



# THE PLAID

## “Transitory” Inflation Still Lingers



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Editor-In-Chief

As inflation hit an all-time high of 6.2% last November, the effects were felt across the nation, as prices from commodities to energy and housing each saw a massive increase in price, following a slow closure of the COVID-19 pandemic. The Bureau of Labor Statistics reported the inflation rate, some of the highest the nation has ever seen since the 90's. While prices continue to rise, U.S. citizens are left with a gaping hole in their wallets, after their weekly grocery runs. Earlier this year, the rise in prices was driven by a few outliers, such as used car prices, which surged when automakers were unable to get key computer chips to make new cars. While the increase in the price of used cars has ebbed somewhat, other items, such as food and energy are now driving overall prices higher, and continuing to rise.

The inflation, by some economists, has been labelled as “transitory,” which is, defined from transitory as “not permanent,” though, transitory does not necessarily mean short-lasting, either. Tim Smart of US News in an article titled ‘Inflation Continued Ugly Rise in October,’ cited a group of economic strategists when he said, “Inflation upside catalysts are clearly



materializing and look unlikely to fade in the near-term.” The problem is, after six months of increased inflation, many are beginning to ask, ‘How long will temporary really be?’

Several factors come into play. From trade halts and primarily the closed ports outside of major shipment areas, such as Long Beach, LA, prices of goods have spiked. In addition, with many workers changing professions or quitting their jobs over quarantine, with the stimulus checks providing financial compensation, many services find themselves in high demand for labor. Upland High’s Government and Economics teacher, Daniel Carrasco provided insight on the situation, when he said, “The first thing that I think needs to be done, which is easier said than done - part of the reason for the supply shock is that it is too full. One, there are labor shortages. There are a load of people working who should probably be working in the near future. The unemployment benefits are going to expire, whether it was unemployment benefits or stimulus checks, that money is going to run out. It’s going to be a matter of time for people, particularly adults, if they hadn’t been working [before], they’re going to have to go back to work at some point.”

Carrasco explained his next point when he said, “The second factor, which is much harder to fix, is that I’ve read that the bottleneck at the border and even at ports, have lines being a lot longer to get into companies transporting goods from, say, Mexico. It is very difficult to get into the States because people are doing checks, particularly for COVID. If you have that bottle-necking, where it takes you a lot longer to go through a line to get across the border, then there’s clearly going to be a delay for everything. There are huge transportation delays right now. Our biggest port on the West Coast is at Long



Beach and it’s a combination of not having enough workers and the government making sure that people, who are coming into this country, aren’t sick. If COVID begins to trend down, I can see the government relaxing their restrictions. But if COVID rates go up because of flu season, then we might see an uphill trend.”

As inflation continues to rise and the future looks to continue the bullish trend, a second question arises of “How can it be stopped?” Historically, the government fights inflation by increasing the supply of goods and services, while simultaneously reducing money incomes; the opposite of the current U.S. situation. A new, common idea to fight inflation is to raise the minimum wage, as with more money to spend, the more affordable and less drastic the increasing prices become.

In theory, it sounds fine, though Carrasco and other economic officials oppose this idea. Carrasco said, “In California, we’ve done a pretty good job at increasing the minimum wage compared to the

national average. In California we have \$14.00 an hour and nationally, it’s something like seven. I don’t know if that’s going to solve the inflation, as typically with inflation it’s a direct result of the demand for goods being sky-high and there isn’t a lot of supply.” A better solution, as Carrasco explained, would be to, “[Address] the problem with COVID and the pandemic, and the labor shortage first.”

Carrasco’s perspective holds that in agreement to the transitory state, as the future of the economic inflation ultimately falls within the U.S. population’s urge and reason to return to work, as well as to combat COVID-19 and the current quarantine. Carrasco said, “People need to understand that we can’t have it both ways. We’re in a pandemic, and there should be strong mask mandates, and if you want things to open up, that’s great. But you need to understand that it is a mask mandate that we have to wear, is inconvenient, and nobody likes, is there for a reason.”

## Gun Rights Reach Supreme Court

Business Manager  
Angelica Gordon

Currently the long clash on states’ rights and federal power is making its way to the Supreme Court in a case regarding gun rights. Autonomy is the overall concern of the case, which aligns itself with another issue reaching the court: abortion rights. Keying in on the clashes and sides of gun rights, it is considerable the polarization the issue holds, especially in the current political climate of two central parties, within our nation. The stakes are high with the centermost part being the central pillars of “life, liberty, and the pursuit of happiness.”

As New York’s “Proper Clause Act” is probed within the highest court of America, the dispute focus-

es on gun carriership outside of the home, in specific regards to the state. It tends to hold more limitations and safeguards under the reason for the

need for public safety. On the other hand, the right of the second amendment in autonomy and property is questioned.

Exploring different issues through curriculum, McGee, a Language and Composition teacher said, “There had been a lot of mass shootings in the past years, obviously things with our government can be very polarized, which causes gridlock. One side is really extreme as the same is to

the other. But if we look at the data, although I don’t know in particular, I think most Americans are in favor of some sort of progress being made in gun control. I think there is a healthy middle ground, where people who are pro-second amendment will be happy

and also people who want to make sure of protection are happy”

Human behavior and the rights the government holds are another representative clash within the case. It dates back to a loose and strict interpretation of the Constitution as well as environmental issues. McGee said, “Government, in my personal opinion, if you’re trying to change human behavior, can control in a huge way. When you think about recycling for instance, people can recycle all they want, but it’s not until the government creates certain laws, such as the plastic bag one and no plastic straws or the government comes on to big corporations, that mentality changes. Tying back into gun rights, if you live in a state where limitations are lesser, then the second amendment is interpretive of the people who live there. In the states where it’s strict, it’s in the view of their perspective, creating subcultures within the nation. Now, it can be hard for a Californian and Texan to have a discussion, due to different governmental regulations and such.”

Tones and attitudes held towards a gun can be reflected in the mentality of its owner. Mc-

Gee said, “Interesting enough, Snoop Dogg, as asked about guns and if he still processed guns, as of my memory said he stopped carrying a gun and it felt as if it changed his mentality. It seemed as he got into more altercations and as he stopped carrying, it seemed as if such left him. But I wouldn’t know if it changes one’s mentality, as I don’t carry or own a gun.”

McGee continued and said, the Constitution is a, “Living, breathing document.” It will change and be amended, as Democracy grows. A question and considerable wonder lie in the true identity, as well as definition of America and what it strives to be. Freedom is open ended for much interpretation and as such, the Supreme Court has always relied on Constitutional values, but the states have been regarded in their autonomy, alongside the people with strong public opinion.





# News



## New Labor Shortage: Opportunities Abound

Staff Writers

Bryannah Ceron and Dani Varela

Recently, many places have been struggling with keeping businesses open and thriving, since so many people quit their jobs over the pandemic. In the ABC News 10 online article, “Investigating causes of the ongoing ‘labor shortage’,” by Lauren Brill, it said, “Things have changed drastically since COVID-19 hit. One reason is there were a lot of jobs that were lost, but also people have readjusted their preferences, what would they accept in terms of benefits. Not just starting bonuses, but even the benefits the jobs provide, which is why I think there are certain industries that are having a hard time hiring.”

With the pandemic taking such a large toll on the world’s mental health, it affected the way society views their lives and future. Several people made changes and went through different experiences during this time, which impacted their economic decisions. When certain events happen they can, “almost literally rewire our brain,” said Ulrike Malmendier, from National Public Radio’s online article, “Why are so many Americans quitting their jobs?” Malmendier cites research from neuroscience explaining how. “Evidence

perspectives.

While the pandemic influenced many of people’s life decisions, it also impacted businesses and their hourly pay. Many businesses overworked their employees. USA Today’s online article, “Staffing shortage? Bring in the teenagers,” by Jordan Schmitt said, “Teenagers have become one of the largest segments of the working population.” Plenty of teens picked up a job over quarantine, since almost every place was hiring, but were faced with the difficulty of balancing work, school, and a social life.

Junior, Destani Garcia, had to face the challenge of working during the pandemic. She recently quit her job and said, “It was too much for me. I had no time for school work, nor time for myself.” Garcia can speak for lots of teens who felt this way about school going back to in-person this year. She also explained that her job overworked her, while not paying enough and not even meeting minimum wage. Garcia became overwhelmed and stressed with so much on her plate that she eventually became too tired and chose to seek her peace and sanity. When asked if she thinks she would like to step back into another job, she expressed that she has been on the hunt for a new job that will not interfere with school and her future.

quit their jobs in September as labor market tumult continued” said, “The September data came during a period when coronavirus cases were spiking, creating child-care and safety pressures for many employees as they rethought their daily routines.”

As the cases continued to rise, more

Rosenberg said, “A strong stock market combined with stimulus checks and other benefits have helped pad workers’ savings, making it easier for them to cut loose or retire, rather than hold on to a job they no longer want.”

Americans are taking the easy way out, not knowing the damage they are



and more Americans became hesitant to work. Rosenberg said, “The number of people quitting in September constituted three percent of the workforce, according to a monthly Bureau of Labor Statistics survey released Friday. That number is up from the previous record, set in August, when 4.3 million people quit their jobs — about 2.9 percent of the workforce.”

Businesses continue to seek employees and continue to suffer. Alexander W. Bartik’s online article from pnas.org, “The Impact of COVID-19 On Small Business Outcomes and Expectations,” said, “Over the entire sample, the number of full-time employees had fallen by 32% between January 31 and late March 2020. The number of part-time employees was 57% lower than at the end of January. Overall employment declined significantly, totaling a 39% reduction from January headcount. These results include businesses that had temporarily closed. If we look only at businesses that were still operating, we find that the number of total full-time employees had fallen by 17.3%. The number of part-time employees declined by 34%.”

The people who quit their jobs are finding other ways to bring in money.

doing to their economy. Small businesses and workplaces continue to struggle to survive. Rosenberg said, “Industries with the highest percentages of workers quitting include trade, transportation and utilities, retail, and leisure and hospitality, including those who work in arts and entertainment, at hotels and in restaurants.” Businesses that require workers to come in contact with other people are the ones that are having people quit. A lot of workers are worried for their own health.

In the CNBC article, “Hiring for these jobs is on the rise in 2021, according to LinkedIn,” by Jennifer Liu, it said, “In a shift from recent years that have seen tech jobs as one of the most prominent fields for opportunity, the past year showed the rise of human-centric roles to cater to new and urgent needs brought on by the pandemic.”

The economic crisis is real and businesses will continue to struggle to survive. With workers now seeking job opportunities in other sectors and not willing to place themselves in roles where they may be exposed, no one is sure how long the crisis will continue. Perhaps, it may just be the beginning of a whole new era.



on neuroplasticity reveals that personal experiences and learning alter the strength of neural connections and fine-tune the brain structure to those past experiences.” It starts to develop from a young age and how their home environment impacts their

In September, record-breaking numbers revealed that Americans were quitting their jobs. It resulted in a revolution called, “The Great Resignation of 2021.” Washington Post writer, Eli Rosenberg’s article, “A record 4.4 million Americans

## The Debate Over Real Or Fake Xmas Trees

Staff Writers

Kaylie Lara-Villagrana  
Ashley Gudino

Christmas trees are one of the sole factors for the Christmas holiday, but every year in some households it is a question whether to buy a real tree or an artificial one to celebrate the season. Christmas trees are one of the beauties of the winter holiday and according to “Real vs. Artificial Christmas Trees: Which Is the Greener Choice?” Karen Zraick said, “Three quarters of American households display a tree — and the vast majority of those, around 80 percent, are artificial.” When buying a Christmas tree, it is

important that it brings out the Christmas spirit within each unique home for the buyer and their loved ones to enjoy.

Reasons why some people may prefer buying a real tree versus an artificial one, or vice versa, may vary from aesthetic, scent, cost, and cleanup. Junior, Kayle Martorano explained the benefits of a real tree in a home when she said, “I prefer real ones just because they smell nice and they just look prettier. Like a fake one-it’s just sort of like-you already have like all these other like plastic decorations.” Real Christmas trees not only bring alive the holiday, but the household as well, with their natural scent.

Although buying a real Christmas tree may seem to be the more festive option, there are many benefits to an artificial one as well. Martorano said, “You don’t have to clean up the mess from like all the pines falling off and you can like reuse it, so you don’t have to buy one every year.” Without the worry of excess clean up, due to falling pine needles or spilled water, the notion of easy cleanup and yearly cost



savings might appeal more to some.

For some shopping for a tree, it is not just going to the store and purchasing it. There is a deeper meaning in the symbolism behind it. The experience of going out with others to find the perfect tree can hold a special place in a person’s heart that brings added joy to the holidays. English teacher, Kristine Palisoc, shared her views on Christmas trees and the significance of which to buy, when she said, “Real trees, mainly because there’s something about the smell that brings me into the Christmas spirit. It’s almost like a tradition in my family, so we get to experience going out and picking our Christmas tree.” When asked whether or not buying a real tree is worth the money and maintenance, Palisoc said, “Not really. It’s still a tree. It is still having a tree, whether

or not it is artificial.”

Christmas trees are a large part of putting people in the holiday spirit. Whether they are buying a real tree, so the smell of pine fills the home or buying an artificial tree, to save money and a mess, the choice is a personal one. The fact remains that a tree embodies the holiday spirit and provides great memories of the closeness of family and friends during the holiday season.



# THE UPLAND EXPRESS

## Northern Lights

By Thomas Wingert  
Assistant Editor

The Northern Lights, otherwise known as the Aurora Borealis, are a beautiful sight to see and for some people, a once in a lifetime experience. While the science behind the Aurora Borealis is interesting in its own way, the experience one receives from watching the lights can change one's entire perspective on the beauty created.

The Northern Lights come in many different colors, such as red violet, red, green, pink, yellow and blue. According to the online article, "Northern Lights," from northernlightscentre.ca it explains that the different colors are caused by the collision between gaseous particles in the atmosphere, with charged particles from the sun. Northernlightscentre.ca explained the way the chemical reactions make our earth's poles so beautiful when it said, "The temperature above the surface of the sun is millions of degrees Celsius. At this temperature, collisions between gas molecules are frequent and explosive. Free electrons and protons are thrown from the sun's atmosphere by the rotation of the sun and escape through holes in the magnetic field. Blown towards the earth by the solar wind, the charged particles are largely deflected by the earth's magnetic field. However, the earth's magnetic field is weaker at either pole and therefore some particles enter the earth's atmosphere and collide with gas particles. These collisions emit light that we perceive as the dancing lights of the north (and the south)."

The Aurora Borealis appears in many

tales and folklore around the world. The online article, "Northern Lights," from northernlightscentre.ca, explained the legend of the lights as, "The lights of the northern hemisphere, means 'dawn of the north'. 'Aurora Australis' means 'dawn of the south'. In Roman myths, Aurora was the goddess of the dawn. In medieval times, the occurrences of auroral displays were seen as harbingers of war or famine."

Beauty comes in many forms and these lights are definitely one of them. When asked about the Northern Lights, Mrs. Nyguen, a chemistry teacher, said, "I desperately want to see them and I think they're majestic and magical. I think that it's an amazing, natural phenomenon. Things that kind of exist out of our world that shows that there is a bigger universe outside of people. I think that's pretty cool." Nyguen's enthusiasm and interest for the topic of the Northern Lights just shows the effect they have on people and it is one of the few natural beauties in this world that mostly everyone can agree is a majestic sight.

On the same note, Mrs. Salazar, an Environmental Science teacher, talked about how she thought about the Northern Lights too and said, "The Northern Lights really show our smallness on this planet and that there is so much more than us." The world really does hold many secrets that have yet to be discovered, just as Mrs. Salazar said.

The experience of seeing or even talking about these lights is fascinating. The Northern Lights can change the way one sees and thinks about the world. As the Northern Lights dance in the sky, below the people watch in a daze and think, how lucky they are to see such a beautiful sight.



## Holiday Foods

By Jeddah Acklin  
Staff Writer  
Megan Larsen  
Staff Writer

By the time November comes around, it is easy to see Christmas decorations are already out, long before Thanksgiving. There are events to celebrate and it is a time to spend with loved ones. However, it should also be a time to learn about the different traditions and recipes that other cultures practice this time of year.

Throughout the whole month of December, there are several different recipes that become very popular once again, all around the world. Even just cooking and baking with loved ones is a tradition in itself. Junior, Aaron Pestano, said, "During this time of year, cooking or baking just feels like it belongs in this time of year, and really brings people together."

All around the world there are many traditional dishes that only come back out during this time of year. In the article, "11 Traditional holiday dishes from around the world," on worldstrides.com, it shares eleven recipes from places such as, Israel, England, Sicily, France, Greece, Poland, Sweden, Peru, United Kingdom, Japan, and Denmark.

According to the website's article, it said that in England, they eat a pie with exotic spices like nutmeg and cinnamon called "mince pies." In France, they have a dish

called *Bûche de Noël*. It is a rich cake that is filled and rolled to look like a log. It is also usually decorated with meringue that is shaped into mushrooms or other small items, to make it appear as if it were from an actual forest. The dessert is served typically after Christmas Eve's midnight mass. Finally, from Greece, they have a dish called "Melomakorona," which is described as, "A sweet, honey-soaked cookie topped with ground walnuts. It is eaten on Christmas day, once fast is broken."

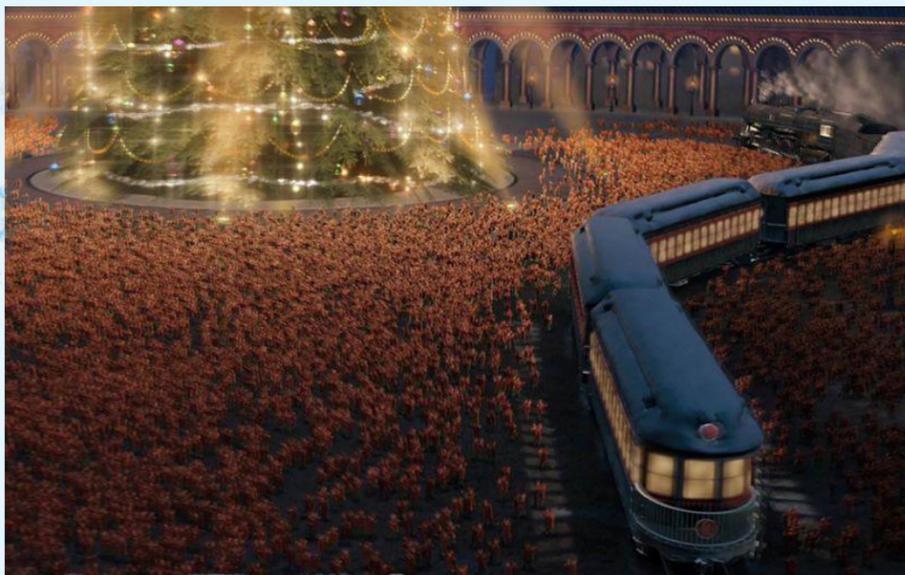


In the Latino culture, one of the popular holiday foods is "Mole." Junior, Kayla Anzaldo said, "I wait all year for the holiday season, to eat all of my favorite family dishes." Many others spend the year eagerly looking forward for wintertime to come around again. The months are truly when baking and cooking flourishes. Passing down traditional family recipes is a common occurrence among families. Anzaldo said, "I love cooking with my mom and grandmother. We talk about life and they get to pass down recipes to me."



Preparing food during the winter season is a time-held tradition for many. The delicious scents waft through the air and fill the home with smells that make anyone say, "mmm." Anzaldo said, "Especially, when you take the lid off the Mole and all the spices smack you in the face. Everyone appreciates it."

The holiday cheer does not only pertain to the spirit of the holidays but also to the ability to bring everyone together through the love of food. Now, is the perfect time to try a new dish and possibly find something to create with a loved one.



# THE UPLAND EXPRESS

## Holidays Around The World

By Mia Menacho  
Staff Writer  
Samia Gazi  
Staff Writer

Welcome aboard the Upland Express where it will take you on a spirited tour around the globe! Whether it's St. Lucia Day in Sweden or Ōmisoka in Japan, wintertime is abundant with holidays that enrich a diversity of cultures. Holidays provide an intermission into our hectic schedules, while enhancing our feelings of gratefulness.

For our first destination, we have stopped in Mexico, with its amazing culture and traditions for the holidays. Erika Huizar, also known as Sra. Huizar, is a UHS Spanish teacher. Huizar shared some of her Mexican traditions from her culture and what she does during the holidays. Huizar talked about how Christmas has been a

very important holiday that she and many other Mexican families celebrate. Christmas proves to be different for every family but what Huizar said has been one of her traditions over the years, has been for all of her family to come together on December 24th. They cook and have their children open gifts.

One specific tradition that Huizar and her family do is to pray before they eat. A traditional food that they cook is tamales with champurrado, which is like hot chocolate, just thicker and made with corn dough. Both the food and drink are made in large quantities, specifically for families.

Continuing the topic of family, many Mexican and Hispanic cultures believe the holidays are all about family and having fun together. Huizar really enjoys spending quality time with her family during the holidays, since some of them do not live nearby, like her sister and her sister's children. Huizar

told her sister, "I want our kids to know the value of having family around."

Lastly a tradition that is common in Mexico and is celebrated throughout December is Posadas, which is a religious celebration honoring the birth of baby Jesus. The celebration involves people coming together and going to selected homes, where they ask for lodging for Joseph and Mary. Although Huizar has not seen or been a part of a Posada in years, she really wants to be able to host a Posada one of these years and said, "That's a tradition I would really like to take

on."

Our Next stop, takes us on a trip to Sweden, for St. Lucia Day, which is observed on December 13th! According to the online article, "Christmas in Sweden," from whychristmas.com, it states, "St Lucia was a young Christian girl who was martyred, killed for her faith, in 304. The most common story told about St Lucia is that she would secretly bring food to the persecuted Christians in Rome, who lived in hiding in the catacombs under the city. She would wear candles on her head so she had both her hands free to carry things. Lucy means 'light' so this is a very appropriate name."

A few of the traditions observed on St. Lucia Day were explained in Britannica's online site when it said, "Families observe St. Lucia's Day in their homes by having one of their daughters (traditionally the eldest) dress in white and serve coffee and baked goods, such as saffron bread (lussekatter) and ginger biscuits, to the other members of the family." Through these traditions, St. Lucia Day also gives appreciation to women and family life altogether!

Our next adventure takes us to Japan! Ōmisoka is celebrated on the last day of the year, December 31st annually, to anticipate the arrival of a new year. The people of Japan take this day to clean their homes and belongings to signify an upcoming fresh start. At eleven p.m. people gather around to have a large meal, which often includes Toshi Koshi-soba, a type of noodle. According to piece-of-japan.com's online article, "New Year's eve Omisoka," it said, "This is a tradition that comes from the belief that eating long noodles will give you a long life and help you cross from one year to the next!"

For our next destination, we have stopped in Israel for Hanukkah, which is celebrated by the Jewish population and lasts for a total of eight days. The day that it begins is determined by the cycle of the moon. This year Hanukkah will begin on November 28th and last till December 6th. The first day marks the lighting of the first candle out of the eight on the menorah, which is the lampstand described in the Bible. During this holiday, there is also something called

the "Festival of lights" and that is celebrated with traditional food, like beef brisket and potato fritters, called "latkes" along with



games, and gifts. Hanukkah first originated in 200 B.C and According to History.com's online article, it said, "Hanukkah is celebrated to commemorate the rededication during the second century B.C" Since then, it is still celebrated to this day and will continue to be a big part of Jewish families' lives.

For our final stop, we have arrived in the Philippines! Junior, Gerard Day gave us a peek into his cultural traditions during the holidays! Day is 100% Filipino and said, "Traditionally, we have a really any celebration, lumpia (spring rolls) and Lechon (aka a roasted pig)." Day shared his unique Christmas circumstances when he said, "Every year on Christmas Eve, my whole entire family on my dad's side come together at my aunt's house and stay up all night eating food, listening to music, playing games, and enjoying each other's company, until midnight hits. Once midnight hits, we first say, 'Merry Christmas,' but then we say, 'Happy Birthday' to my aunt." Clearly, Day gets to experience the best of both worlds during the holidays.

As all trips must come to an end, we safely return to our original stop of U-High. Hopefully, the time spent on the Upland Express was a good one.



## How To Give Back This Holiday Season

By Isaiah Maniti  
Staff Writer

At this time of year many people tend to start thinking of just how fortunate they are to have homes, families and friends during the holiday season. However, not everyone is as fortunate and some folks may be suffering the loss of jobs, homelessness and much more. Although it is a shame that there are people who are experiencing difficult times during the holidays, there are still others who are willing to spread the gift of giving to those who are less fortunate.

A good way to start with giving to the homeless, the poor, foster kids, as well as families in poverty, during the holidays, is

to donate items like food supplies, clothing, toys, and much more. People can donate these sorts of items to places, such as family services, homeless shelters, food banks and churches. Senior, Sebastion Chincoya said, "I go to Mount Carmel Church and we give out food to homeless and homeless centers."

It takes a lot of effort to come together, organize and achieve the task of helping others in need. It is great if people can find the time in their busy schedules to drop in and volunteer to lend a helping hand. But if time is difficult to lend, donating items at drop off sites or by going through a drive through can be just as effective.

Senior, Maya Arredondo shared her experience of helping when she explained she volunteered at a, "Toy drive for foster kids. I help my mom and coworkers wrap Christmas gifts for kids in the system just so they get a Christmas like all the other kids do."

Companies also like to participate in giving back during the holidays. In the online article, "How Companies Can Give Back During the Holidays in 2021," by Allan Webber, it explains that companies can gain some benefits from doing these good deeds, like forming stronger relationships, increasing employee engagement, and creating an

improved community. Webber said that Companies have a few methods that work with them giving back, ranging from donating to meaningful causes, organizing charity events, corporate volunteering, and improving their local communities.

Webber said, "As a leader in your organization, you're always looking for those win-win situations in which good deeds and acts of charity can also prove beneficial to the company. That kind of synergy can go a long way toward furthering your

organization's goals, improving employee engagement, and strengthening your community all at once."

Not everyone is able to experience the holidays the same way as everyone else in life, which is why there are people out there in the world who go out of their way to give back to others in need. Giving back is simple, people just have to make the effort to give of themselves either through time, money or donations.



# Features

## The Employee Holiday Season Experience

Lianna Smith and Daniela Cortes,  
Staff Writers

The holidays can be stressful with all of the gift buying, traffic and frantic shoppers. Stores are filled with people fighting over gadgets and gifts for family members, while employees try their best to keep everyone happy. But oftentimes, it is the workers who often feel very stressed and overlooked, while dealing with customers during this time of year.

A lot of times when people go holiday shopping, something on their lists is already sold out at most stores, due to the holiday craze. According to nrf.com's

online article, "Holiday Spending reflects Consumer demand," written by Senior Director Danielle Inman, CEO of NRF, Matthew Shay said, "The retail industry is working diligently with ports, labor, shippers and transportation providers, as well as government officials to overcome supply chain challenges and make sure consumers have access to the gifts they want to give and, just as important, receive."

Holiday craze leads to chaos, as people fight over the last item, customers leave items everywhere and customers are disappointed at employees, as if the employees are responsible to control everything.

Forever 21 employee Mia said, "The most stressful part is keeping the sales floor clean and organized, especially the sale's room because people always leave items in random places."

Forever 21 employee Dominic said, "When we say we don't have an item, we're serious about it. Items tend to go

out quicker during the holidays, so when a customer says, 'Well, can you go check in the back' it gets exhausting. Especially, for those of us that do shipment, because we know exactly what we get and how much of it."

Though many shoppers and employees tend to lean towards a more negative output on holiday shopping, there are still many people who find joy in it. With the Christmas songs on repeat and the chill

in the air, it can be a comforting time for some.

Anna Bostic, Executive team

lead at Target, has a different view on shopping and working around the holidays than others. Bostic said, "I love the holidays and working

during the holiday season. Customers are so much more pleasant and generally, in a better mood. The only downfall is the long

hours."

Working in retail can be difficult to handle all year round. With many people not realizing how hard it can be to take on the role of a seasonal employee, Bostic shed some light on it when she said, "We hire seasonal employees that often come in to be dishonest and steal from the company. Many honest seasonal employees don't stay throughout the season because they don't realize how hard it is."

Despite many employees having negative experiences with working around the holidays, some still explained that they have a love for the holiday season. Bostic

summed it up best when she said, "I wish people would slow down, enjoy the season and shop with patience."



## The Popularity Of Holiday Music And Song

Isabella Roccia,  
Staff Writer

During December there are many different holidays to be celebrated. No matter the holiday, one of the most popular ways to celebrate with people is to listen to holiday music.

From Ariana Grande's "Santa Tell Me," released in 2014, to Bobby Helm's "Jingle Bell Rock," made in 1957, there is so much variety to music, during this season of giving. All age groups find themselves

listening to this music like junior, Anthony Diaz, who said Mariah Carey's "All I want for Christmas is You," is his favorite

song of the season because, "It's a classic and super catchy."

*Billboard* magazine article, "Billboard's Top 10 Most Popular Holiday Songs," found the most popular songs happen to all be Christmas songs. Songs, such as Jose Feliciano's "Feliz Navidad" and "Rocking Around the Christmas Tree," by Brenda Lee, are both in the top five of the list. Of course, they are very common songs to hear around this time of year. But Christmas is not the only holiday

celebrated during this time and certainly are not the only kind of holiday songs to hear either.

People who celebrate holidays, such as Hanukkah, may listen to songs like Michelle Citrin's "Left to Right." For people who may celebrate Kwanzaa, they might listen to "Happy Happy Kwanzaa," by Bunny Hull. There is a variety of different holiday songs, while there is a variety of holidays to celebrate.

Diaz also said that he listens, "To Christmas music starting in November," as many people do, to put them in the holiday mood. Each year, it seems that the music begins to play even earlier. Now even the radios have begun playing holiday music really early in November. Radio stations like *WARM 103.3* and *WROZ 101.3* have both already switched to their regular playing of holiday music.

Most artists even start covering Christmas music, which seems to be a common

pattern. Instead of releasing just regular music and albums they make, the smart

choice is to release a holiday album or song, or simply cover a famous holiday song and release it. The songs, once they grow, are usually played constantly during the month of

December and according to *Santa Radio*, due to the "exposure effect," which is when, "[...] the more often we hear a song, the more likely we are to love it." Due to Holiday music being repetitive most of the time and being played every year, people tend to gravitate to it more, rather than any other season or genre of music.



## Coca Cola's Seasonal Impact On The Holidays

Liyah Sera,  
Staff Writer

Coca-Cola's notorious Christmas marketing has had an impact on the holiday season for the past 100 years. According to StudyBreaks.com's online article, "How Coca-Cola Created the Christmas We Know and Love Today," by Elizabeth Ivaneky, it said, "The Coca-Cola brand is synonymous with Christmas." Coca-Cola found a way to bring the familiarity of tradition and link it to its product, in order to have people purchase their product in a non-exploitative way.

Christmas and Coke are immensely popular, especially in the United States. Individuals have a fondness for

the soda brand and how it represents the joyous time of year. Junior, Jamie Caldera said, "Growing up during December, you would see the classic Coca-Cola marketing everywhere you went. Either being the Coca-Cola Santa or the Coca-Cola Polar Bear."

According to the official Coca-Cola website's FAQs page, their iconic Santa Claus was created in 1931 and was illustrated by Haddon Sundbolm, who based his depiction of Santa Claus on Twas The Night Before Christmas, which ultimately formed peoples' modern-day view of Santa Claus. The FAQs page describes the illustration as,

"Santa as a warm, happy character with human features, including rosy cheeks, a

white beard, twinkling eyes and laughter lines." Coca-Cola's Polar Bear, according

to the official website, has been used in their advertisements since the 1930's and has become a symbol of Christmas and winter. Their commercials are centered around the Northern Lights and the North Pole.

Coca-Cola marketing has transcended the meaning of Christmas. It sheds a new light on an old tradition and includes an ounce of pop culture that is ingrained in American life. When asked if he believed that Coca-Cola is an influence on Christmas, junior Brandon Romero said, "I, personally, don't think Coca-Cola is a necessity for the holiday season. But I do think people do feel more inclined to buy Coke because of how many items they

have themed for Christmas."

In Sprucecrafts.com's online article,

"Coca-Cola Collectibles Price Guide," by Pamela Wiggins, it is noted that there are thousands of Coke-related Christmas items made each year. Wiggins said, "Being one of

the most recognized brands around the world, it's no wonder that Coke collectibles garner their share of interest." Families often times pass the keepsakes down as heirlooms.

Coca-Cola has become a household name and a brand that continues to bring families together. Coca-Cola may be a mixture of soda water and syrup but Coke has become a symbol of all of the joy the holiday season brings.



# Features

## The Effects Of Winter On Creativity And Art

Ace Davilia & A.J. Whyte,  
Staff Writers

Winter is a time when people notice many changes, from the way people dress, to the way the mood changes in the local retail store. However, one aspect a lot of people do not notice is the change in the art around them. Throughout winter, a lot of people find more inspiration for their art. For example, a lot of famous artists lived in areas where it was cold, all year round, such as Vincent Van Gogh, who lived in Zundert, where the high was around 66°.

Here on campus, in Mr. Rosette's art class, there are countless numbers of magnificent artists. One of Mr. Rosette's sixth period A.P. students, Sophie Shehan, was asked if she ever saw a difference in her art during the winter months over summer ones. Shehan said, "Yeah. I would have to say 'yeah,' because I suppose as the seasons change, you kind of get more of the soft, warmer ideas... And in summer, it's more about, ya know, like, moving on to new things, fall, and change." She also said that she gets more of the soft, warmer feeling because,



"The whole environment becomes more like 'ooh jolly, Santa's coming!'"

In art, people usually see more emotion in the pieces that are made in the winter. In the online article, "How Winter Affects Your Mood," by Lifeworks, it said that winter increases a person's levels of melatonin, and that could drastically affect his or her mood, making one feel more irritated, tired, and sluggish. The fact that people's emotions change during the winter can be a huge reason that there is a

difference in their art. When people make art, they draw from their emotions and use them to express themselves and show how they are feeling, which is one of the reasons there is a difference in their art.

Winter seems to be a time where a lot of people are busy. People are usually going around looking for gifts to buy for loved ones or trying to buy decorations

to put them in the Holiday spirit. There is no exception for artists, when it comes to being preoccupied during the Holiday season. Shehan said, "In winter, I tend to do art less because I tend to get preoccupied with other things. But I would say I probably get more ideas. I get more inspiration

during winter. I just happen to have less time to carry out those ideas."

Most artists are likely to paint what they see and for the artists that do, this winter has a bigger impact on them. For example, Vincent Van Gogh's painting, "A Landscape With Snow," was made in 1888, and in it one can see a figure with a dog, walking through a white field. In February 1888, Vincent Van Gogh arrived in Arles, and the ground was covered in snow, so it was the place where he painted the portrait.



## Best Gifts To Buy For Those Gadget Lovers

Cameran Wilson,  
Staff Writer

There are three gadgets that everyone should buy as gifts for loved ones or even themselves this year. The gadgets will add some excitement and joy to a person's life. Of course, there are plenty of other gadgets that may make the perfect gifts but these are just three examples for anyone who is stuck for ideas.

**The iPhone 13.** According to tomsguide.com's online article, "Apple iPhone 13 Review: Everything you need to know," by Mark Spoonauer, the iPhone 13 is the best iPhone for people's money. Spoonauer said, "The iPhone 13's brighter display, longer battery life and powerful cameras make it the best iPhone for the money." The iPhone 13 would make a great gift for anyone who would love to

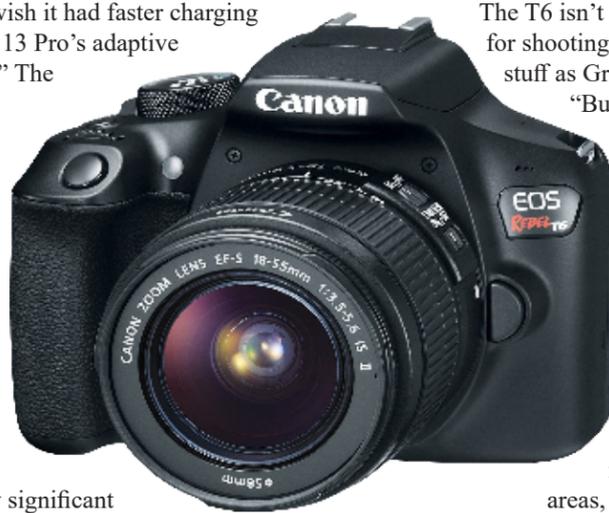


try out an iPhone for the first time.

One of the iPhone 13's biggest flaws are the charging, however. Spoonauer said, "But we wish it had faster charging and the iPhone 13 Pro's adaptive 120Hz display." The iPhone 13 was released nearly a year after the iPhone 12 and it has improved over its predecessor greatly. Spoonauer said, "The newer iPhones improve upon the iPhone 12 in almost every significant way." The iPhone 13 is a great gadget to buy for anyone who needs a new phone.

**The Canon EOS Rebel T6.** For anyone looking to capture some moments on video, the Canon EOS Rebel T6 might be what a person is looking for overall. Video Production teacher, Mr. Hauk said, "It has high quality video and pictures. It would make a great Christmas present for anybody who is interested in photography and video production."

The cnet.com's online article, "Canon EOS Rebel T6/EOS 1300D Review," by Lori Grunin, said, "The T6 isn't a bad cheap dSLR, but it's not a great one either." The T6 has some good things going for it, like the dSLR being a huge step up from a phone or a point-and-shoot. The picture and video quality are a huge step



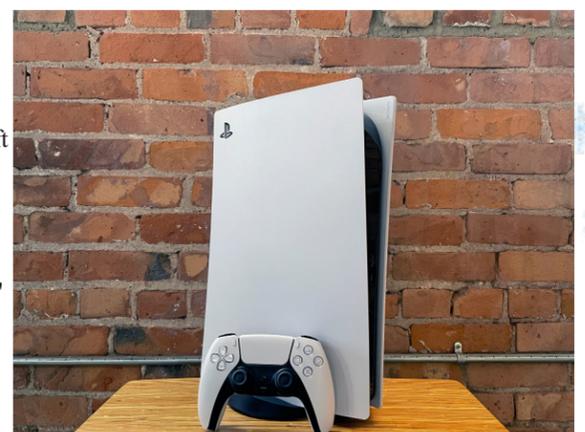
down from the previous model, as Grunin said, "But its photo and video quality aren't nearly as good as the Sony A6000's."

The T6 isn't all that great for shooting fast moving stuff as Grunin said,

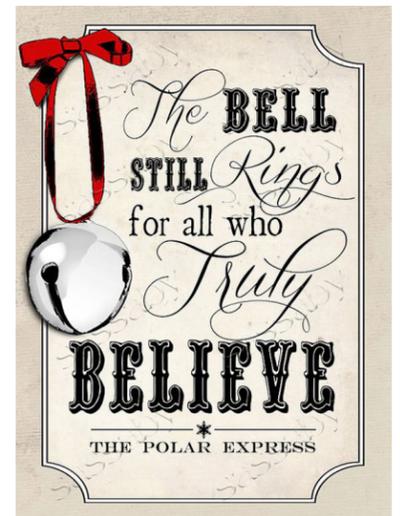
"But it's not really satisfying for shooting subjects in motion, especially fast-moving kids or pets." The T6 succeeds in some areas, such as

color. Grunin said, "The T6 does have excellent color reproduction and white balance." The Canon T6 is just an "Okay" gadget to buy for gift-giving.

**The PS5.** The PS5 refines everything from the PS4 and turns it into a much bigger gaming experience, according to pushsquare.com's online article, "PS5 Review: Is it Good," by Sammy Barker. The PS5 would make a great gift for gamers around the world. Barker said, "It refines the PS4 experience in all the right areas, and sprinkles in some impressive innovations along the way." The PS5 has many features that make it an excellent console for gamers. Barker said, "Despite these issues, PS5 is still the



fastest, most powerful PlayStation that Sony's ever made, and its emphasis on speed makes it the most convenient as well. It's an evolution rather than a revolution, but with improvements to its controller and support for the most advanced graphics technologies, it also brings some meaningful innovations to the fore as well."



# Arts & Entertainment

## Festive Activities Celebrating The Season

By Venecia Jacobo  
Design Editor  
Juan Campos  
Staff Writer

The holiday is the season for spending time with family, friends, close relatives, or significant others. After a year and a half of being in a pandemic and not being able to physically spend time with others, people are taking advantage of the lift.

Anatomy teacher, Mrs. Salazar, is excited to build her gingerbread house with her closest family and friends at a Friendsgiving she likes to host every year. Mrs.

Salazar said, "Hanging out with extended family could be new because we have not done that in two years. I've added more Christmas lights, and will try to watch more movies." She will not be doing anything absolutely new this year. She is going to do more of what she has already done.

Mrs. Salazar recommends everyone to build a gingerbread house for a new activity this year, she said, "It is the best thing ever because all of us humans, we need a creative outlet, and a lot of us get lost on social media and we spend so much time. It may seem silly but honestly, buy a gingerbread kit and just build a house because it gives you that creative expression and all us humans need creative outlets in times of stress."

Sophomore, Edaena Perez, is most excited to sit around her living room with her family and watch movies such as, "Home Alone" and bake Christmas cookies. Perez said, "Something I look

forward to every year is the food my mom makes, especially the tamales. This is my favorite because usually when I know that the holidays are starting, tamales are very traditional when I celebrate the holidays." Perez explained that she loves the holidays because, "[she] loves the weather. This is the time where I like to sit at home. I have my blankets and drink hot cocoa, but unfortunately, the weather has been hot." As Christmas slowly emerges, Perez would like to do Secret Santa with her group of friends. She is very excited for all of the other things she has planned this year.

Perez enjoys going out to Christmas lights around the holidays and said, "It's a really good way to bond and spend the holidays." She attempts to try something new because every year opens up new possibilities and chances to try new things out. Perez said, "Due to the pandemic I have not



been able to really go out or do much. But I am glad this year just opened up that door that has been locked," which shows just how eager Perez is to spend the holidays having fun and not having to be locked in her home all day. Perez has a tradition in her family that she explained when she said, "My dad makes this really good seafood boil that I am eager for him to make every year."

This year's Christmas activities will have plenty of variety, due to the pandemic thankfully becoming more manageable. Everyone around the world will finally be able to go out and spend time with family and friends. So, bring on the fun and good cheer.



## Films And TV Series Coming In December

By Alexis Whitaker  
Staff Writer

December not only brings chilly weather but also brings some fun in the form of entertainment. Here are some eagerly awaited films and television shows coming soon.

A remake of the 2010 film, "Nightmare On Elm Street," is coming out in theaters on December 31st. Fans just loved the original and have been anticipating watching this remake sequel. Although fans caught the eyes of Wes Craven, director of "A Nightmare On Elm Street" (because of the way it was written and

played out), this new film is going to be directed by Samuel Bayer. Slasher film's online article, "Interview: Samuel Bayer, Director Of A Nightmare On Elm Street," by David Chen said that Samuel Bayer actually has a history of being a painter and music video director. Bayer has directed and produced videos like, "You Only Live Once" and Band Nirvana's hit song, "Smells Like Teen Spirit." When asked why he felt like "The Nightmare on Elm Street" story needed retelling, Bayer said, "That was really interesting to me, because— not that I think that every movie should be remade— but I do think you can reinvent something. And I'm a big fan of what Wes Craven did, and I'm a big fan of the first movie and the idea of Freddy, and I think Freddy should be scary."

Another film coming this December is "Spider-Man- No Way From Home," starring

Tom Holland, Andrew Garfield, and Tobey Maguire. The Rotten Tomatoes Article, "Everything we know about Spider-Man: No way Home," said that these three famous Spider-man roles are going to be in this film together. People who stay

up-to-date with these Spiderman movies are expecting good and bad things in this film. English teacher, Erich Finkle, said, "I expect something bad is going to happen in this film. And to MJ... But Tobey Maguire is the best role for the comic-book Spider-Man role. I loved how in the first film, Homecoming, embraced that Peter Parker is still a kid. And the actor for the role of Peter's Aunt, May, is amazing."

In the recent online article, "Tom Holland says MCU's Spider-Man 3 has the 'most impressive 'Superhero Fight Scene,'" by Shakir Khan, it said, "He is delighted to admit that they are succeeding in making it. The actor stated that the production is going really well. He mentioned that they watched a fight scene that they had shot a few weeks ago, and he has 'Never seen' a fight scene quite like it in the MCU. He is really excited for audiences to see that."

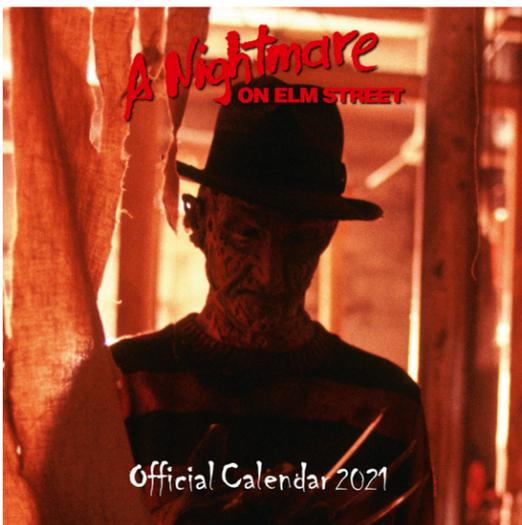
Cobra Kai is also (finally) launching on Netflix on December 31st! Fans

from "The Karate Kid" and fans of the previous seasons of "Cobra Kai" have waited a whole year for this season. In the online article, "Season 4 Cobra Kai Ultimate Fan Service," by Heavy Entertainment, Ralph Macchio, AKA Daniel Larusso, said "[Season 4] gives the ultimate fan service. [The fans have] been waiting to see Johnny and Daniel work together. You know, that's always explosive. It's entertaining. It's the friends slash foes how these guys navigate even though they're different but same." Although we don't know a lot about what to expect this season, Co-creator, Hurwitz, shared in late October 2020 that the writing process of Season 4 was wrapped up. Men's Health Entertainment's online article, "Season 4 of Cobra Kai Is Teasing an Epic All Valley Karate Tournament," by Evan Romano, said, "With Season 3's appearance of Chozen and Ali, it was also fair to speculate which original film characters may finally make their returns—with the hints from Kreese's military flashbacks, and his



phone call at the end of Season 3, it sure seemed like Terry Silver (the villain from Karate Kid Part III played by Thomas Ian Griffith) will play a role."

Fans of Ariana Grande, Timothée Chalamet, Leonardo DeCaprio, Jennifer Lawrence, or Kid Cudi, are really excited to see the comedy film, "Don't Look Up," as the famous actors (all) have roles in this movie. It comes out to theaters on December 10th, but is available on Netflix, on December 31st. In Seventeen's online article, "Don't Look Up-What We Know So Far" by Samantha Olson, it said this movie will be about a girl, Kate (Jennifer Lawrence) and her professor, (Leonardo DeCaprio), "Discovering a comet is heading straight towards Earth [...] and they try to warn every one of the dangers through a media tour."



# Sports

## Girls' Wrestling Team

Staff Writer,  
Kaylie Berry

The Girls' Wrestling team started their season strong, with their practices being every day after school. At practices, the players have been working hard and refining what they need to improve on overall.

The head coach of wrestling, McHenry said, "I feel that the new team is working hard and will do very well this year."

The coach of the girls' team, McKenna also said, "I'm really happy with our team this year. Everyone is very motivated and ready to learn." In addition, team captain Bella Llamas said, "The team this year is very impressive and have pushed themselves very hard, and I am excited to see where they go." Based on these statements, the team is doing well and the coaches are excited to see what is in store for the rest of the season.

For many of the wrestlers, it is their first season wrestling and if not, it is their first since 2019. The reasons why they are wrestling can also have a lot to do with their performances. It is junior Sky Contreras's first year wrestling and he said, "I wanted to join because all of my friends were in wrestling and it has always been something I've wanted to learn." Sophomore, Ace Arriola is a returner who said, "I have always

just loved the sport and in high school, I realized I could join, so I did."

With the season ending in late February, there is time for the teams to improve their skills and better their overall performances on the mat. McKenna said, "I think we just need to build on our knowledge set and start learning how to do some things from different positions, and get better at applying the things we've been taught to our matches."

Their first tournament was on November 6th and three of our players placed third in their weight classes. McKenna said, "The tournament went fantastic.

The goal of the first few tournaments is for them to learn how to wrestle and to get some experience in."

Although improvement can always be made, the practices are going well and the teams appear to be

ready. The Girls' Wrestling Team's season has already kicked off to a great start and everyone should be excited to see where it leads.



## Coach McNally's Return To Basketball

Staff Writer,  
Alessandra Sandoval

McNally's striking return to basketball this season, as our head coach, poses a question as to why he came back after so many years? After 19 years of being a head coach, his absence seemed so sudden to the Upland High School community. Going into the season, coach McNally said, "I just want to get better and be competitive in every game." Hopefully, these positive thoughts will bring lots of wins for this basketball season.

When McNally stopped coaching basketball, he became the Athletic Director and his main focus for the next six years. He said his transition back into coaching at Upland started when, "Coach Aguilar was going to be out because she was going to have a baby and they needed someone to take over the girls' program...I kind of just remembered how much fun I had and how much I liked it." Ever since college, coach McNally has had a love for bas-

ketball and he said it all started because, "It was so much fun," the same words he used when talking about his return. Never expecting to come back to coaching for the boys' team, McNally said, "I felt like someone needed to come back and put the program back to where it was when I left."

Being a basketball coach is something

that McNally has really dedicated his life to. McNally said, "I've coached for thirty plus years. I started when I was like 19." His dedication to the sport shows how he is an exceptional coach. Not only working at Upland High School McNally said, "My first head coaching job was a year at Damien, then I went to Fontana High School for five years, and then I came

to Upland." McNally said his journey to becoming a teacher was because, "I would be a head coach, you know. Make an impact on kids and help them." It is something he has truly accomplished.

The main tactic McNally said he brings to coaching is, "Getting the kids to believe in themselves and to work together as a team. We aren't the most talented team but

the kids play really hard." The tactics past coaches have used helped with the eight-league-championships, where Upland has won two with McNally as coach. Always coaching at the highest division McNally said, "We get to the quarter finals and just run into a better team, usually." Upland has come so close to another CIF title and McNally said, "Upland has won one CIF championship."

Looking forward, McNally said, "We will hopefully all be on the same page and we'll be okay, if we do that." Hopefully, this season's team will lead McNally to a CIF championship as coach, before he decides to move on permanently. Even after McNally has moved on from coaching, his knowledge and years

