

THE PLAID



National Women's Month: Resilience and Tenacity

March 2022

Volume 65, Issue 3

By: Business Manager and Staff Writer

Angelica Gordon and Ashley Gudino “Rosie the Riveter” still smiles brightly, chanting to women the power of “We Can Do It,” as to combat against the perils of war. But her image still speaks the truth in modern times, applying to issues from bodily autonomy, more diversity in female representation, and even exploring the idea of what it means to prove one’s self as a woman. Within everyone who identifies as a woman, there is that deep, sometimes conscious and unconscious, thought of injustice that still exists today. It makes past generations wonder and future generations press for action, after seeing the lights and camera of what has been done in the past, in contrast to the present. In every milestone from the box office to the ballot box, women are “Providing Healing and Promoting Hope,” as the 2022 theme projects and illustrations.

In the United States, in history and some parts of modern society, women have been seen as men's property, and nothing more than a stay-at-home wife. Women are still behind men with lower

pay, make up less than half of the government’s demographic, and are widely mistreated and misunderstood. One hundred years ago, the United States passed the 19th amendment giving women the right to vote, but according to, “Key facts about women’s suffrage around the world, a century after the U.S. ratified 19th Amendment,” Katherine Schaeffer said, “At least 20 nations preceded the U.S.”

The United States was not the first and there are still places all over the world that still have not given rights to women. Mrs. Tiritilli touched base on the lack of rights for women in other parts of the world, when she said, “Afghanistan’s gonna probably need many, many, many, more decades, if not hundreds of years, to get to the point where America is right now, and America still has a way to go to catch up to some European countries, when it comes to equality.” Even though in America and some places around us, it looks like women's suffrage is recognized, it is still important to view other countries with women, who are not seen as overall people, with the same potential and capabilities.

As the classic saying goes by Helen Reddy, an Australian-American singer, “I am women, hear me roar,” built in such fierce motions is the extra pressure women always face to showcase their stances. English teacher, Mrs. Edmundson reflected and said, “I think [in] being a woman I have found that if I want something, I’m gonna have to stand up for it. Go and grab for it. Not take others' expectations, but follow my own. I think it comes from the fact that I wasn’t taken seriously and I wasn’t expected to go to college . . . or have a career. Even things like buying a car, you’re not taken seriously. But if you’re in a lot with a man, things are taken care of easier.”

One of the most well-known problems between women and men is the infamous and renowned “wage gap.”

Ever since women have been allowed to work, they have faced the problem of being paid lower wages. The United States is not the only one facing this dilemma, Tiritilli commented on the “wage gap” when she said, “Statistics show us that women make a lot less money than men typically.” Luckily, other countries around us are slowly closing the gender “wage gap,” such as in Iceland, which has the smallest gender “wage gap” currently.

According to the Statistics Iceland’s online article, “Unadjusted gender pay gap 14% in 2019,” it reported that, “Gender pay gap in Iceland was 14% in the year 2019 and 13.6% in the previous year.” According to the U.S. Department of Labor’s article, “5 Facts about the State of the Gender Pay Gap,” this percentage is smaller compared to the United States as, “Women’s annual earnings were 82.3% of men’s” equating to a 17.7% wage gap. Throughout history, women have shown they can work just as hard as any man and that their gender does not equal their paycheck’s worth. It is a global concern and should be respected.

Turning to a key need and emphasis on diversity, especially in the upcoming absence within the Supreme Court and Biden’s consideration for a black woman to fulfill the position, looking at the possibility, Edmundson said, “It’s about time. Took long enough.” Mirrors and illustrations representing ourselves are important and it’s even more prominent in driving forth the planting of seeds towards more determined tenacity seen in such figures as Alexandra Ocasio-Cortez, Edmundson said, “Standing up to people in Congress, when she feels they’ve wronged someone else or her, calling people out who don’t answer questions. I really, really, like that. She’s young, coming from a different perspective as a

spokesperson for women in general.”

A notable aspect attracted to Ocasio-Cortez is her connection present on social media, on which Edmundson said, “Younger people like her daughters who love her and look to her and think, ‘Okay. I wanna be like her.’” It shows the true impact on the next generation as Edmundson continued, “I have a daughter who is going into political science now, and [Ocasio-Cortez] one of the main reasons she’s doing it is because she can see someone else doing it.”

However, there is still hope present in various movements around the globe. Silent voices will be heard. Edmundson said, “One place healing has been provided with women in the last few years started with the MeToo Movement [...] things happening to women all the time, sort of brushed under the rug. I feel are brought to light. They can step up and take control of their lives.” It’s one of many sparks in our society, displaying the long journey of perseverance for women. Edmundson said, “Resilience, to any kind of prejudices, I think, is really important as a woman. Anybody really. We have all these things we’re expected to take care of. You have to be a resilient person to be able to get through all of that.”



2021-2022 Upland Softball

Staff Writer
Audrey Davila

Playing an overall of 28 games and winning over 75% seems like it would be a challenging task, but not for the Scots. The Upland softball team had an overall record of 25/28 wins in 2020–2021 season. Last year, the Scots also had an impressive six-week winning streak. But being that good is not only because of how hard the girls on the team work; it's also how good the coach is. Having a good coach for a team is an important part of having an excellent team. It is the reason why Upland is extremely lucky to have coach Sarah Farnworth.

Farnworth is an Upland High School graduate, played softball in college and the Olympics, and has also been

coaching for over twenty years. When asked why she wanted to be a softball coach, Farnworth said, "Softball is my life. I played it here, I played it in college, and I played it in the Olympics." Being strict, fair, caring, compassionate, trusting, and knowing the game are all aspects that make up a good coach, and all of these can be used to describe Farnworth.

The Softball Team has always been a good team and normally, it has more wins than losses. It is also why there can't be any room for bad sportsmanship. In sports, there can be a lot of drama, either if it is within the team or if it is one of the team's competitors. Farnworth was asked if there was any drama on the team or with any other teams and how she would handle it. In response, Farnworth said, "I don't do drama. We don't do



drama, and if there is drama, we squash it. But that is one thing we don't do. I won't have any drama." Having drama on a team can make the whole team fall apart and either not work as hard or not work well together.

When it comes to any sport, it is important to not have any distractions when playing, and to focus on what is happening at that moment. If people are having a hard time being motivated, they need to have a place to let it all go. If that place is on the field, it is better for the team and the coaches. Coach Sarah stated that if her players are not working as hard as they should, she tries to motivate them by re-

minding them that softball should be their happy place and where they should go to get away from their problems. She also said that if any of her players are having a hard time with school, with relationships, or anything else, that softball should be the place where they can let it all go, forget it all, and just focus on the game.

The new softball season has already started and so far, the team is doing well. As of right now, the Scots have more wins than losses. Hopefully, they will do as well this season as they have done in the seasons before. With such incredible players and coaches, they will most likely do just as well, if not better.

The Great Outdoors

Activities and Places to Be in Upland

Inland Empire Cycling Trails

By Isaiah Maniti
Staff Writer

With blue skies and cool breeze kicking in, springtime weather is sure to please people. To top it all off, there are plenty of activities to do and places to go that are perfect for the upcoming warm days of spring.

During the spring season, there are a variety of activities to do that can range from something as simple as going out for a walk to doing a little bit of spring cleaning around the house. As Senior, Nicholas Samson, said, "Spring break is a good time for art, spring cleaning, and exercising under the sun."

Activities like spring cleaning and art are relaxing, as they can set the mood to be just right. Senior, Jenna Quintanilla, said, "The most ideal activity during springtime is having picnics and enjoying nature. It brings a sense of calm being able to go outdoors and just enjoy the little things around you."

Sometimes, a little bit of wandering around nature during spring is quite the pleasant sight to behold, the perfect weather and the blooming of plants brings provides a nice vibe. As substitute teacher, Ms. Prager puts it, "All student's responses have one thing in common. That being people going outdoors and spring time as a perfect time in the year to enjoy the sunshine and perfect weather."

Samson said, "You need to go walking around the high school or walk around Ontario Mills. It's time for fresh air and a nice shopping trip." Any place is a great location to be at during the spring, be it a park, a mall, or even a garden filled with colorful and blooming plants. A little stroll around a block or window browsing, and maybe even a purchasing streak at stores are all splendid ideas. Of course, there are other places that are most certainly worth a visit.

Botanical gardens, such as the LA Arboretum, as well as the Huntington Library and Gardens are both fabulous places to stop by and sight-see, as both places contain many well-crafted buildings, waterfalls, gardens, and greenhouses. On top of that, both places are lush during the spring, as well as offering a small ten percent discount for students visiting.

Prager states that, "I've been to both places, the Japanese Gardens in Huntington Library and Gardens is absolutely beautiful. I would recommend everyone to go check out these two places; both places don't require a whole lot of hiking because they're easy to walk through, while taking in the beauty with the unique gardens and history all around."

From many activities to try out as well as places to go and see someday, springtime is the best time to go places. Kick back and relax or go out and enjoy nature because the weather does not seem to be any better than this time of year.



By Cameran Wilson
Staff Writer

For many individuals, there is no better way to spend a beautiful spring day than cycling. For biking enthusiasts, hitting the pavement or trails is the best type of enjoyment. Luckily, there are many nearby trails and places for cyclists to ride.

The Route 66 Bike Trail, in Rancho Cucamonga, is a great place to go on a spring day. It is a segment of the Route 66 cycling trail that if traveled upon, can lead to other segments of the Route 66 trail. According to a reviewer from the website, "TripAdvisor," the cycling trail is described as, "It's not the prettiest or most scenic path but it's smooth, clean, level and wide enough for safe biking or walking."

A major part of the Route 66 cycling trail is its own path for walkers or joggers and cyclist alike. A reviewer from google said, "Most of the way, walkers and bikers have separate, dedicated paths." The length of the trail can be very long, depending on how fast a person is cycling or walking.

The website TrailLink.com said, "The

segment in Rancho Cucamonga includes a 10-foot wide, concrete trail for bikes." The Rancho cycling trail has a short bridge, which it seems to be known for that people cross, while jogging or cycling. The Rancho cycling trail is just one of many segments of the route 66 trail.

The second cycling trail is the Pacific Inland Trail, which is located in San Bernardino as well. The trail segment is said to have followed an old railway at some point. The bike trail is also somewhat connected to the Rancho Cucamonga segment of the bike trail. According to the website, TrailLink.com, it said, "The Pacific Electric Inland Empire Trail is a great commuter and recreation trail in western San Bernardino valley, with expansive views and connections to community centers and parks." The Empire Trail is another one of the many great segments of the Route 66 Trail.

Both of these bike trails have a lot to offer for joggers and cyclists. The trails have unique features, such as the cyclist's lane and the jogger lane, which makes it work for both users.



The Effects Nature Has Upon Us

By Lianna Smith
Staff Writer

There are many great ways people overcome their stress and anxiety. There is one method that people say helps the most and that is being outside. Plenty experience feelings of relaxation by just spending time outside or doing outdoor activities. However, people may wonder how this sense of calmness, comes about, when people are outside?

Teton Gravity Research's online article, "What Makes the Outdoors So Relaxing," by Vincent Stokes, said, "Breathing is linked to the production of stress hormones. When we're breathing rapidly, our sympathetic nervous system is activated and the body is energized for the 'fight or flight' response." Stokes said breathing is linked to the production of stress hormones, which means that depending on our breathing our mood can be affected too.

School Psychologist, Maricea Ortiz, supports these claims when she said, "Our brains produce serotonin and endorphins that help us relax when we are outside. When we are outside, our bodies slow down and help us feel peaceful and calm. Focusing on calming things, helps us disconnect from everyday stress and anxieties."

When outside, people tend to focus more on themselves, which helps calm them down and make them feel very peaceful. It can be hard to experience in everyday life, since people are constantly surrounded by stressful situations.

For many people, the outdoors is a place for them to escape and have all their worries melt away. But even if t h e



outdoors is relaxing, one might wonder if the outside should be used to help people to calm down. Many Psychologists and therapists recommend that people go outside to help with anxiety and stress. Of course, there are exceptions for people who have bad experiences with being outside. But it is highly recommended. Ortiz also recommended going outdoors to calm anxiety when she said, "[...] there's been studies that prove that spending time in nature helps with anxiety and stress."

In addition to the calming effects of nature, it also has more to offer. Ortiz said, "[...] being outdoors not only helps with anxiety, but it also helps with our health." The article, "5 Ways Being Outdoors Can Make You Healthier and Happier," from Sharp Health News said, "Illness and surgery can be painful[...]However, researchers discovered that patients who spent time outdoors during their recovery required fewer painkillers, had fewer complications, and experienced shorter hospital stays." So, the benefits to being outdoors are multi-faceted.

The outdoors is not just there for people to appreciate the beautiful scenery. The outdoors has been proven to provide great health benefits. So, it is the perfect remedy to solve stressful problems and should be talked about more often.

Spring Break Activities

By Juan Campos
Staff Writer
Mia Menacho
Staff Writer

Springtime is here and there are plenty of fun activities to do. Spring break gives people a chance to have time for themselves and spend time with friends and family. It is a week of relaxation and allows time for everyone to go out and enjoy their free time. The list of possible activities is endless of what people can do during break.

Sophomore History teacher, Mrs. Jennings is more of an indoor person but plans to at least travel once during the time to Denver, Colorado. She is going to be in Denver just for one day to see a punk rock show. Once Mrs. Jennings is back, she plans to spend most of her break with her husband, Mr. Jennings, and her two dogs, Buster and Winnie. Mrs. Jennings said, "It's nice to have a break for a little." It is understandable since she has over 100 students and is a very busy teacher.

Jennings is also an administrator for various school activities, which she loves. However, the activities can be hectic at times. Mrs. Jennings said, "It's nice to come back feeling more refreshed." During the break it may give her a bit more time at

home or to catch up on some things like tv series, cleaning, and cooking. Even if Mrs. Jennings doesn't consider herself to be a great cook, she likes to make and try new dishes. She said she hopes make a vegetarian jackfruit taco.

The time off from school is something all students and teachers look forward to happening. Junior, Anthony Diaz said he plans to go over to his friends' houses because, "I always have a lot of fun and it makes me feel joyful." School can be extremely challenging for students, as Diaz said, "Spring break is something I love because it allows me to have my own time and enjoy it with the people I care about, without having to worry about school."

At this point, school is more than halfway done and for many students, there have been both negative and positive impacts from this school year. Diaz said, "School has been getting pretty challenging and stressful. but I see it as a challenge and I will continue to do my best."

Spring break is right around the corner. So, whether people are planning a trip, planning on taking it easy, or just planning to catch up on some needed sleep, it is a much-anticipated event. Also, with the easing of mask restrictions, the possibilities of fun activities are so much better than last year. So, take advantage of this year, but always remember to be safe.



The Great Outdoors

Southern California Hiking Locations

Tips N Tricks: Camping and Hiking

By Kaylie Berry
Staff Writer

Hiking is a great way to be out of the house and grab some exercise. It can be a lot of fun, as well as a pleasant way to spend some time, either with family and friends or alone in nature. Junior, Adam Duong said, "I like hiking to get fresh air and to refresh my mind."

There are many excellent hiking trails in Southern California. The article, "The Best of California's Amazing Hikes," by Ashley Harrell, states that some of these trails include, "Boy Scout Tree Trail, Fern Canyon Trail, Lassen Peak Trail, Lost Coast Trail, Lands' End Trail."

When people go on hikes, they usually go to grab some exercise or see nature. Sophomore, Jack Emerson, who loves hiking and has been going on hikes since he was a kid, said, "I enjoy going on the Pacific Crest Trail. I only usually go up it a few miles and back because it is a really long trail. But from what I've seen on it, it is very beautiful and you get to see a lot of cool creeks." Also, Bill Furey, the lead

hiker and founder of the Heritage Hiking Club said, "The Redwoods of Yorba Linda, Chino Hills State Park, Santiago Oaks Regional Park, and Peters Canyon are all great trails to go for viewing nature."

The Heritage Hiking Club is one of the many hiking organizations in Southern California. Furey said, "The Heritage Hiking Club is open to families, friends, hikers, outdoor enthusiasts, backpackers, week-night and weekend walkers. The goal is to connect with others in our community and discover new places to hike and explore in and around Southern California and beyond." Being a part of a hiking group can be a terrific way to spend one's free time and just seek some fresh air, while bonding with people in the community.

Going on a hike can be really fun to do with family and friends. Emerson said, "If I'm with people, like family and friends, it would be nice to go on a long hike to spend time with them." Some suggested hiking trails that would be great for family and friends comes from the article, "Best Hiking Trails in Southern California for Families," which suggests, "Palos Verdes Peninsula, Vasquez Rocks Natural Area, Paramount Ranch, Newport Valley."

Some people also like going on longer hikes, mainly for exercise. A few good hikes for a longer experience come from Duong, who said, "Fish Canyon is a really good hike, along with Mount Wilson, and Half Dome if you would like to go on a longer or more challenging hike."

Hikes can be a lot of fun, no matter the circumstance. Whether people go to clear their heads, seek some exercise, or just have a good time, a hike will always make them smile in the end!



Joshua Tree's Hidden Nature

By Kaylie Lara-Villagrana
Staff Writer

Nestled within the heart of the Mojave Desert spans a popular destination, known as Joshua Tree National Park. It has captivated many travelers who are seeking physical activities, and inspiration from nature, which is at its peak during the Spring season. The indigenous land was once home to many Native American tribes and has, over time, seen a multitude of visitors throughout the years.

In light of this, the state then recognized the area of land as a national park to be protected. The area also has a variety of inhabitants that are distinct to its specific region, such as its given name. Home to the Joshua Tree and beautiful desert plants or lilies, the national park has small mammals, such as mean coyotes and bobcats along with insects that range from giant scorpions to Painted Ladies, which can be

seen scurrying throughout the desert land. In addition to a wide variety of wildlife, there's numerous activities to be shared with companions and mother nature, herself.

Joshua Tree's bountiful nature is one of the many beauties the park has to offer, but the well-known rock formations is what attracts many visitors during the blooming season. The 800,000 acres of land is home to distinct rock formations and landscape for rock climbers to enjoy, and even non-climbers to sightsee.

Junior, Paul Russel, is an avid rock climber and previous resident of the Joshua Tree community. He shared his experience with regards to rock climbing and the popular formations, when he said, "One of the most famous ones that draws a lot of climbers in is called the Eye of the Cyclops... Intersection Rock... There's just so many different rocks... Or there's rocks that just describe the natural shape... but almost every single rock is named something..."

Popular landmarks, including The Eye or Skull Rock have distinct features, which helped to establish their names. But there are thousands more formations, ranging in size, for visitors to explore and find during their own adventures. The Joshua Tree National park is not only a common place for rock-climbers to enjoy, but also for naturalists or tourists during Spring.

Russel said, "So, for sure, you can do-there's-there's nature hikes... climbing stairs built into rocks. There's a lot of good options for photography. There's lots of great wildlife... unique flowers that bloom in the Springtime. A lot of people



By Thomas Wingert
Assistant Editor

Hiking and camping in the wilderness are often a love-hate situation for many people. Some love it because of how beautiful the scenery of nature is and some people hate it because of the gnats and bugs, as well as how rough the outdoors can be. However, with a few quick fixes, people can be ready to face the great outdoors and actually enjoy it.

Hiking and camping outdoors can be harsh and can leave many people injured or tired in all the wrong places. For hiking, Eagle Scout, Olson Grubb, said, "Make sure to research the area you're going to and the plants and animals that are there. This will help you prepare for the weather and terrain and it's always good to know what plants and animals you should try to stay away from."

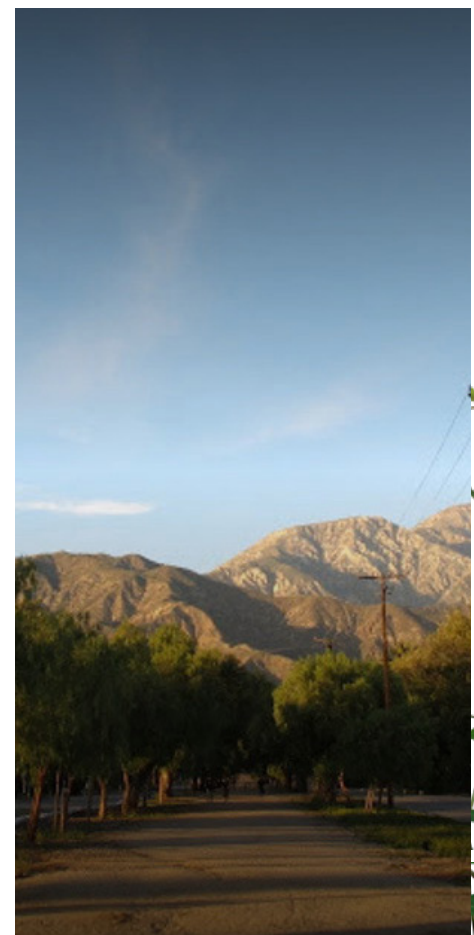
Grubb further explained that it would be best to hike with a friend or family member because it is more enjoyable and in case of an emergency, there is someone available for help.

The right equipment is also key for any trip. Grubb said, "Invest into some good camping gear, and make sure to bring the proper gear for the type of trip you're going on. Don't bring anything you don't need though, because you have to carry and take care of everything you take with you." Having more equipment than needed is a bad idea because it is hard to maintain all of it and it also adds extra weight. For beginners, hiking and camping can prove to be a struggle, but as long as they take along the right equipment and research the right information, the trip will be a lot smoother and much more enjoyable.

Grubb gave some added advice when he said, "I would say try to stay on the path and not go off of it. Also, I would bring camping supplies and a map." Coming with the necessary equipment can quite lit-

erally save lives, especially in the case of an emergency. The type of equipment people absolutely need consists of a flashlight, a first aid kit, a whistle, rain gear, some "trail" food, water, matches, compasses, sun protection and lastly, a pocket knife.

Camping is a whole new world and far different from being in cities or on farms. It is a new experience that not many people have the opportunity to do and enjoy. Hiking and camping can provide life-long memories, as well as allow people to "reboot" or "refresh" People really need to experience the sights and sounds of Mother Nature for themselves.



go just to have peace and quiet and stargaze."

The Joshua Tree National Park has activities for all to occupy themselves with, whether it is with a group or to spend time alone. Its all-inclusive forms of entertainment are what draws people to return for a new adventure each time. Even if the day activities are not to one's liking, the night is able to bring a new connection between man and nature.

Russel further added, "There's no light pollution there, if you just want to go to stargaze that is more than enough to enjoy just all the natural beauty... So the thing with that place is it's obviously the desert, so you have to go at the right time of the year... Early Spring or fall, winter can be very cold... But I would most definitely recommend visiting." It's a beautiful area to experience alone or with others, and to create connections with people and the land itself, just by appreciating the outdoors.

True beliefs to the core, Russel added, "National parks are very special and that they should be respected. You should just try to respect the land for what it is. It's not

going to last forever, if we don't take care of it, and-and this land has changed hands many times. We've seen it taken away from Native people and we've seen how sometimes, people can't keep it clean and if we, as the present generation living, do not take care of these types of lands, then they won't be here for the future generations. These places are not going to last forever, unless we take care of them."





Features

Spring Cleaning and Organizing Benefits

By Megan Larsen
Staff Writer

As spring time approaches, the season of new beginnings welcomes the beautiful flowers in bloom, the animals awoken out of hibernation, and mother nature seems to flourish. The invigoration of spring also brings the dreaded “spring cleaning” bug. It is the time of year when many dedicate themselves to hours on end of cleaning up, decluttering and reorganizing the mess from the past. Despite the taxing chore, spring cleaning provides benefits ranging from strengthening people’s immune system, to reducing stress and depression, and even helping people to avoid injuries. In today’s society, many teenagers are not usually well-known for being cleaning experts. Senior, Emily Huicochea, said, “When I know my room is clean and organized, I feel like my life is put together.”



The process of organizing contributes to not only a tidy room, but a tidy mind. Junior, Gianni Trujillo negated this idea when he said, “You might spend too much time organizing your home and then organizing other aspects of your life. Your life won’t always be put together” By not being too caught up in the cleaning groove, but just enough to make everything spic and span, teenagers can organize their lives and reduce their stress levels. In order to get to the organizing part, there are a few tips to follow. Starting off, creating a list of things that need to be accomplished is vital to achieving success in spring cleaning. In the book, “7 Habits of Highly Effective Teens” by Sean Covey, it explains the time quadrant and, “Putting first things first.” Beginning with the most urgent and most important activities to be completed and writing them at the top of the list. Secondly, the not as urgent, but most important things to be done go next. Then, the not

so important, though still urgent, are written down. Lastly, the not important and not urgent things are last on the list. If this system is followed in order to be prioritized, it is proven with a “100% completion rate. Covey said that by



prioritizing, stress levels are reduced, the most important things are done, and all activities can be completed one by one. Covey then explains that in addition to making a list, setting goals for when those priorities should be accomplished is crucial. If there are no goal dates, the chance for procrastination is high. Following the four quadrants does, in some way, set the activities to time goals, yet not properly. If the spark plugs on the car need to be replaced asap, then plan a date and set it on the calendar for when that task will be completed. Covey said that similar to drawing up a blueprint for a house, setting goals is comparable to drawing a blueprint for life. Whether they be short term goals or long. Planning ahead for the future, “Allows for a road to success, whether it’s good grades or a clean

room,” said Covey. Setting a blueprint is something Gianni believes is important to obtaining an organized life. Whenever the starting point is, people must always make sure to put a date on it! Lastly, it is important to start the ball rolling. Starting is always the hardest part. Once each task on the list starts being knocked off, tasks become easier to complete. By having a list and goals for each task, everything is much easier and just falls into place. If discouragement and low motivation occur, the plan will still be there waiting, when motivation returns. Even after springtime passes, turning cleaning into daily habits and forming a routine can benefit everyday life greatly. Tasks as little as making the bed or cleaning up the room, before bedtime, can contribute to a more successful and less stressful life.

Indoor Plants and Gardening

By Jeddah Acklin
Staff Writer
Isabella Roccia
Staff Writer

Recently, the love for plants has increased greatly since 2020. It has become much more common for people to have numerous plants within their homes. From being a way to bring the outside in or to just be a subjective way to style one’s room or home, plants have grown incredibly popular within the last few years. There are also certain plants that will most likely continue to grow in their popularity. According to Liza Joyner, author of “Popular houseplants: 14 trending houseplants that will be everywhere in 2022,” there are beautiful plants that are predicted to grab attention, such as succulents, tropical

plants, horticultural plants, and more. Owning and taking care of a plant may mean something akin to devotion for some people, whereas it may be just a simple hobby for others. Senior, Kya Jones is amongst those individuals who are devoted to their plants. Jones said, “I was sad one day, so I bought a succulent to brighten my mood and it made me happy caring for something.” Jones further explained, “I mainly started buying them because they made me happier, [...] they’re not just a decoration. They’re for my personal enjoyment too.” Jones has a total of 24 plants and wants to continue buying them. Jones has also influenced many friends to start buying plants.

The rise in popularity is good news. It’s not only a way to help keep our earth green but it is also a way to connect with

others. Plants stores have also grown in popularity and it’s more common to see them around one’s city. A great plant store located in Upland, is Highland Garden Center. It has a huge selection of beautiful varieties of plants that are inexpensive. Another plant store that is definitely worth checking out of Noren’s Nursery. The store is near Upland, located in the Claremont village. The shop is full of many plants, but especially different types of succulents. They have a variety of sizes as well, with an affordable price range on everything.

Houseplants are not the only item finding its growth in popularity. Gardening has also become a normal hobby of some people within the past few years. Instead of bringing the outside in, one can continue to support their love of plants and take it outside by gardening and planting.

Whether it is to grow fresh edible plants or to have an eye-catching flower garden, it’s been known to be therapeutic to contribute to outdoor gardening. Author, Tim Hodson of GPN’s online article, “Survey Says Gardeners Will Be Growing More in 2022,” said, “When asked what is driving their interest, the top response focused on gardening’s ability to lower stress and create an overall sense of health and well-being,” making people wish to continue with the activity because of the discussed benefits.

So not only is buying beautiful house plants and planting beneficial to one’s sense of well-being, gardens also look great outside. It is an amazing form of self-love. With the obvious spark in popularity, it is never too late to start adding some green to one’s life.



Features

Hidden Gem in Mt. Baldy

Liyah Sera, Staff Writer

For the city's rich history, Upland has always valued the importance of nature, whether that is being the annual Lemon Festival or the general feel of the town, due to the surrounding mountains and the Angeles National Forest. But what people may not know is that there is more to the well-known Mount Baldy mountains than the beautiful sights. According to the San Bernardino Sun's article, "Resorts drawn to Mount Baldy," by Mark Landis, Mount Baldy Village was established by the community of Upland and was formerly known as Camp Baynham. It served as a camp site for travelers but later, became a small mountain community and a rest stop for visitors. It has most of the resources people can find in any town: a Post Office, Sheriff/Police station, one hotel, a restaur-



rant, and a school that serves students kindergarten through eighth grade. Even though the town has a whopping population of 307, the community seems to be as close as ever.

On the way into town, people are greeted with views of trees and various winding roads that show Upland from a high elevation. Once in the town, the seasons are prominent and the people are kind. When speaking to one of the residents, Harold Ayers, who was asked how it was living

in a somewhat secluded area, Ayers said, "Even though people say that living in the mountains is like living in the middle of nowhere, the people have accumulated habits that make it convenient to live in an environment like this." The village spans about 4000 acres, but where the main town center is, it spans about a mile from city sign to lounge and hotel.

In a town like this, it is hard to find entertainment that is not comprised of nature walks and stargazing. But locals like to gather at Mt. Baldy Lodge Restaurant or the Creekside Tavern to share community. Ayers added, "Everyone who lives up here pretty much has known each other their entire lives. But with things constantly changing, it is nice to still be connected in a way."

The Mt. Baldy Lodge restaurant is a traditional diner, but has full bar that has a live band perform every Saturday. There is also a play area, with some new and 80's style arcade machines, like Pacman. According to the Mt. Baldy lodge website, the restaurant also offers cabins that

are available for rent all year round and accommodations, such as access to the pool or hiking tours. Overall, even though going to the mountains does not seem the best way to spend an evening or a Saturday night, the village offers a way for locals and visitors to have a fun time that does not involve physical activity.

Although people who live in urban areas might not understand the need to be in nature and surrounded by the elements, people like Harold Ayers prove why nature is an important part of some people's lives. Ayers noted that, "Waking up every morning and simply breathing in the fresh air of the trees is why I stayed up here. It makes you feel more grateful for what you have and I, personally, believe that it makes people more intuitive with mind and spirit."

The village of Mount Baldy is not what people expected to come from a mountain town. Instead, visitors are greeted by genuine, good people, who share a love for the environment and are not too busy to take time to be friendly.

A Journey into Enchanted Cafe

Daniela Cortes Ortiz, Staff Writer

Requiem: Coffee, Tea, and Fantasy is a cafe located on Clementine Street, in Anaheim. It is best known for making people feel like they have stepped into a multidimensional atmosphere. The Cafe upholds a sci-fi-fairytale aesthetic, which is the inspiration for the menu. When you walk through The Requiem, you will first notice a tree, with enchanted-themed lights and decor. There are even nooks for you to sit in the tree and enjoy the adventure! Guests can order themed teas and coffees, as they admire the cafe and its features.

The Requiem website describes itself as, "Requiem is a cafe, but also much, much more. Requiem is a love letter to escapism and imagination. Here, patrons can leave the stress and strife of the outside world behind and embrace coffee, tea, and fantasy. Equipped with a fairy forest, a castle fortress, a steampunk coffee bar, and a sci-fi gaming area, there is a place inside Requiem for everyone. If you have ever needed a place to go and enjoy the things you love with kindred spirits or in pleasant solitude, Requiem is there with

a cup of something warm and tasty in hand."

Customer, Ray M. said, "I ordered the lavender lemonade and I sat in the nook of the tree. I like to just enjoy the atmosphere, that's the best part about the cafe." When it comes to the service, customer, Jazmine L. said, "Service was great. When it was my first time here, they were welcoming and appreciative. I ordered the Bonfire Coffee, it's my go-to whenever I come here."

Requiem has multiple menu options to choose from. However, they are most known for their "potions." The menu is not an average cafe menu. They offer such

unusual drinks as, "Stamina Potion" Lychee Lemonade, "Mana Potion" Lavender Lemonade, and "Health" Desert Pear Lemonade. Potions are attributed to the theme for the cafe, and most people order potions, coffees, or teas.

Jazmine said, "It's cool that Requiem was designed to have unique sections." Requiem's a relaxing, safe space for people who share interests in comics, books, anime, movies and games. Requiem also offers a service called

"Communication Cones," where a person can simply place a double-sided object to let others know if they would like company or if they want to enjoy time alone.

It's an art installation-immersive cafe that is designed to have a section for ev-



everyone. Jazmine further said, "We like to come with a small group of people, grab a drink, then we'll just chat and go get something to eat outside. Service here is pretty good. Sometimes, busy. But that's normal everywhere and anywhere. We like taking pictures in the enchanted section of the cafe."

First-timer cafe visitor Belle said, "It's a gram worthy cafe to post. It has cool spots. It's not an ordinary cafe and that's what I like about it."

The Cafe was artistically designed by SPFX Artist/artist and director, Heather Hermann who understands the assignment of a multi-dimensional realm. Requiem is broken into four sections; Fairy Forest, Castle Fortress, Steampunk Coffee Bar, and a Sci-Fi gaming area. Elliott W. said, "There's a section for everyone. It's a cool place to hang."

Despite the fact that it is a little bit of a drive from Upland, Requiem: Coffee, Tea, Fantasy is a place that everyone should try at least once. With its unique atmosphere and multi-dimensional wonderland, Requiem provides an enchanting experience that can't be missed.

Upland Nutrition: A New Health Initiative

Venecia Jacobo Martinez,
Layout and Design Editor

Spring is for cleansing and neutralizing yourself. During the spring time, people are usually start to build their bodies for the summer. Owner of the Upland Nutrition Store, Yuri Farrell, can help those individuals who want to become better versions of themselves.

Farrell's journey to opening Upland Nutrition started back in college, when he was making unhealthy decisions. His friend made a comment to him stating, "You only get one temple. Why put garbage into it?" Farrell expressed that this was his turning point and he began his healthy lifestyle. Afterwards, he shared what worked for him to his close friends and family. Farrell said, "My biggest advice is to follow your dreams." Taking his own advice, it inspired him to open Upland Nutrition on November 21, 2022. Farrell said, "I love that I can take what I did and

share it with the community."

At Upland Nutrition there is something for everyone, no matter one's age. Farrell's targeted audience is teenagers because as he said, "This is around the time they tend to eat all the junk food." Farrell's belief is that there is always a healthier option. His store provides protein-based options from items one can eat to several drinks. They also provide natural teas and BNC vitamins. If a person needs guidance with his or her own journey to a healthier lifestyle, Upland Nutrition arranges one-on-one coaching for free. A person can obtain advice on what can help, based on what the body image goal is. Upland Nutrition is also starting "Wellness Wednesdays," where a person can go in and ask questions about goals, go into more detail about learning what a healthy lifestyle is, or finding out how to become a better athlete.

Since Upland Nutrition is close to campus, students like to go there after school. Sophomore, Mixtli Espinoza said, "I've

been there a handful of times and I really like their teas. I think it's very convenient that I am able to go after school. I like to walk around my home. Drinking the smoothies have helped me stay energized



throughout my whole walk." Being in high school, time management can be difficult. A goal Espinoza has set for herself is to take one hour a day and dedicate it

to working out and building her healthy lifestyle. Espinoza said, "Although my goal is one hour, sometimes I can't. But that doesn't mean I don't do it at all. I, sometimes, take fifteen or thirty minutes and

call it a day." Espinoza said that she has recommends Upland Nutrition to people around her, such as family and close friends. She really wants to branch out and try different items on their menu. Espinoza said that her next item would be food, like a waffle or donut.

Upland Nutrition is open to anyone who is interested. It has a very pleasant atmosphere and

is local to the city of Upland, so if a person is looking for the next step in his or her healthy journey, Upland Nutrition seems like a great place to start.

Features

Outdoor Clubs On Our Campus

By Alessandra Sandoval
Staff Writer
Garret Sevulpeda
Staff Writer

Even though, one may feel there is not enough time for it, school clubs can be a great way to create bonds that last a lifetime, not to mention they look good on any college application. The main purpose of school-sanctioned clubs is so that students can find people who have the same interests. A great example of a club are the Key Club, Gardening Club, and Animal Activist Association. The clubs provide the opportunity for youth to participate in activities, while in a supervised environment. Some clubs focus on one specific area and others give an array of activities.

Some students may be familiar with an organization by the name of "Kiwanis," however they might not be fully informed as to what this organization is. According to the Kiwanis official website, "Kiwanis International is a global community of clubs, members and partners dedicated to improving the lives of children one community at a time."

To be a part of this loving community, students must join our school's Key Club. Unlike other community service clubs, Key Club is not limited to only helping out around our campus. Club members are instructed to help out throughout the entire community in ways, such as fundraising, volunteer work, and more. Freshman, Ell Escano described the club activities when she said, "As well as bettering the community, this club has helped us better ourselves as people too." Many of this club's members are passionate about sharing the way that this club has helped them better themselves.

Volunteer work in this club can also go towards community service hours, which saves on the overall time students spend on finding where they can find work in and where they can find work that best suits their schedule. The volunteer work

that students do is not anything strenuous or overbearing. In fact, club members believe that it is more enjoyable than anything difficult. Not to mention, members of this community are kind-hearted, helpful, and extremely welcoming towards newcomers looking to join.

Even though joining this club looks great on a college application, students are

Lopez; treasurer is Manuela Hernandez, and the secretary is Madi Arrula.

According to Ms. Tiritilli, the club started from the prior animal science teacher taking students on a field trip to a zoo and, "Students were saying when are we going to get our zoo field trip... I asked my boss. What do I do here? These kids want to go on a field trip to the zoo.

According to members of the G.R.O., "Environmental waste is any sort of unusable material that can potentially harm our land, air, or oceans." Our school's Garden Club does far more than just care for the garden. One of their main focuses is to spread awareness about different types of waste and ways that people can prevent these wastes from harming the ecosystems.

The club works in many ways, such as finding problems that can cause waste or waste-related issues, looking for creative solutions to prevent the waste, and trying to implement these strategies to make a difference in the community. One of the club's members, Freshman, Kylie said, "We plan on talking to the district's council members in order to discuss ways that we can prevent some of these wastes."

The club even goes so far as working with our school's nutrition in order to prevent waste caused by some unwanted food items. Some of their more garden-focused goals would be to maintain a healthy weed-less garden and to rebuild the school's garden beds. The work that is done in this club counts as community service time and is also a great way to bond with fellow students. The overall goal of this club is to raise awareness and build a better and healthier environment. If this sounds interesting, the club meets every Wednesday, after school, in the school garden, right next to K building.

Joining a school club has been very beneficial for many students. Some say they have made new friends, learned to manage time better, and even found a love for something new. If none of these clubs peak an interest, students should not worry because our school offers many more club opportunities to join. As of September 20, 2021, our school has thirty active, school-sanctioned clubs. The main goals, in the end, are for everyone to have fond memories to look back on in twenty years, as well as how these experiences have helped people develop into their future selves.



guaranteed to fall in love with the cause, the club, and community that comes with it. If making a positive difference in the community is something students seek out to accomplish, then Key Club is the place to start. Key Club meets after school, every Wednesday, in the lower library. The meetings usually end around 3:10. For more information about the club, students can either attend one of these meetings or email the club's advisor, Mrs. Skaggs.

Here on our campus there is the Animal Activist Association or "AAA," run by our veterinary science teacher, Ms. Tiritilli. Currently, the club president is Sarah Munoz; vice president is Salome

I was told you need to do a fundraiser but before you do a fundraiser you have to officially form a club. Then the fall fundraisers are done through the club."

Since then, Ms. Tiritilli said, "The focus of the club to be more about animal protection and less about going to zoos." The club is currently trying to gain more committed members and start to visit different animal shelters. Animal Activist Association is just getting started and has a bright future ahead, with many plans in the making. If it this sounds like something that students might be interested in, they can email Ms. Tiritilli or any officers for information about the next meeting.



By AJ Whyte
Staff Writer

The California bee population is decreasing. Bees are an important part of life on this planet. According to the Sacramento Bee's online article, "Last federal report says honeybee colonies down in California," it said, "In California, there were 30,000 fewer honeybee colonies between Jan. 1, 2017 and Jan. 1, 2019, a loss of about 2.6 percent of the state's honeybee colony population. ... Nationwide, the decrease was smaller, with honeybee colonies during that time decreasing from about 2.8 million to 2.6 million."

The decline is an obvious concern due to the fact that bees support the growth of most foliage in California and oxygen levels would decrease drastically, if bees became extinct. Bees all over the world are dying out but it is happening more drastically here in California. The answer to the problem lies in the issue of global warming, the lack of a fit habitat, and the use of

pesticides. According to Anthony Maffei, an expert in Melittology, or the study of bees, "The bee population is declining at an unstable almost random rate, due to many known and unknown factors, such as mass



disease, pesticides and obviously global warming."

The issue is clearly something that needs to be taken more seriously in society, due to the fact that it may have drastic effects on the environment, as well as humans and animals that breathe oxygen. Bees pollinate plants, as well as help spread seeds that are caught in their bodies. Pollinating causes plants to produce fruit and seeds, which continue the plants existence on the planet.

Without bee's pollination it would be

practically impossible for vegetation to thrive and many plants would die out as a result of not being able to spread and reproduce. Maffei also said that the work he is doing now, as compared to before, has not changed drastically. The focus now is on relocating bees, instead of exterminating them, like they did in prior decades.

The online article, "10 Ways to Save the Bees," explains that there are several steps people can take to help conserve the bee population. The article states, "Plant a Bee Garden, Go Chemical-Free for Bees, Become a Citizen Scientist, Provide Trees for Bees, Create a Bee Bath, Build Homes for Native Bees, Give Beehives and Native Bee Homes, Teach

Tomorrow's Bee Stewards, Host a Fundraiser, or Support Local Beekeepers and Organizations."

Other ways people can support bees include buying honey from protected bee farms, in order to support local businesses to save more bees. Maffei also said that education, regarding saving bees, should

be taught throughout schools, in order to educate young people about the situation at hand. Finally, one of the key contributing factors to the declining bee population is the toxins used to keep insects and animals out of farm crops. Pesticides should be eliminated from farming and safer chemicals should be used to keep insects out of crops and other vegetation.

The declining bee population is becoming a problem in society that does not garner enough attention from large media sources and the general public. It is an issue that needs to be taken much more seriously for future generations to come.



Features

Infatuation Behind Euphoria

By Samia Gazi
Staff Writer

No matter the extent of its sheer graph-icness or gory bits, Euphoria undoubtedly has young adults and teenagers in a trance. Perhaps it is the visually-pleasing ambi-ance, or it may be how they portray the high school experience as a whirlwind of pain and emotion, with glitter thrown on top. On the other hand, it could be the fashion, which is uniquely curated to the personal-ities and background stories of each char-acter. It may even be the music. No matter the factor, Euphoria offers something for young people to relate to or for teens to see themselves represented on television.

Although Euphoria takes place in a somewhat suburban, lifeless town, it is the filters that play on colors and the overall visuals, which beautify the plot. Accord-ing to the No Film School’s online arti-cle, “How ‘Euphoria’ Uses Dreamlike Visuals to Capture Self-Destruction,” by Alyssa Miller, it said, “Euphoria is a state of mind. It’s the state of mind we are in as we watch the beauty and chaos and vi-olence unfold in front of us, reaching out to hold us close and tell us everything is fine for just one, siWWngular moment.”

Just as it is defined, Euphoria juxta-poses the good versus the bad aspects of our lives through symbolic colors and par-allels to season one. Viewers feel as though they have entered an alternate, high-school experience, where the pain and exhaus-tion still exist, but they are enhanced with cool and warm-toned filters, which sym-bolize the context of the storyline. Mill-er further points out that Purple and blue filters are seen prominent in Rue’s scenes where she battles with her overwhelming and formidable drug addiction. On the oth-er hand, many of Cassie Howard’s scenes this season involve warmer, sunnier fil-ters, to represent the false happiness she feels in her intense infatuation with Nate Jacobs, her best friend’s ex-boyfriend.

In addition, Miller also said, “Euphoria’s visu-als have always highlighted the emotional states of the characters. ‘You Who Can-not See, Think of Those Who Can’ allowed a visual style used specifically for Rue’s debilitat-ed state to in-fect the world of Euphoria, and it was intoxicat-ing to see visu-als that captured the minds of our characters.”

Every cinemat-ic decision made by Euphoria’s pro-duction team has allowed viewers to roam closer and personally observe the complex characters they have created.

Heidi Bivens, the costume designer for Euphoria, allows symbolism to cast

its presence behind every outfit detail. In Interview.com’s online article, “Heidi Bivens Gives Us the Dirty on Euphoria’s Costume Designs,” by Mel Ottenberg, it explains that as Rue Bennett’s drug re-lapse is followed in the new season two, her character continues to be dressed in dark colors and pieces that look as though they did not have much thought put behind them. However, she is seen in both seasons one and two wearing a maroon jacket that belonged to her father, who passed away, which emphasizes her grasp on the past.

Ottenberg further explains that Bivens has Cassie wearing sweet and innocent-ap-peating outfits involving pink, white and baby blue. She still feels childish and re-fuses to admit when she is wrong, especial-ly when she starts dating Nate Jacobs, her best friend Maddy’s ex-boyfriend. The only time Cassie changes her wardrobe this sea-son is to replicate Maddy’s style because she knows it will please Nate, which seems to be a goal that controls her every move.

Bivens said, “In terms of style, I played it safe the first season. I really tried to be conscious of making it realistic, so that the audience couldn’t really pick the story apart like, ‘Jules could never afford that purse.’ I know I sort of pushed the boundaries with some of the risqué looks that might not normally be allowed at school, but in general I tried to be really consistent with what kids can actually af-ford. This season, that went out the win-dow, because I just wanted to have fun.”

Ottenberg revealed that for the charac-ter of Lexi, Bivens has chosen to combine private school prep and diverse colors as she is seen wearing loads of plaid and col-lared shirts and dresses, which symbolizes her maturity and grace. Maddy is known for her radiating confidence, thus wear-ing everything from excessive sparkles to clothing with cutouts and eye-catching, two pieces. Kat Hernandez wears dark, netted clothing and heavy makeup to com-plement it, which is accompanied by the occasional reds and greens. Jules Vaughn is

like Nike, Supreme and Ralph Lauren. On the other hand, not-so-fan-favorite Nate Jacobs is usually seen wearing mut-ed tones and basic pieces, as it would be difficult for his wardrobe to reflect his abusive and villainous qualities, when in actuality those traits remain hidden in re-al-life abusers, just as they are in Nate. The extensive play on colors and patterns



attaches itself to a much larger symbol-ism that is exhibited by each character in the way they appear through fashion.

Junior and adamant viewer of Eupho-ria, Melanie Jenkins, puts the infatuation behind Euphoria this way, “I think young people want to replicate Euphoria’s visuals and fashion into their own lives because it makes people want to romanticize their lives in a better way and make their life more interesting and just add fun to it.”

Clearly, viewers are able to see the world Euphoria has curated as a vacation from their real experiences, which surely pumps the show’s publicity. Regarding the addic-tive soundtrack from Euphoria, Jenkins said, “Euphoria has shown me so many new songs that are now my favorite songs like Run Cried the Calling, by Agnes Obel, which is really chill, and Smalltown Boy by Bronski Beat, which is like 80s pop.” The di-mension to music that Euphoria has opened up for viewers is benefitting smaller artists, featured on the show in terms of their reputation and reach.

The diversity of charac-ter complexes throughout the show allows viewers to resonate with charac-ters, in one way or an- other. Maddy Perez is a confident Latina figure on the show, but yearns to be loved and cared for, without the darkness that relationships often perpetrate. Resident drug dealer, Fezco has made a larger screen presence this season and it has allowed

his soft side to show through, which has increased his attention from female fans. Seemingly, Lexi, the quiet, younger sister of Cassie Howard, is falling for Fez, and it’s hard to blame her. Lexi encapsulates the shy, lonely girl, who blushes at any

ounce of genuine male attention. In the most recent seventh episode, Lexi How-ard puts on a play, in which she reveals how the characters in her real-life have overshadowed her whole existence, which many younger siblings can relate to easily.

There isn’t one character who is iden-tical to another, in terms of personal traits. Distinguishing between character’ com-

plexes allows viewers to identify improve-ments they want to make in themselves. In addition, young people can find represen-tations of themselves in Euphoria’s charac-ters and their qualities. It makes them feel attended to and that there are people just like them that exist and can still be liked by others regardless of their flawed character.

Junior, Giselle Avila said, “I feel it’s [Euphoria] most suited to those who have or had similar experiences of ultimate-ly dealing with a problem in which they felt alone, because each character and situation throughout the show general-ly portrayed themes of shame, through struggling with internal pain/weakness.”

The title “Euphoria” alludes to the fact that individual characters experience some sort of addiction, resulting in the shame that Avila recognizes. In terms of the show’s production, Avila says, “It’s flawed, though it seems to have placed focus on characters/situations that gained popularity from social media. This could have been coincidental; however, I feel when certain storylines were becoming emphasized and talked about/praised, the writing followed it more intricately in-stead of what I thought were more relevant main storylines.” The massive increase in Euphoria’s social media presence has cer-tainly had an impact on the screen time and quality of script and scenes for sea-son two, which has increased the demo-graphic of young people who relate to it.

Euphoria has outwardly gone above and beyond in presenting the high school experience to include aspects of coming of age alongside the heartbreak, addiction, and overall hurtfulness growing up often comes with. None of the characters have reached maturity, as the show acknowl-edges the young audience that watches Euphoria hasn’t either, however, Euphoria emphasizes the battered and bruise-filled journey required to become the desired and most improved version of ourselves.



seen with multiple layers in her wardrobe including graphic tops, paired with pat-terns upon patterns. Her style whimsically combines both edge and bohemian fashion.

For the Fan-favorite, Fezco, Bivens has chosen flashes in streetwear with brands

STAFF BOX

Advisor
Stacy Little

Editor In Cheif
Max Newman

Design Editor
Venecia Jacobo-Martinez

Assistan Editor
Thomas Wingert

Buissnes Manager
Angelica Gordon

STAFF WRITERS

Jeddah Acklin

Juan Campos

Ashley Gudino

Mia Menacho

Alessandera Sandoval

Liyah Sera

Dani Valera

Cameran Wilson

Daniela Cortes

Issabella Roccia

Isaiah Manti

Kaylie Berry

Kaylie Lara

Garrett Sepulveda

Lianna Smith

Megan Larsen

Samia Gazi

Ace Davila