friends since Emil started at TGS as a freshman. When asked about his experience at Gregory, Emil mentioned that “it’s nice to become more personal with people, and you get to know [every-one] at a closer level.” That’s certainly true of these four and their friendship, built around a mutual love for fun and good times.

It can’t hurt that they all share a similar passion for sports either. Jaxon is currently the captain of both varsity cross country and the track and field team, and he and Braden are both competitive athletes in each. Emil and Jack, on the other hand, have both been members of the varsity tennis team for several years. Braden is also an accomplished mountain biker, but is much too humble, leaving Jaxon to interject and assure everyone that “he ac-

tually is really good and he wins a lot of races.”

While reflecting on their favorite high school experiences, each of the group members reminisced about the trips they have taken in recent years. For Emil, one of the highlights of his time at TGS has been the Interim Week program. He explained that he especially enjoyed the junior trip to Utah and hanging out with friends at the hotel pool. For Jack, the experience that defined his high school career was the band trip to Disneyland during his freshman year, while Jaxon’s favorite endeavor has been the ongoing development of the cross country team. He has a special pride in having helped to build the program and has loved going on trips for meets and spending time with his teammates.

These four are also incredibly passionate individuals who are each looking forward to what the future holds beyond high school. Emil is eager to pursue a career in finance, Jack has a love of both game design and music composition, and Braden is considering studying architecture after hopefully becoming world champion “at bikes.”

Jaxon has already gotten a headstart on his path to becoming a Doctor of Veterinary Medicine, which has involved participating in a JTED program to become a certified veterinary assistant by the end of this year.

In his free time, Jack enjoys writing his award-winning short stories, playing the clarinet, and programming computers. Braden often spends his time sketching, when he isn’t running or riding bikes that is. Jaxon devotes a lot of time to taking care of animals, including working at Friendly Pines summer camp this past summer, tending to 56 horses “like a cowboy.” Lastly, Emil declared his love of kiteboarding in Mexico, a hobby he has enjoyed for the past five years.

When asked about their biggest takeaways from high school, Jack mentioned the importance of a strong work-life balance. This was immediately refuted by Braden, who instead suggested that you “find something you’re actually passionate about and go all-in on that.” Emil added the value of staying true to your word, showing up, and not backing down from

your commitments. Jaxon went on to explain that he has identified many types of success, most importantly for him involving a strong connection to the people in your life in addition to the completion of life milestones.

Braden, Jack, Jaxon, and Emil have contributed tremendously to The Gregory School community and have promising futures ahead of them. We wish them luck in their senior year and can’t wait to see what they do next.



The Boys enjoying their senior year together.
PHOTO COURTESY OF CHAYA ANNABI

JAZMIN BELTRAN
LUNA WOOD
STAFF REPORTERS

Killer Clowns Rockin’ Out

In between the dates of August 30th to September 1st, Groundworks Studio hosted an event to raise \$20,000 for the maintenance of the space. In Groundworks Studio, youth artists of Tucson come to perform or exhibit their auditory and visual artwork. Groundworks is an amazing place of opportunity for young artists interested in musical production and arts.

Groundworks is a youth-centered mixed-art organization. They host art and music classes, they have a live music venue and a music studio. TGS has visited them for an exploration prior to this. They help foster a creative space for youth, and this three-day festival was dedicated to that mission in multiple ways. Not only were local bands able to perform, many of whom were started at Groundworks,, but all the proceeds and donations from the event will go to Groundworks to help them further empower young artists. Over \$21,000 was raised, which Groundworks’ website says will go to “finish[ing their] studio,” “provide better pay for youth performers/musicians,” and pay “general operating costs for [their] fall season”.

Lola Arvizu, a volunteer since the near start of Groundworks, is in charge of the more visual aspect of the organization, which involves making murals with the help of the community and being in charge of the studio’s art exhibits. However, she started with a musical dream of her own: to “become a rockstar and make [her] own band” since “everything is provided here

in Groundworks.”

Luca Cafiero, a current youth volunteer since the summer of 2022, states that Groundworks “is probably the only place where [younger artists] can successfully meet people, make a band, and create.” Not only is it a great place to produce music, but it also “makes your resume look cool” with all the volunteering opportunities. Groundworks offers experience in “cashier, sound equipment, and band mixing” areas. Luca ends the interview saying,

“It’s simply just the best.”

Overall, the Camp Groundworks festival was a massive success, and helped many make memories that will last for years to come.



Our very own Mr. Milner can be seen getting ready for his music performance with the band: Doctor Dinosaur, in the top right.

PHOTO/JAZMIN BELTRAN

La Revanche de Vogue

JAZMIN BELTRAN
STAFF REPORTER

All the new and returning students coming into The Gregory School means new fashion statements! Each and every creative mind in this school expresses their character within the fabrics we don, the leather and rubber on the soles of our feet, the charms adorning our crowning hair — letting the paints of our minds spill down our bodies — our canvas. It’s been four years since the COVID-19 Pandemic raged around the nations — not only did it lock up our bodies indoors, but also our fashion spirits! Watch out! This is the Era of Vogue Revenge!

Not only is Laila Quintana bringing contagious smiles and good vibes to TGS, but also a cool, chic, and...Vintage wardrobe? Laila’s style is influenced by other people. When she sees something she likes, “[she] wants to do that” while simultaneously bringing out her crazy cool and chill spirit in vintage clothes.



The darkly charming figure of TGS that is Isabel Cox, brings in a bold statement with her raving clothes. From the tips of her purple-streaked hair, down to her shoelaces, her Emo style comes through. Isabel says she “doesn’t really know” where she got her love for Emo Mode from, but rock/punk music definitely influenced her closet. First, “[she] started out with small black chokers, and then it just went from there.”

GRAPHIC/MANUELA STRAUB MARTINEZ

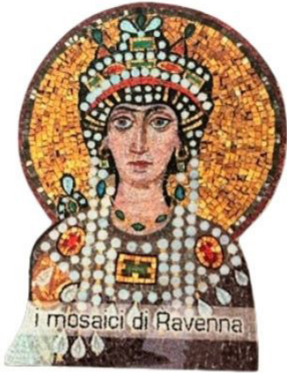
Fashion statements made prominent in Gregory:
Crocs are slowly waddling out of the school’s campus as the Covid fashion wanes:
Sweatpants leaving
Baggy hoodies bouncing out
Slides are sliding out

Incoming Modes!
Goths/Emos on the rise
Streetwearers got LOTTA CRED
Vintage lovers living in the retro
Y2K - (IYKYK)

Match the Laptop Stickers to the Teacher



Mr. Milner



Mr. Carlson



Ms. Carlson



GRAPHIC/ARLO MCLAMARRAH

Dismissed Science: The Lack of Knowledge Surrounding the Female Body

MANUELA STRAUB
MARTINEZ
EDITOR IN CHIEF

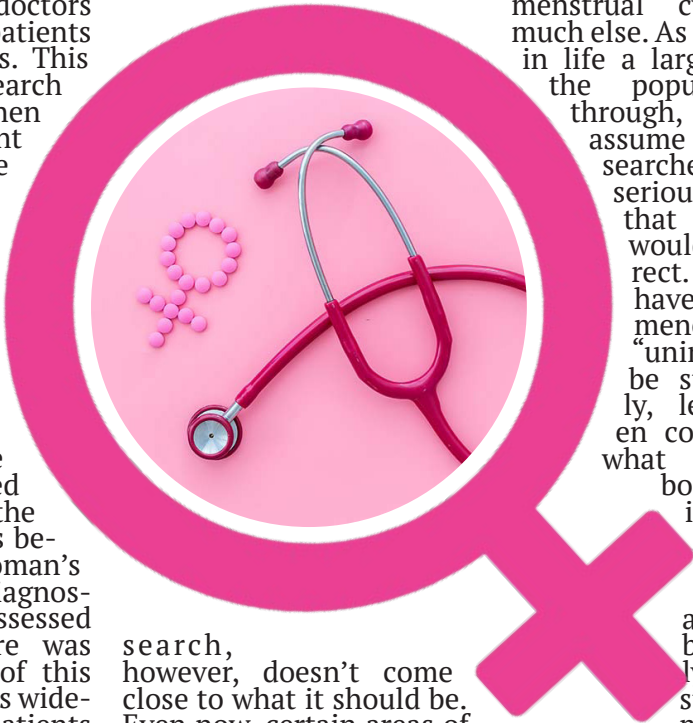
Every human on this earth has a body, and understanding how it works has been an endless pursuit in society. However, the disconnect between research done of men's bodies and women's bodies is drastic. Historically, people assigned female at birth have been viewed as the smaller version of men, which has remained the cultural norm. This has led to a severe lack of research pertaining to women's bodies. Women have been excluded from a variety of medical studies, furthering the gap in understanding their own bodies. The origins of this lack of understanding date back to Egypt in 1900 BC. Doctors in this period believed in the concept of a "wandering womb," which was the idea that a woman's womb moved around her body, causing any discomfort she felt. The womb was claimed to be able to push against organs and bones, this explained the intense pain that women would commonly express to doctors.

Scientists also believed that the womb was moving because it was unhappy when it wasn't holding a child, which led doctors to encourage their patients to have more babies. This absurd lack of research was furthered when the practice of "scent therapy" entered the medical field. The idea was that the uterus disliked the scent of its rightful location in the body, which could be fixed by spraying perfume on a woman's genitalia and smelling bad odors to force the uterus to be moved back into place. In the Middle Ages, doctors believed that when a woman's symptoms were undiagnosable, they were possessed by the devil. There was no scientific proof of this claim, although it was widely accepted by both patients and doctors. In modern day, the "wandering uterus" concept has been debunked and there is significantly more research

being done surrounding women's bodies than there has been historically. This amount of research, however, doesn't come close to what it should be. Even now, certain areas of a woman's life and body have been severely unresearched. One large example of this is menopause. When people with a

uterus reach a certain age, commonly around 50, they experience menopause, or the discontinuation of their menstrual cycle, among much else. As this is a phase in life a large amount of the population goes through, most would assume it is highly researched and taken seriously. However, that presumption would be incorrect. Researchers have deemed menopause too "unimportant" to be studied closely, leaving women confused about what their own bodies are going through. In contrast, fertility, pregnancy and birth have been highly valued and studied in the medical field. This contrast between two stages in a woman's life furthers the

conversation surrounding what society deems women are born to do. Is it a coincidence that there is so much information surrounding women's health while they're pregnant, but not when their body is no longer able to be? The concern surrounding the lack of research on women's health has been a constant struggle for years. This insufficient understanding and knowledge surrounding women's bodies leads to those who need help remaining uneducated about certain aspects of their health. Women aren't told what is going on with their own bodies, and this fact is solely because scientists have not committed time to research women's health, and that needs to change. Women deserve the ability to learn about what is happening to their bodies and to have the confidence that medical professionals are educated to the greatest extent they can be.



PHOTO/ GOOGLE IMAGES

Not My Fault: Climate Change and the Blame Game

ARIANNA DUPONT
COPY EDITOR

Dear British Petroleum,

Don't blame this on me. Although, I suppose that may be a tall order given that your marketing strategy revolves around twisting the narrative. You are a fossil fuel giant, one of few "supermajors" to dominate this extremely lucrative market. You've made it your mission to convince your consumers that they are the problem in the midst of the climate crisis, a platform that has proved a massive hindrance to climate action and a tremendous amplifier of guilt. In 2004, you became the first to introduce "carbon footprint" into our global lexicon, a marketing campaign that cost you over 100 million dollars. You have continuously tried to brainwash the public into thinking that our individual lifestyle choices, as opposed to your actions, are the central cause of climate change. That's ironic considering the fact that you sold 210.13 billion dollars worth of oil and gas in 2023, fuels whose emissions are the core cause of planetary warming.

Of course, sustainability on a personal scale is a respectable and virtuous goal, but for you to try and deceive us into believing that the responsibility to end climate change falls entirely on us individuals is cruel. You have no idea the pain you have caused by forcing normal people to carry your burden. You instruct us all to eat less meat, refrain from traveling, reduce our excessive consumption, and to avoid driving our cars. These are inherently good things to strive for, but this is not the solution. We inhabit a world which revolves around industries like yours to function. Our cities and, effectively, our lives operate predominantly on fossil fuels like the ones you work to make widely available. Eighty-four percent of the world is powered by oil and gas, and you like it that way. When we go to the grocery store, the food we buy is most often produced with machinery powered by fossil fuels, transported by vehicles running on gasoline, wrapped in plastics derived from crude oil and petroleum, and then flown by planes or driven by semi-trucks to stores across the world, whose electricity (which allows for refrigeration to preserve perishable food) is also most often a product of fossil fuel combustion. In case it isn't apparent, in today's world, fossil fuels like yours are a largely inescapable reality, and you've worked to keep it so. The system is rigged. Why are we supposed to assume responsibility for that? Many cities are not walkable, meaning that we have to drive everywhere. Not everyone has access to

an electric car, and even if they do, most of the electricity used to charge it comes from fossil fuels anyway. Very few people grow their own food anymore, which means most of us have to rely on commercially grown produce and processed goods to survive, which are rarely ever carbon neutral. Few people can afford to travel on solar powered catamarans to reach their travel destinations, so we resort to airfare, the only readily available option, which is reliant on jet fuel. Fossil fuels are so deeply ingrained in the functionality of the civilization we live in that it is nearly impossible to be rid of them. Expecting every person to completely abandon their way of life in favor of zero emissions is simply absurd. We on our own cannot dismantle this faulty system, and one person does not make a dent in climate emissions. Instead of blaming individuals for climate change, perhaps it's time you look to the source. This is a global issue that you have been integral in creating. Instead of taking accountability for your actions, you tell us that by simply changing our habits, we have the power to fix it. We do not. Global problems warrant global solutions. We need to move away from fossil fuels entirely and systematically shift to 100% renewable energy. I know that would destroy you, so naturally you have opted to throw us under the bus in an effort to save yourself. I'm not a fan of your dirty tricks. Sincerely, A concerned inhabitant of the world

Mpox... Another COVID?

SOLOMON GROSSMAN
STAFF REPORTER

A new strain of mpox—a deadly disease that causes severe rash and bumps on the skin—is spreading quickly, with the World Health Organization declaring a global emergency and people preparing for a second global lockdown. Many are worried, but should you be? The new strain of mpox is called clade 1b, a far more severe and deadly strain than the ones before it. It has spread primarily throughout Central Africa but has also reached countries like Thailand, Pakistan, and Sweden. Clade 1b has several severe symptoms that come along with it, including but not limited to fever, chills, headache, exhaustion, swollen lymph nodes, back, joint, and muscle pain, rash, and bumps on the skin. These symptoms can last anywhere from two to four weeks, and take on average seven to ten days to present after exposure. Clade 1b is highly infectious but can be prevented with simple precautions. It spreads mainly through touch and speaking closely face-to-face. If someone with mpox handles an object, someone without mpox can be infected by contact with the object for a significant amount of time. Certain objects such as cloth and towels are more likely to spread mpox through secondhand touch, however, this can be prevented fairly easily by disinfecting objects between uses. The new mpox strain has spread across the world mainly through travelers. Avoiding travel to these



A vial containing mpox vaccine, which is about to be administered. PHOTO/GOOGLE IMAGES

countries can help you prevent spreading it: Cameroon, Central African Republic, Democratic Republic of the Congo, Republic of Congo, Gabon, Sweden, Thailand, Pakistan, Burundi, Kenya, Rwanda, and Uganda. Some people are preparing for a second lockdown due to clade 1b, but the outbreak will most likely never get to the same level as COVID-19 once did. Though clade 1b has a mortality rate of 6%, it's still roughly half of COVID's 11.3% from 2020. Unlike COVID, we are prepared to fight mpox, as vaccines already exist to treat it. The main reason mpox is spreading so rapidly in central Africa is low vaccine availability. This will be counteracted relatively soon, however, as several countries are sending vaccines to high-risk areas in central Africa. Mpox is a serious issue but will likely never be a significant problem in most first-world countries. It has only spread to Asia, Europe, and Africa, so there's no reason to worry about and prepare for it here in the U.S.



Stop the greenwashing. PHOTO/GOOGLE IMAGES

Summer Finds for Bright Minds

KELSIE BAKER
STAFF REPORTER

Are you worried about college, looking to travel, or just wanting to have fun learning during the summer? We've compiled a list of fascinating summer programs and internships for high school students. Several of these have been attended by Gregory School students like Jazmin Beltran and Valentin Ortega, so be sure to keep reading to hear their perspectives.

EXPLO is a summer enrichment program with various offerings for certain grade levels. Those in 9th grade and above can participate in their Pre-College Program on the Wellesley campus in Massachusetts. Depending on whether or not you have a specific focus or want to test a variety of classes, you can pick either the concentration program or the 360 program. The concentration program allows you to focus on one specific topic or interest for all three weeks, featuring medical and science classes. The 360 program allows you to pick from the classes offered, with two workshops lasting three weeks, and three one-week electives. During your stay, you will be housed in one of these dorms: McAfee, Bates, or Freeman. On the weekends you will partake in trips of

your choice. EXPLO also offers college visits, including Harvard, M.I.T., and Boston College. EXPLO will expose you to a diverse range of people from all over the world giving you the experience of a lifetime.

Another fun summer program that exists is KXCI's Youth Broadcast program which is located in downtown Tucson. This is a week-long camp that teaches you how to navigate radio equipment. By the end of the week, you get to have your own live half-hour radio show that will be recorded and rebroadcast on KXCI during The Future of Radio Sundays at five pm. Level one is essentially focused on the music aspect of radio. After completing this, you can move up to their level two program for another week. This is more focused on writing and creating your own three-minute segments to be aired on the bonus track segment. Valentin, who participated in both levels of this program, explained that he "especially loved it because of how independent [they] were allowed to be." The camp gives the youth experience in doing and managing aspects of radio broadcasting usually done by professionals. Valentin believes that "community radio is so important and it's so important to support radio stations

like KXCI" as they help keep radio accessible to other people.

Sometimes people prefer to do their senior internships over the summer. Senior internships are a requirement for seniors to graduate and to help fulfill their 60-hour volunteer requirement. Senior Jazmin Beltran did her internship over the summer, going to Japan for a month to study

the culture and language through the AFS-USA program. AFS-USA helps to immerse students in the foreign world. During her stay, she lived with a host family in Nagoya. The overall goal of AFS-USA is to bring people together and spread peace with other cultures.

These three programs are great educational options that you can pursue during your next summer.

EXPLO can help prepare you for the college experience while still having fun. KXCI allows you to explore your inner musician or broadcaster. Traveling for an internship exposes you to new cultures while contributing to school work.



Jazmin abroad with AFS-USA.

PHOTO/JAZMIN BELTRAN

INTERIM BINGO

Have a good interim!
-The Chant

YOU & YOUR ROOMIES CATCH A STOMACH BUG

VAN/BUS BREAKS DOWN

YOU MAKE A NEW FRIEND

YOU TAKE A 40 MINUTE SHOWER AFTER HIKING

FREE SPACE!

YOUR ROOMIE FORGETS TO PACK SOMETHING

PULL OVER @ A SCARY TRUCK STOP

SOMEONE POOPS IN THE BUS TOILET

YOUR ROOMIE LOSES YOUR HOTEL CARD

TGS STUDENT COUNCIL

2024-2025

FRESHMAN REPRESENTATIVES

OLIVER ALEGRE

JASMINE BARAYEVA

RHYS BLAIR

ONE TIME LUNCH PASS

ANSWER THE QUESTIONS BELLOW TO ENTER THE RAFFLE 3WINNERS PICKED

1. WHAT TYPE OF SUMMER WAS 2024? -----

1. DRAW ONE OF MS. CARLSON'S STICKERS

1. HOW MANY TIMES HAS PARIS HOSTED THE OLYMPYCS? ---

Name: _____

TGS Glo-Co 2024-25

Grade: _____

MANUELA STRAUB
MARTINEZ
EDITOR IN CHIEF

In-SEINE Olympics

Competition and pride are both human natures which drive our society to create events that emphasize these interests. Traditionally, every four years, the Summer Olympics has been a world-renowned event that brings passionate athletes and countries together. The first modern-day Summer Olympic games were in 1894, with 2024 marking the 33rd Summer Olympiad in the historical tradition. The 2024 Summer Olympics were held in Paris, France this year, bringing in around 10,000 athletes from over 200 countries to compete in an array of different events and sports.

The city of Paris has hosted the Olympics three times in total— 1900, 1924, and 2024— and were chosen, out of the many other cities due to their emphasis on using sustainable practices and their promise to utilize existing facilities for the games. The International Olympic Committee were drawn to Paris’ efforts to promote sustainability to their large audience of athletes and crowds from around the world. The games were televised for the world to see and there were thousands of spectators in the audience throughout the games.

As always, there



The Eiffel Tower adorned with the Olypimic Rings during the 2024 Paris Olympics.

PHOTOS/GOOGLE IMAGES

were many standout events throughout this year’s Summer Olympic games. The 2024 games brought the addition of four “non-traditional” sports to their list such as, breaking, skateboarding, sport climbing, and surfing. Overall, a whopping seventeen athletes broke world records this year in an array of events. Nothing will ever go as planned, and the Olympic games are no exception. Throughout the games, there was reported controversy surrounding doping, judging mistakes, and

topics surrounding gender identity among athletes.

In addition to the Summer Olympics, the 2024 Summer Paralympics began in Paris on August 28th. Started in 1948, the Paralympics began in a military hospital, Stoke Mandeville in London, with the hope to spread the joy of sports to everyone. The Neurologist, Sir Ludwig Guttmann, organized the games and helped give the event their official name, “The Stoke Mandeville Games.” However, back then, this event was re-

stricted to only wheelchair using athletes. In modern day, The Paralympics has become an event for any pro athletes with physical and/or intellectual disabilities to participate in. Much like the Olympics, the Paralympics is an event for athletes to share their incredible abilities to the world. This year, more than 4,000 athletes competed in the world-renowned games and entered multiple events throughout the games.

Since 1988, the Summer Paralympics has been hosted in the same city and

arenas as that of the Olympics. The events showcased in the Summer Paralympics are somewhat different from those of the Summer Olympics, while both still share some similarities. Sports solely administered in the Paralympics include Boccia and Goal Ball. There are also a variety of sports that are shared by both the Olympics and Paralympics, which are altered to fit Paralympic needs. Para Cycling, Para Swimming, Wheelchair Fencing, and Shooting Para Sport are just a very small portion of the variety of sports.

Both the Olympics and the Paralympics are events which encourage athletes from around the world to show everyone what they are capable of. The events are a celebration of the art of sports and will continue to be loved around the world for many years to come.



Falling Back Into Sports!

ELIOT NAIMAN-MOLINA
STAFF REPORTER

With the school year starting up again, the fall sports season is officially underway! These players have spent all summer working on their game and strengthening bonds with their teammates. Each team is improving day after day. The girls’ volleyball team practiced in the gym this summer and they made significant improvements. Through the summer camp, the girls grew closer and created a bond that will surely set them apart on the court. Lauren Horowitz, co-captain of the varsity volleyball team, is most looking forward to connecting with her teammates this season. The team wants to win, but they also want to have fun while doing so. Co-captain Sophia Cox wants to set a good example for her teammates and put in energy and effort into winning but also have a good time. This team is clearly set up for success.

On the soccer field, we can already see our team hard at work. Every single player is pouring their heart into their sport and practicing in the brutal 100-degree weather. The soccer team recently went to a tournament in Phoenix to compete against other high schools in Arizona. They played well and built incredible team chemistry. There are high hopes for this soccer team. Brendan Ritchey, senior co-captain, is focused on being the best leader he can be. His position as a goalkeeper is to lead the defensive line. He

looks forward to helping his new teammates and hopefully making the regional first team. Let’s hope this team can dribble their way through the competition and come home with some hardware.

On the race track, the cross country team is looking very promising. Jaxon Maher, senior captain, is leading the charge for this strong team. Each player on this team has been working hard in the summer in this blazing heat to get faster. Don’t be surprised if this year’s cross country team speeds past the competition and comes home with the state championship.

As for the swim team, they hope to continue their success from last season. They have been working tirelessly to perfect their strokes while also training hard out of the pool on strength. Returning senior captain Manuela Straub Martinez looks forward to seeing her teammates improve and building bonds with everyone. Manuela and the rest of the squad plan to push themselves extra hard each race. We hope to see this team dive into the state championship meet and come out with a trophy! This fall season should be extremely exciting for all our athletes and the greater TGS community. Make sure you come out to a game or two to support your Gregory School Hawks!



The soccer team preparing for their game.

PHOTO/ELIOT NAIMAN-MOLINA

Op: It Ends With Us: When Abuse is Romanticized

ARLO MCLAMARRAH
MANAGING EDITOR

Content disclaimer: this article includes discussions of domestic violence, generational cycle of abuse, suicidality. Spoilers for Colleen Hoover’s It Ends With Us.

Colleen Hoover has been an increasingly controversial figure of the 2020s. After publishing romance novels throughout the past decade, Hoover found her main audience through, primarily, teen girls on TikTok. The height of Hoovermania came in 2022, during which she managed to outsell the Bible by over a million copies. Queen of the CoHo kingdom is undoubtedly It Ends With Us: a novel, a coloring book, and now a feature film. Released in 2016, It Ends With Us has since sold around seven million copies, rising to popularity in 2021 after being heavily featured on “BookTok” as readers found themselves emotionally wrecked and wrapped up in the “romance.” Ever since, finding It Ends With Us is guaranteed at local Targets, Barnes & Nobles, and airport bookstores, where I picked up my copy.

It Ends With Us differs from Hoover’s other works when it comes to its focus on domestic violence, particularly the role it plays for the protagonist Lily Bloom. Lily, after growing up watching her mother endure the abuse of her father, is forced to reevaluate her own marriage when history begins to repeat itself. It Ends With Us tells an important, necessary story. The controversy and my personal issues with the story begin to arise when taking a deeper look at how the story is being told.

It Ends With Us is confused on what it wants to be. When I began reading the book, I knew what kind of subjects I was getting into, but many readers describe

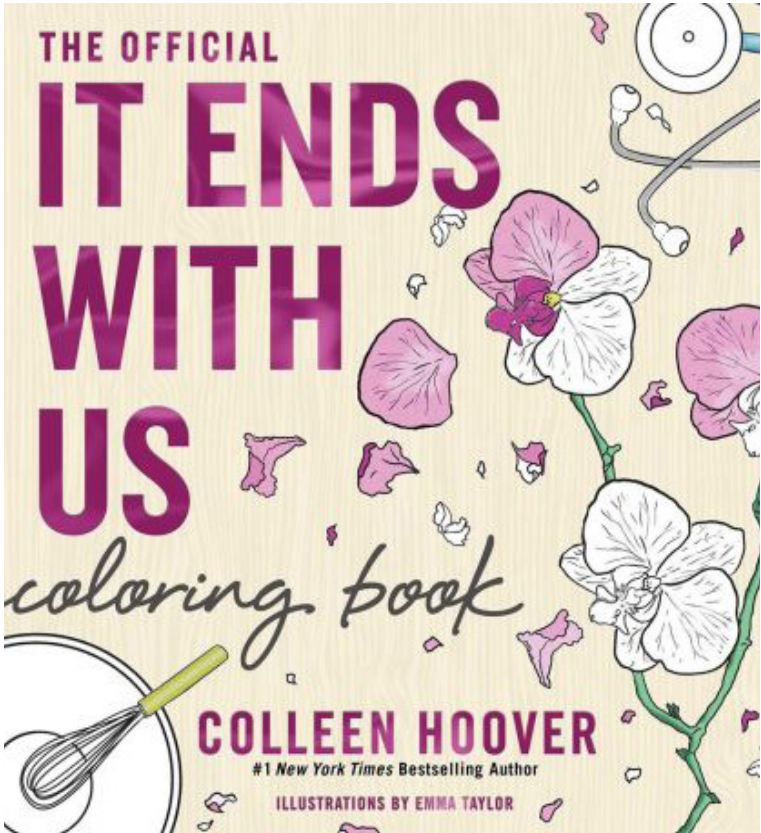
being entirely off guard by the lack of any content warning; the blurb on the back has no indication that the story is as sensitive as it is and Hoover provides no other disclaimer. The cover design (before the movie’s release and subsequent redesign) is flowery and aesthetically consistent with Hoover’s other, romance-focused novels. A viral clip of Blake Lively, the film’s star, sees her gleefully encouraging audiences to “grab [their] friends, wear [their] florals, and head out to see it.” This sentiment highlights a major issue within the book and in the culture surrounding it: emotional and thematic whiplash. In the novel, the main subplot is told through Lily’s teenage diary entries. She describes witnessing the physical violence done to her mother by her father and grapples with other difficult topics like suicidality. This is all done through diary entries addressed to daytime talk show host Ellen DeGeneres, with whom Lily is obsessed. This gimmick goes beyond a “dear Ellen,” at the beginning of every entry, however, as Lily takes time to tell Ellen about how she’d improve her show or how absolutely hilarious she finds her. This tonal inconsistency may be real for a teenager in Lily’s position—something can certainly be lighthearted one moment and take a turn. But this is translated poorly for the reader who, for instance, while reading Lily’s description of her mother being abused, is constantly taken entirely out of the moment by references to Ellen: “He was choking her, Ellen!” This issue permeates the entire book outside of the Ellen entries. One particular instance occurred after a chapter containing diary entries about Lily’s introspection with homelessness transitioned to one that opened with present day-Lily’s boyfriend texting her about coming

over (complete with “:(“ and “I’m walking up your stairs right now. Be there in twenty seconds.”), which then transitions quickly into an intimate scene that had been built up for the past hundred pages of the book by the main characters’ “will-they-won’t-they” relationship nature. I know I’m supposed to be squealing and blushing because the main characters finally got together, and as an avid romance enjoyer I usually would, but I’m still stuck on five pages ago when Lily was describing her point of view on homelessness, or three pages ago when she literally [feels] tears running down [her] cheeks.”

The movie and its promotion don’t do much in terms of fixing this issue of tonal inconsistency, such as through Lively’s aforementioned lightheartedness on the press tour. She attempted to rectify this with a post of resources on her social media, but many saw the move as a second thought only resulting from the backlash she received, rather than an earnest attempt at spreading awareness.

Colleen Hoover has detailed the fact that the story is based loosely on her mother’s relationship with her father, making her mistreatment of the subject particularly baffling. During the height of Hoovermania, a coloring book based on It Ends With Us was published, causing outrage online for not only commodifying domestic abuse, but doing so in such an unserious medium. Hoover has since withdrawn and apologized for the book, but it still left a bad taste in readers’ mouths that was only furthered by the decision to adapt the story into a major star-studded film.

Justin Baldoni, the film’s director and co-star, has addressed the accusations of his adaptation further romanticizing abusive situations: “If anybody has had that real life experi-



The It Ends With Us canceled coloring book.

PHOTOS/GOOGLE IMAGES

ence, [he] can imagine how hard it would be to imagine their experience being in a romance novel. To them [he] would just offer that that [they] were very intentional in the making of this movie.” But actions speak louder than words. Activist Wagatwe Wanjuki claimed the film to be achieving “the bare minimum,” and many share her view that the story is unrealistic in its portrayal of a woman’s journey to recognize and leave an abusive situation. “If a woman recognizes herself and leaves, that would be great... it doesn’t work this way,” described an anonymous survivor.

I recognize this issue of minimizing suffering in another realm as well: Hoover’s treatment of suicidality. Teenage Lily’s friend and later boyfriend Atlas, upon being kicked out of his house and becoming homeless, considers suicide. Atlas, eighteen, only reconsiders when he sees

Lily, fifteen, “standing [in her bedroom] like an angel,” through her window. One look at this girl whom he’d never spoken to, and her beauty reverses all of his suicidality. This plot point exists in the book (which is directly quoted) and the film, and it both romanticizes suicidality in an insensitive way and minimizes the struggle, boiling it down to something that can be solved by some sort of love at first sight.

It Ends With Us tells an important story, poorly. It romanticizes and glorifies the story of a victim and monetizes abuse, instead of sharing resources for struggling women, such as the National Domestic Violence Hotline (800-799-7233 or text through 88788) or places for women to get help (locals, visit azlawhelp.org and search for relevant terms).

UNDERCONSUMPTION CORE

CONTINUED FROM
PAGE 1

However, as many of those activities are more in line with ideal normal consumption, calling it underconsumption can be considered problematic. Many feel that re-classifying the trend as “normal-consumption” will better support the idea that this is how much the average person should be consuming. A debate on

diction has, some argue, overshadowed the message of the trend because of its inaccurate implication.

On the flip side, some have taken this trend and twisted it to create satirical content, mocking the message. Using the “underconsumption-core” hashtag in reference to having the same sibling for all of your life, this trend has been parodied, distorting the message. Misunderstood

or disregarded by media watchers, the message has undergone various periods of confusion.

People supporting maximalism and people supporting underconsumption, two current popular trends on social media, have been recently compared as opposites. Maximalism, based on an aesthetic of excess, fundamentally opposes the “under consumerist” aesthetic. As people promoting underconsumption claim that maximalism is normalizing a gross narrative with an unnecessary excess of possessions, maximalists argue that maximalism can be another form of repurposing. Maximalists take on the opposite spectrum of consumerism. The maximalist approach of using the unused is now seen as a complimentary trend to underconsumption which promotes limiting the unused. Now, the two trends - despite being on opposite sides of the consumerist debate - are seen as parallel trends both promoting sustainability.

The merge between media and reality - on social media - has opened up vulnerable discussions on personal habits, creating necessary reflection on class spending and norms through meaningful conversations online. This trend on “underconsumption-core” has spearheaded a new age of mindful spending, potentially impacting and calling attention to unnecessary consumerism. Sustainability promoters hope that this new wave of consumerist guilt changes the narrative on what’s classified as popular and can alter people’s spending habits.

As we are emerging into a reality where your actions could be determined by what type of “core” they represent, we need to be mindful of the impact that social media carries as the introduction of it has entirely altered the way we exist. Hyper-conscious individuals are now questioning social media algorithms and trend forecasts, linking them to big-time companies

eager for profit. On social media, advertisements and content have become one in the same, increasing spending habits with its constant online presence. This shift calls for increased buyer awareness. While instilling detrimental norms, social media has been the starting point of this important conversation that cannot be ignored. In order to prolong our Earth’s lifespan, we need to make a change in the way we live. By becoming conscientious spenders and continuing empathetic conversations on personal choices, we can create a more understanding and educated society of people dedicated to mindfulness. Whether it’s through a clothing donation or one less unnecessary purchase, “underconsumption-core” has the potential to change the way people live for the better. Distancing ourselves from our consumerist narrative can liberate us from the detrimental spending habits we have normalized, promoting and popularizing a new age of mindfulness.



Underconsumption core and its maximalism counterpart.

PHOTO/GOOGLE IMAGES

A Review of Charli XCX

VALENTIN ORTEGA
LUNA WOOD
STAFF REPORTERS

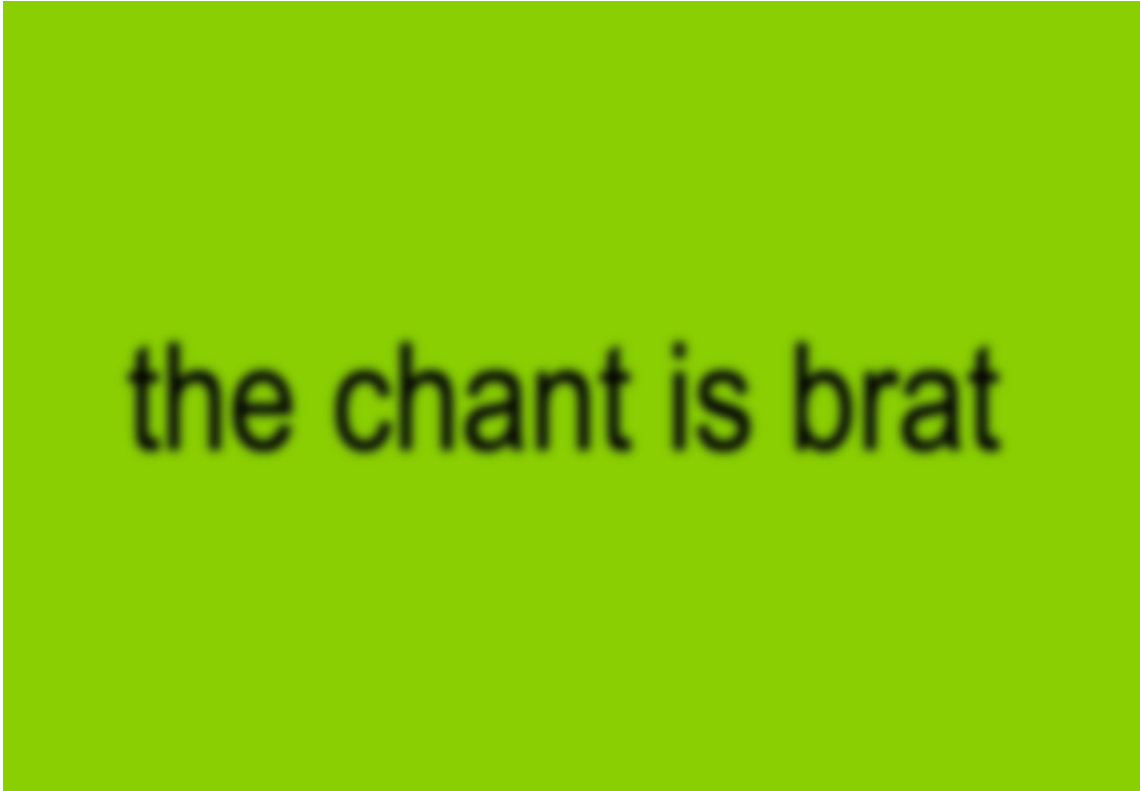
What does summer, the color lime green, and Presidential nominee Kamala Harris have in common? They are all “brat”. Even if you’re in the most obscure parts of the internet, you’ve most likely seen the surge of brat. “Brat” is British singer

and songwriter Charli XCX’s most recent musical release. Charli XCX started recording music at fourteen when her first album was made possible by a loan from her parents. Since 2008, she’s released 48 singles, six studio albums, and multiple EPs and mixtapes. She’s won multiple SESAC awards, Billboard awards, and most recently debuted at #1 with

her remix of “Guess” featuring Billie Eilish. Characterized by its now iconic green background and arial-font title, Brat’s album cover is immediately recognizable and a huge part of the craze. Things are brat, people and ideas are brat. KamalaHQ, the official campaign page for Harris, has embraced the trend after Charli XCX herself tweet-

ed, “Kamala Harris IS brat.” The brat theme taking over the backdrop, now a culturally relevant ornament of the Kamala HQ page. We’re reminded of Hillary Clinton’s remark at a 2016 rally: “Pokémon Go to the polls.” The adoption of brat by Kamala Harris HQ is the polar opposite of this moment. Infamously, large organizations are extremely out of touch with current trends and happenings. Their attempts at hopping on these bandwagons leave younger people cringing. Brat came at the perfect time, and its marketing is very refreshing to see. Brat can be described as part of the recession pop movement, an influx of music created solely for the purpose of partying and positivity. We see resurgences of recession pop, specifically when times are tough. The general consensus between young people is that brat is a welcome distraction from hardship. Historically, “brat” is a derogatory term. Reserved for unruly and spoiled children. Charli XCX’s reinvention of the term coincides with the pop recession, encouraging us all to release the brat within. Brat stands for unapologetic self-expression, edginess, confidence, and imperfection. When you describe something or someone as brat, you are recognizing their boldness,

nonconformity, and playfulness. Charli’s music combines house, synth, and pop to create a very intriguing listening experience. Her sound is especially unique as we are living in the era of music that allows for the same song to be made twenty times over. Brat heavily leans into the house sound popularized in the late 90’s and early 2000’s. Her vocals are a strong point, sounding great with or without effects. While the majority of her songs are high-energy, fast-paced party tracks, she also has released softer songs, more akin to a power ballad than a rave song. These softer songs are where Charli’s lyrics shine, also displaying her versatility as an artist, making songs that seem like polar opposites work perfectly together in one album. Critics online have said that her lyrics could be seen as a weak point. While not bad, they can be unimaginative at times, although they usually get the point of the song across. In these synth ballads, however, her lyrics tell stories. Overall, Charli’s incredible resurgence is more than deserved, with her catchy songs and unique sound giving people a refreshing taste of something new.

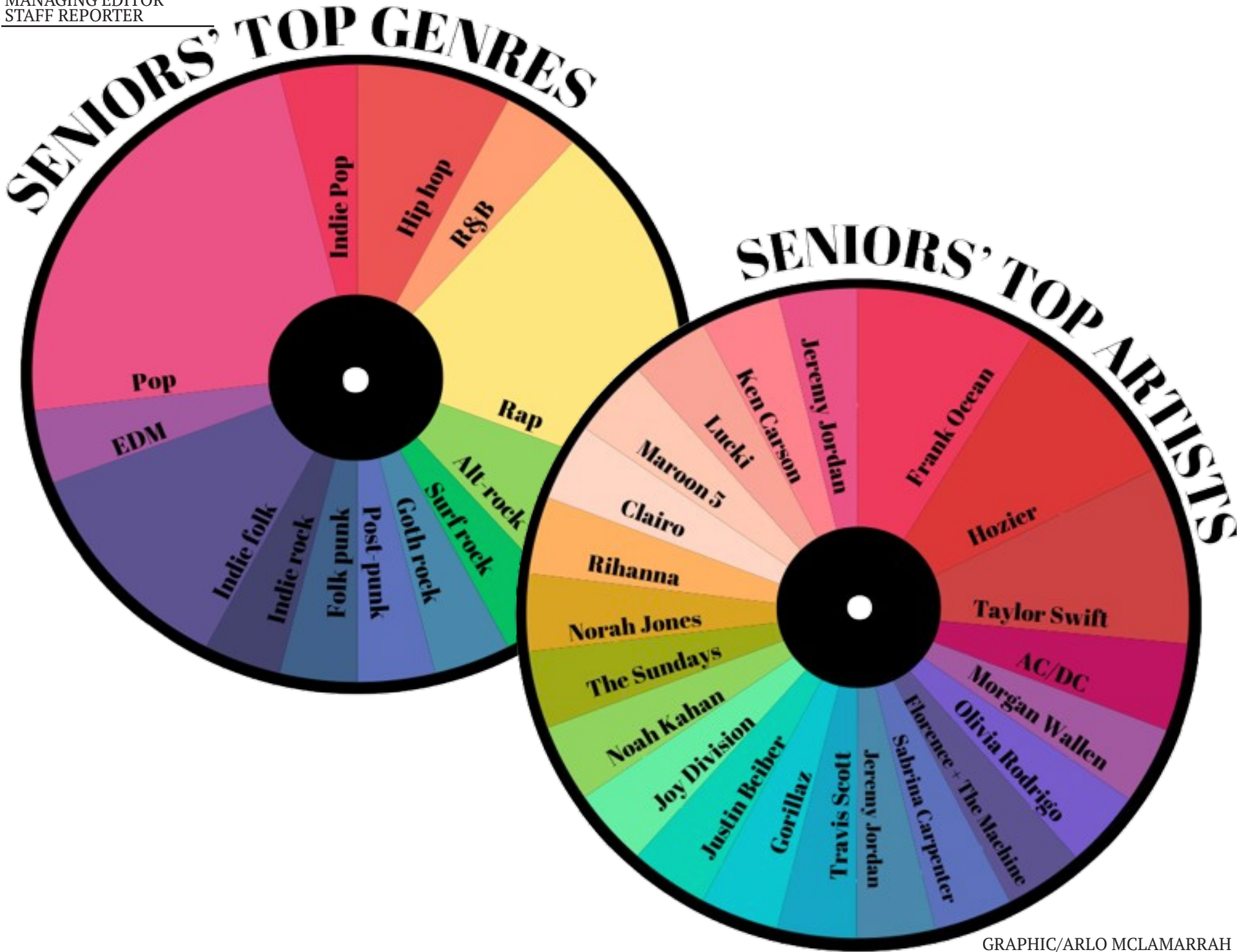


the chant is brat

GRAPHIC/VALENTIN ORTEGA

TGS Seniors Wrapped

ARLO MCLAMARRAH
LUNA WOOD
MANAGING EDITOR
STAFF REPORTER



GRAPHIC/ARLO MCLAMARRAH




Hecker Pew, PLLC

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Staff Picks: Song of the Summer

Bodyguard

Valentin

by Beyoncé

Lover, You Should've Come Over

Arlo

by Jeff Buckley

Canela en Rama

Solomon

by El Kanka

Rhinestone Cowboy

Arianna

by Glen Campbell

Cologne

Emma

by Beabadoobee

Birds of a Feather

Jazmin

by Billie Eilish

Time Goes "Bye"

Eliot

by Jex Nwalor

Real Wild Child (Wild One)

Kelsie

by Iggy Pop

Last Stardust

Joy

by Aimer

YMCA

Caitlyn

by Village People

These Days

Sage

by Nico

SINS

Luna

by Red Leather

CAITLYN SAAVEDRA
EDITOR AT LARGE

Caitlyn’s Cooking: Banana Pudding!

A wonderful combination of ripe banana, crunchy vanilla wafers, smooth pudding, and love, this banana pudding is where it’s at! This classic sweet treat is a tried and true staple of mine. Follow this recipe to start cooking your banana pudding!

Ingredients:

4 yellow bananas
Optional: whipped cream

Pudding:

½ cup flour
¾ cup granulated sugar
Pinch of salt
6 egg yolks
3 ½ cups milk divided
1 tablespoon butter
1 ½ teaspoons vanilla

Wafers:

½ cup unsalted butter softened
2/3 cup granulated sugar
1 large egg (room temp)
4 teaspoons vanilla extract
1 ½ flour
¾ teaspoons baking powder
½ teaspoon salt
1 tablespoon milk

Wafers:


Step 1: Preheat the oven to 350°F and line a baking sheet with parchment paper.
Step 2: In a mixing bowl, combine (room-temperature) butter and sugar with an electric mixer until well-combined. You want the butter to be room-temperature to avoid a lumpy mixture.
½ cup of unsalted butter, 2/3 cup granulated sugar
Step 3: Add egg and vanilla extract to the butter mixture, stirring ingredients on a low speed until well-combined. I also prefer using an electric mixture when combining to make it easier for both the dough and my arms. If you don’t have an electric mixer, a whisk should work just fine too.
1 egg, 4 teaspoons vanilla extract
Step 4: In a separate bowl, sift out the remaining dry ingredients: flour, baking powder, and salt. I use gluten-free flour for most of my recipes but any flour you have in the cupboard should work just fine.
1 ½ cups flour, ¾ teaspoons baking powder, ½ teaspoon salt
Step 5: Add half of the dry ingredients to the butter mixture and stir on low-speed to combine. In the past, I’ve attempted to combine it all at once but, after eating several batches of slightly un-mixed and grainy cookies, I urge you to follow the extra step.
Step 6: Add milk and stir again until combined.
1 tablespoon milk
Step 7: Add the remaining dry ingredients into the mixture and stir until combined. Do not over combine! This will make your cookies dense.
Step 8: Scoop dough into two-teaspoon sized scoops and roll into balls before placing them onto the pan, spacing them about two inches apart. A little trick I use to make shaping the cookies easier is dampening my hands before rolling them into balls. This is to avoid the dough sticking to your hands, making it easier to work with. For the true wafer shape, lightly flatten the cookies with damp fingertips.
Step 9: Bake for 12-14 minutes at 350°F. Don’t forget to set the timer! Take out and let cool once golden brown.


Pudding:

Step 1: In a mixing bowl, sift together the flour, sugar, and salt. Make sure to sift out the dry ingredients to avoid clumps. And let’s be honest, who enjoys clumpy pudding?
½ cup, ¾ cup granulated sugar, a pinch of salt
Step 2: Whisk in the egg yolks and some of the milk until the mixture is smooth.
6 egg yolks, ½ cup of milk
Step 3: In a heavy saucepan, pour the remaining milk in and let it sit over medium heat.
3 cups of milk
Step 4: Once bubbles start to form around the edges of the pan, or when the milk is hot, pour 1 cup of the milk into the egg yolk mixture. Now, stir continuously until the mixture is fully combined. This step is crucial to temper the egg yolks.
Step 5: Slowly pour the egg yolk mixture into the saucepan with the remaining (still hot) milk. I like to pour it all in at once to avoid an uneven cook.
Step 6: Over a medium heat, whisk the mixture continuously for about 10-12 minutes until the pudding has thickened. Stir CONSTANTLY. This constant stir is vital to a smooth and creamy pudding without chunks of cooked egg or scorched pudding.
Step 7: Once the pudding is thick and smooth, take a breath and remove it from the heat.
Step 8: Add the final two ingredients to the mixture: butter and vanilla.
1 tablespoon butter, 1 ½ teaspoons vanilla
Step 9: Let it cool until room temperature and get excited for assembly!


Assembly:

Step 1: Cut up just yellow bananas into ¼ inch pennies. I like for the bananas to be perfectly yellow, with few brown spots and little (if any) green. You want to avoid green bananas so you can get that ripe banana sweetness. I find that with bananas that have too many brown spots, that can make the banana too mushy and potentially impact the assembly. However, aesthetics aside, really it’s up to personal preference.
Step 2: Place your wafers at the bottom of your cup. To make sure you cover most of the base, I suggest splitting the wafers in half to cover the empty edges.
Step 3: Place a layer of the banana pennies on top of the wafers.
Step 4: Scoop the pudding, amount depending on your preferred banana pudding ratio.
Step 5: Repeat the last three steps until you have fully assembled your banana pudding! For a little extra, you can top it off with some whipped cream.
Step 6: (I prefer my banana pudding cold so, I suggest leaving it in the fridge until cool.) Now, take a breath and dig in!





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