

THE PLAID



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Filipino Heritage Month

Jeddah Acklin

Staff Writer

October is recognized as Filipino Heritage month. The month is used for celebration and recognition of the many accomplishments of the Filipino community.

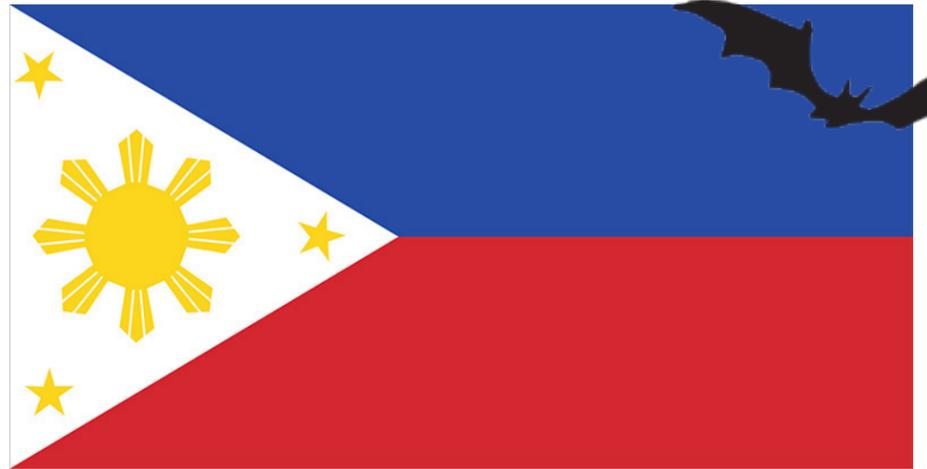
The month of October is celebrated because of the history behind it. In the article, "About Filipino American History Month," the author, Florante Peter Ibañez said, "In 1521, explorer Ferdinand Magellan came to the Philippine islands and claimed it for Spain, conquering the islands for 377 years, until they regained freedom in 1898. On October 18, 1587, the Filipinos arrived in what is now present-day Morro Bay, California. They arrived aboard the Spanish galleon 'Nuestra Senora de Esperanza.' It was marked as the first recorded presence of Filipinos in the United States. The online article, "About Filipino History Month," from fanhs-national.org, it states, "In 2009, Congress officially recognized October as Filipino American History Month. Filipinos are the second-largest Asian-American group in the nation, and the third largest, ethnic group in California, just after Latinos and African Americans." For decades, many traditions have

been passed down from generation to generation. One of the most commonly known traditions would be the "Debut." According to the article, "Five Filipina debut traditions and themes," debut is celebrated at the age of 18 for the young woman. It is known as one of their milestones in life, their steps into the world of adulthood or their "coming of age." Junior, Kimberly Galvez, has not yet had her own debut.

She has, however, celebrated her sister's 18th birthday and she said, "It was a while ago. But I remember the karaoke, dances, candles and the overall energy of it was really amazing."

Usually, during a debut, the significant number is "18." There will be 18 dances, 18 roses, 18 candles, and typically everything else being incorporated with that number. US History teacher, Ms. Martinez, has gone to several debuts in her lifetime. She stated, "I have also been a part of the offering of one of the 18 gifts." Unfortunately, she never got the experience of having her own debut

Another common tradition is the "Three-month Christmas." This is exactly how it sounds, according to the article "7 Traditions only Filipinos can understand," written by Esther De La Cruz. The three months of decorating,



music, and mass begins in October and starts to pick up days before December 24th. The Filipinos adopted the Spaniards traditions and began building onto those with their own traditions.

One last tradition that is done in nearly every Filipino household is "Mano," which is respect for the elders. It is another tradition that Ms. Martinez is very familiar with. She explained that younger children will "bless" their elders by simply placing the other hand against their forehead, when greeting them. Another way of respecting the elders is by what they are called. Typically, one will never call an elder by his or her name. For example, Grandma would be "Lola" and grandpa would be "Lolo." An older sibling would be "ate" for sister and "kuya" for brother. Even for a parent's friend, they should be called "aunty" or "uncle" or even "tita" or "tito," which are the same terms for actual aunts and uncles.

Filipino traditions are not just with actions or events. They are also recognized as certain foods. Lumpia, various types of spring rolls, is a very common and well-liked food among many people. Three very popular stews would have to be Nilaga, Sinigang and Tino-la. All three share the same ingredient: fish sauce. Junior, Mahira May-Ahmed said, "I've eaten a lot of Filipino foods growing up because either my mom or Lola would cook them for me. My favorites would have to be iSnigang and Bilo Bilo." A Filipino party favorite would definitely be Lechon, a roasted pig. Lechon originated from the Philippines, and it is a dish people will commonly see at birthdays, weddings, and any other major events hosted by Filipinos.

October should not just be known for only the "spooky season," it should be recognized and celebrated much more for the history and upcoming of Filipinos.

Conclusion of U.S. and Afghanistan War

By Daniela Cortes

Staff Writer

After twenty years, the war with Afghanistan and the U.S. has formally ended. Biden decided earlier this year to bring back the troops. The website cfr.org's article, "The US war in Afghanistan," said, "On February 29th of last year, the US and the Taliban signed a peace treaty to create a pathway to peace. However, Taliban fighters attacked U.S security forces days after the signing, seeing that it was not an immediate cease-fire." Cfr.org's article also

reported that, "Once the withdrawal papers were finalized, they sent airlifts for troops and evacuated 120,000 people to safety." According to the White House news briefing room's website, whitehouse.gov Biden said, "There was a choice -the real choice-between leaving Afghanistan or escalating."

Many people did not believe that the airlifts could have evacuated that many troops, but Biden was set on bringing Americans back. Once President Biden signed the drafting papers to bring the soldiers back, the death percentage rose by tens of thousands.

The online article, from apnews.com, "Costs of Afghanistan War in Lives and Dollars," by Ellen Knickmeyer, said, "Approximately 2,448 American service workers and 66,000 Afghan national military and police had passed away during April of this year."

After serving fifteen years at multiple bases, and ranked E-3, as Lance Corporal, Marine Veteran Ramirez, discussed his opinions, re-

garding the U.S war in Afghanistan. Ramirez said, "It's anarchy. I knew some people, who were posted out in Afghan. Man, I remember that I was asked, if I wanted to go post out there but I was called to a different base. I can't imagine my life, had I gone out to Afghanistan. We may have won the war but at what cost? How many lives does it take to constitute a win? It's unimaginable what some of the veterans are going through."

The cfr.org's article, "The US war in Afghanistan," said, "Biden had chosen to retaliate against the Taliban by sending an airstrike to target a suspected member of the group, however, the Pentagon later admitted their suspicion had been mistaken. They had taken ten civilian lives, several of which were children."

The Taliban forces have pledged not to allow Afghanistan to become a place for terrorists. As reported by cfr.org's article, it said many citizens of Afghanistan have questions about how



the Afghan would rule their country and what their new rule means for citizen's rights.

According to apnews.com reporter, Kathy Gannon's online article, "Taliban Says US will provide humanitarian aid to Afghanistan," Gannon said, "The U.S. has agreed to provide humanitarian aid to a desperately poor Afghanistan on the brink of an economic disaster, while refusing to give political recognition to the country's new Taliban rulers, the Taliban said. The statement came at the end of the first direct talks between the former foes since the chaotic withdrawal of U.S. troops at the end of August."



News

Women Rights in Texas

Bryannah Ceron
Staff Writer

Women have fought for many years for simple rights, such as voting and even the right to work. As of September 1st, 2021, Texas has banned abortions. The new law states that after six weeks, a woman cannot receive an abortion; Texas named it the “Heartbeat Act.” According to Alan Feuer, from The New York Times, he said, “The new law in Texas effectively banning most abortions has ignited widespread controversy and debate, [...] deputizing ordinary people to sue those involved in performing abortions and giving them a financial incentive to do so.” Many argue that this ban is not fair, considering many women do not realize they are pregnant until six to eight weeks along. Others argue that this act is important to save many babies’ lives. Yet, one must have to wonder if, as a society, we are not taking a step backwards, in the continuous fight for women’s rights.

The act was first introduced on March 11, 2021, signed into law by Governor Greg Abbott on May 19, and then was put into full effect September 21, 2021. As reported by Rachel Treisman, for NPR, it prohibits women from receiving an abortion after cardiac activity is detected (six weeks of being pregnant). Treisman said, “A Republican state lawmaker in Florida is proposing a bill that would ban most abortions as early as around six weeks, allow members of the public to sue anyone who helps end a pregnancy, beyond that point and

fine physicians \$10,000 for each abortion they perform later in pregnancy.”

19thnews.org’s Health reporter, Shefali Luthra’s online article, “The 19th Explains: What six-week abortions really mean,” said, “Most abortions occur in the first trimester, and don’t require surgery. In 2018, the most recent year for which the Centers for Disease Control and Prevention has data, more than 92 percent of abortions took place at or by the 13th week. Almost 78 percent took place at or before nine weeks of pregnancy. That same year, about 36 percent of abortions — just over a third — were performed at or before six weeks.”

So far, President Biden’s administration has filed its own lawsuit against the Texas law, pointing out that the ban interferes with the government’s commitment to supply support and care with reproductive necessities for women, including abortion-related care. It dated back to 1973, during the Roe v. Wade supreme court case, where it was pronounced that the Constitution would protect a women’s liberty to decide to receive an abortion with the government’s permission.

The ban has created division between whether one believes this is a beneficial law or not and whether a person is pro-choice or pro-life. Some say that this ban is unfair to women and that it is a



violation of personal rights.

Government and Econ teacher, Mr. Carrasco, said, “Thank God I live in California,” when speaking on this topic. He talked about the Roe v. Wade supreme court case that protects women having abortions, and how he believes it is a discrimination to women but especially, to those who come from a low-income background. Carrasco said, “I believe government and religion should not be intertwined. Those who are against abortions (pro-life) usually tend to be religious.”

Carrasco explained that the ban sounded like it was taken upon religious impact and while he supports religious freedom, he said that it sounds more like, “Theocracy, instead of democracy.” When asked if he believed society

was moving backwards, when it comes to women’s rights, Carrasco said, “Well, we definitely are not progressing.” He explained that most of congress is conservative and therefore, leaning more towards anti-abortion beliefs. It would be difficult being rid of this abortion law but there may be hope.

From the other side, Anatomy teacher, Mrs. Salazar, believes this ban is useful and said, “I think abortion, in certain situations, should be banned everywhere, and that’s primarily due to my religious beliefs.” While Salazar does think that this new Texas law is beneficial for future lives, she feels that a woman who is raped should be allowed to not have the baby. She said she, “[believes] in the right to life.”

When asked if Salazar thought that society was going backwards, when it comes to women’s rights, she said, “No. There is a 50/50 chance that the baby is a woman and what about her right to life?” Salazar also said she was a strong believer that once the sperm fertilizes the egg, it is a life.

What people may not realize is that there are already similar laws passed in other states. As Luthra explained, “In Missouri, which passed its six-week ban in 2019, people must wait 72 hours — three full days — between the initial visit and the actual abortion. Ohio, which also passed a six-week ban that same year, has a 24-hour waiting period. Kentucky, Texas, South Carolina and Louisiana also enforce 24-hour waiting periods.”

Opinions are mixed on what is taking place in this country right now, with regards to women’s rights. It is important, however, to be educated and to understand the debate to form one’s own opinion.



Editorials

The Apple Business Model

Max Newman
Editor-In-Chief

With Apple's release of the new iPhone 13 back on September 24th, many loyal fans or general consumers find themselves eager to obtain a new phone. The iPhone 13 offers four different models to purchase, including different storage variations for each phone respectively, each a hefty price tag. According to Apple's website, the price ranges from \$700 on the 128GB Mini model, to \$1,599 on the 1TB Pro Max model. The price of the 1TB Pro Max is \$300 more than a 24-inch iMac and 13-inch MacBook Pro, which both retail for \$1,299 respectively, making the product the most expensive iPhone yet. Though, unless you are upgrading from an outdated model such as an iPhone 7 or iPhone 8, the change will be marginal.

The newest line sports a 120hz display, better battery life, a step up in camera quality, and a better processor, though, who honestly had issues with their earlier ones? It's a common saying that, "iPhone releases the same phone every year," and in truth, for the most part, they do. I'd call that thinking flawed; not every phone is going to make monumental progress over the next, each and every year. However, I don't believe that to be the problem with Apple Products. As a whole, much of the changes in business and product have flown under people's radars, despite the light it amounted to and brought forth.

Back in 2020, Apple lost two class action lawsuits against the company's claims that they hindered performances of consumer's older iPhones. They paid \$500 million, and in a second one, paid \$133 million over reportedly slowing down battery life to, "Become less capable of supplying peak current demands when in cold conditions, have a low battery charge, or as they age over time, result in the device unexpectedly shutting down to protect its electronic component." Apple stated that these measures were part of efforts to, "Deliver the best experience for customers, which includes overall performance and prolonging the life of their devices." On paper, it should be fine if it was transparent, when buying. The simple fix would be to buy a new battery, right? To do it yourself,

it costs you a minimum of \$25, and increases, depending on the manufacturer, battery, and phone type.

However, Apple has voided the warranty of those two tampers with their phones that are not authorized Apple employees. So, if you wish to keep your warranty, you need to bring it in to a professional, where things may get more expensive, if you don't have AppleCare insurance. The controversy here is the denial and restriction of user access to the phone that they purchased. Coercing one in the voiding of warranty or forcing one (who may not be technologically-knowledgeable to repair it themselves) to spend money for your services is seen as unethical competition. Though, this isn't the only practice Apple has taken to restrict user freedom.

In addition to just batteries, part replacement for screens, cameras, hard drives, or fixing water damage have become increasingly difficult over time. Tech Influencers and workers that are familiar with the anatomy and repairs of phones have consistently cited Apple products to be difficult to impossible to repair with and without special tools, such as those seen at Apple business facilities. The choice of design is a deliberate practice, and many tech influencers have critiqued the way Apple handouts the layout of components within the phones.

Compared to Apple's direct competitors that run on Android operating systems, (such as Samsung, Google, OnePlus, etc.) they offer a much less restrictive interface that allows customization of nitty gritty principals that are otherwise inaccessible to Apple products. User interface, as well as the physical product, are much more manageable and accessible to the average consumer.

A more recent change done by Apple is its decision to include a Photo-Scanning feature in future iOS updates. Done primarily by AI, the device checks your files and photos for explicit content that has concrete proof of endangering others. Similar to Face ID,



which was initially a controversial addition to Apple devices, the Photo Scan feature is an act of invasion of privacy, though, it would be no surprise if the act of stealing private data from photos to fuel and target advertisements or for face recognition in databases, has already been done.

Corporations, such as Target, have already incorporated a facial recognition feature into their surveillance systems in coalition with loss prevention, to hinder shoplifters, identifying them at self-checkout registers and through surveillance cameras, in order to assist in tracking them down or identifying the suspect. Selling this data to private companies has already been done before, and no alarms and no surprises would be raised if this happened to be true.

The allegations against Apple Inc. don't exactly stop there. In 2020, Europe's second highest court ruled that Apple did not have to pay that year's tax bill, which racked up \$14.8 billion dollars, according to the International

Consortium of Investigative Journalists. In the ICIJ's Paradise Papers, released in 2017, Journalists Will Fitzgibbon and Ben Hallman also called out Apple's use of tax havens; a word the two wrote as having, "[...] no universal definition, but tax havens, or offshore financial centers, are generally countries or places with low or no corporate taxes that allow outsiders to easily set up businesses there." The total number of offshore monies is estimated to be in the hundreds of billions, though the source had since been archived by the ICIJ.

The future of the trillion-dollar corporation is up to speculation. With a historical past of dodge-and-denial tactics at use that further demonstrate a disconnect in trust between producer and consumer, the corporation's upcoming decisions and implementations in later technology are those that should be held with criticism and uncertainty. But please, buy our iPhone 13. It has a new camera.



Editorials

Profiling U-Time

Venecia Jacobo - Martinez
Design Editor

The addition of U-Time to the school schedule has had mixed reviews. There have been several challenges from the start. U-Time is a new period added to the school day and is meant for enrichment or time set aside to meet necessary requirements, such as counselor visits, suicide prevention, and or those requirements that usually take time out of students' English classes.

After the first six weeks, students are going to learn something new or do something they would enjoy, such as learning how to fly a kite, doing yoga, talking more about college, or be placed into an intervention class. The intervention class is meant for students who need extra support on a subject they are struggling with overall.

Now that U-Time has been added, underclassmen will have more experience

in it than seniors. Sophomore, Mixtli Espinoza said, "I think U-Time, right now, is my time to relax and listen." Espinoza's expectations for U-Time are that students receive a break from class and do something that they think is stress-relieving or they have extra time to study and do homework.

As of right now, students are sitting and watching informational videos, such as "What to do when you or another individual is a victim of bullying or harassment," "Suicide Prevention," or "College and Career information." Espinoza said "U-Time is a good thing. But I don't like just sitting at a desk because it's easier for me to gaze off. Once the six weeks are over, I'm excited to do activities like build Legos."

As for seniors, U-Time has been more information about

college, scholarships, and how to apply. Senior, Sebastian Chincoya said, "U-Time is a good place for students who want to continue their education

Educators at school also play an important role during this time, as every teacher has come up with ideas for activities, English teacher, Mr. Alzamora has planned "[to help] seniors write essays to universities. Later in the year, I would like to run a club, where I show movies from the Rocky/ Creed movie series and look at why they are such great movies. I want to look at themes and characters in the movies and have students discuss the movies."

Alzamora's hope for U-Time is, "For students to find something they enjoy, so that they can have another reason to come to school." Furthermore, Mr.

Alzamora said, "I think that the value of U-Time is that it will give students an opportunity to explore interests they have that are not offered in the normal schedule. It will also allow students to get extra help or support in areas that they need...I think that it is a great idea. However, whether or not it is a good thing, is up to the students. If students buy into it, it will be a great thing. If they don't, I think that it could be a wasted opportunity."



Gen Z's Dive into the Dark and Deep

By Angelica Gordon
Business Manager

Generation Z often dives into the darkness, with the intention of seeking meaning and truth. Exploring such uncharted waters, the young generation finds fascination in the melancholy and the unknown. Born as the first generation to never know a world without technology, the digital generation should not be put in one box, as they are not so clearly defined.

Psychology teacher, Mrs. Bennet said, "Heavy metal, black metal, Ozzie Obourne, all that, I think every generation has a dark side. I really do. It's just that I think the internet contributes

more to this generation's exploration."

The generation is open to contemplating heavy themes and events, ranging from climate change, gun violence, progressive social justice, and human rights. The media serves as a quick reference to the minds of the young generation. Junior, Kailey Huang said, "It's really whatever goes viral, which helps shape the perspective of Gen Z, especially since Gen Z is an online generation and they can see all of what media has to offer and they base their perspective on such."

Additionally, Huang said, "I definitely think there has been an increase in thrillers and horror in Gen Z's perspective and the things that have shaped their perspective growing up. I think the draw towards darker aesthetics and the melodramatic is sort of powered by the need and desire to romanticize their lives, as well as the world around them. So, it isn't so gloomy and horrible all the time."

According to McKinsey & Company, "America's Gen Zers are accelerating a number of trends that millennials started, such as social-media engagement and the desire for authenticity." Searching for their unique selves, generation Z is stepping towards branching out to themes reflecting reality and the darker sides of such. The long-term effects cannot be established, since the generation



must still grow and head into a new age.

Bennet said, "Another thing to consider is the brain isn't fully developed until 25. Therefore, the decisions and thoughts made by the youth may not be fully developed as well. It takes a long time to make a good decision and short time to make a bad one."

Dark themes, at times, represent generation Z more as a specific expression of building one's spirit and personal identity, especially as a teen and young adult. Huang said, "Darker aesthetics are able to enrich our lives by allowing us to have a safe place within, in choosing which aesthetic we feel most comfortable with, especially since with all the negative media. Although, not the entirety of 'gen Z' prefers dark aesthetics, some of them prefer more

cheerful, happy aesthetics, whether that's y2K, cottage core, each aesthetic allows for a person to find their own path towards the truth."

The world is changing and reforming, with each generational switch. Huang said, "The tendency for Gen Z to lend more towards the melodramatic is definitely media, whether that's entertainment or in news, especially since the state of the world isn't exactly rainbows and sparkles. There have been more darker events, as well as more times of instability, especially with the covid-19 pandemic in the past year or so."

Generation Z does not shy away from the twists and turns of the dark side. Instead, it views the whole picture--painted in black and shining gold—and pushing forward.





Coven



Health Awareness

By Dani Varela
Staff Writer

Teen depression is becoming extremely common in the US, and many of them feel as if they are alone or are not allowed to feel the way they are feeling. "Suicide Facts," by Save.org said, "Depression affects 20-25% of Americans ages 18+ in a given year. Suicide is the tenth leading cause of death in the US for all ages." It's very important to raise awareness surrounding depression and mental health, as it can inform people how to support someone or themselves when in need.

Many people are embarrassed to seek help, when struggling mentally. But it is nothing to feel ashamed. The article, "The Stigma of Mental Disorders" by Wulf Rossler said, "Far more than any other type of illness, mental disorders are subject to negative judgements and stigmatization."

Scientists believe mental disorders can be caused by poor communication with neurons in the brain. Other reasons mental illnesses can occur are emotional neglect, substance abuse, family genes,

and much more. In the article, "What Is Mental Illness," by M.D., M.P.H. Ranna Parekh, it said, "Mental illnesses are health conditions involving changes in emotion, thinking or behavior (or a combination of these). Mental illnesses are associated with distress and/or problems functioning in social, work or family activities"

One of the most common illnesses among adults and teens is depression. It's beneficial to notice when someone is experiencing signs of depression/suicide. A. W. Geiger's article, "A Growing Number of American teenagers- particularly girls - are facing depression" said, "In 2017, 13% of U.S. teens ages 12 to 17 (or 3.2 million) said they had experienced at least one major depressive episode in the past year, up from 8% (or 2 million) in 2007."

The increase in teen depression is becoming a major concern as more and more teens are turning to suicide. The article, "5 Warning Signs of Suicidal Behavior That Are Easy to Miss" by Mary Ellen Ellis said, "There isn't really any typical pattern of behavior for someone who is suicidal, but there are common

warning signs." In addition to the previous sentence, Mary Ellen Ellis stated, "Talking about dying or wanting to die, talking about feeling empty, hopeless, or having no way out of problems, mentioning strong feelings of guilt and shame."

People contemplating suicide can also be extremely emotional and can lash out at others. It should not be taken personally. Understanding the way, a person can act is the next step to finding them the help they need.

It can be difficult to differentiate correct and incorrect ways to support a person with suicidal thoughts. One key thing to remember is to never be judgmental or invalidate his or her feelings. Some people may not feel comfortable with certain support/coping mechanisms, so it's important to set boundaries with them.

Taylor Bennet's article, "My Friend Is Suicidal: What Should I Do," said, "Suicide isn't an easy topic to think about, let alone discuss — especially with someone you suspect is suicidal. But it is incredibly important that we do talk about it and get our loved ones the help they need to prevent them from reaching a point of crisis. Phrases like 'I'm here for you,' and, 'You're not alone' are some phrases to use to comfort someone."

In the article, "How to Help When a Friend Is Feeling Suicidal," by Nancy Schimelpfening, it said, "There are no right or wrong things you can say if you are speaking out of love and concern. Just be yourself. Show that you care by talking to them, holding them while they cry, or whatever else is necessary. Research has shown that acknowledging what people are experiencing may help them process their thoughts and may reduce their suicidal thoughts." The person just feeling like someone cares can help him or her brighten. The article, "Suicide Prevention," by Melinda Smith, M.A. said, "Do everything in your power to get a suicidal person the help they need. Call a crisis line for advice and referrals. Encourage the person to see a mental health professional, help locate a treatment facility, or take them to a doctor's appointment."

Never hesitate to seek serious help for one's self or another person in a time of crisis, even if the help does not seem wanted. A person's life is more important than the relationship with them. There is always therapy and support available. Suicide Prevention Line: 800-273-8255.



November Astrology

By Dani Varela & Bryannah Ceron
Staff Writers

Find out your sun sign's monthly horoscope. <https://www.free-horoscope.com/horoscopes/monthly/november-2021/gemini.html>

Aries

It is the month of creation. Your creativity is at its highest level and your achievements need to be made for yourself. Take the opportunity to set up and plan future projects. Trust your instinct when making your choices.

Taurus

Stay focused on your goals and do not let yourself become lazy. The climate around you is warm, which makes you not want to leave. You may be put under a lot of pressure because of changes in your plans.

Gemini

Your nerves are going to be tested at first, but soon things will change and wind down. You will see progress and the second half of your month will be full of success.

Cancer

Try not to control everything; improvise when uncertain. Do not doubt yourself, go with your intuition.

Leo

This month everything will come together in divine timing. You tend to be controlling with your loved ones. Try to be more flexible and you'll see improvement in the relationships you have.

Virgo

This month is time to finally relax and calm down. Let go of any stress and tension there might be and find calming things to do.

Libra

Take advantage of every opportunity and take control of what is yours. Enjoy the moment.

Scorpio

Have determination. Your motivation and wonder will deliver you tons of success.

Sagittarius

The planets are slowing down your projects, but only so you can act better later. You lose your impa-

ience. You are ready to take your time. You are on the path to success, opportunities arise, and the time for change has come. Fortunes mark the month.

Capricorn

You prefer to stop building castles in the sky and that is your right. You choose to live the day and why not? When you feel satisfied in this way, there is no need to change.

Aquarius

If you do not like to talk about your life in public and you do not address these issues as a family, it is out of modesty and discretion. The key is to be honest with the people you selected.

Pisces

Everything is fine for you in the best of worlds. This month you are under high protection. But for your well-being it is important that you learn to protect yourself from any problem that may arise at any time.

	
WATER	FIRE
ELEMENT	ELEMENT
ZODIAC SIGNS	ZODIAC SIGNS
KEY WORDS	KEY WORDS
	
EARTH	AIR
ELEMENT	ELEMENT
ZODIAC SIGNS	ZODIAC SIGNS
KEY WORDS	KEY WORDS
COLOR	

Black Cat Origin

By Ashley Gudino
Staff Writer

From black cats being left in shelters, to being picked off porches or streets by people who have the wrong kind of intentions towards the animal, black cats have their own strike of bad luck during the month of October. According to the article, "Black Cats Less Likely to be Adopted, Studies Show," by Hannah from peta2.com, it said, "Three to four million cats enter animal shelters each year. Some go to loving homes, but because of the animal-overpopulation crisis, nearly 71 percent of them are euthanized (put to sleep)—the majority of which are black cats."

Like any other type of animal, a black cat is found in the wild by the right person and it is sent to a shelter. Then, when people go to a shelter to find their next furry friend, they look right past black cats, so they will not have any bad luck that are said to come along with these beautiful animals.

To see what it is really like for cats in shelters, during this time of year, Gail Shelton, the manager at The Room 8 Memorial Cat Foundation said, "There are so many superstitions about black cats,

or they think that there is nothing pretty about them." Black cats stay longer in shelters than others and some shelters are not as nice as The Room 8 Memorial Cat Foundation. and might euthanasia them for being there too long.

Halloween time, everyone puts up decorations and chooses costumes. Yet, if people took a closer look, they would realize that black cats are all over Halloween decorations. But one might ask if it is making it worse for black cats and if they become targeted at this time of the year. Well Shelton, another manager from The Room 8 Memorial Cat Foundation said "Yes. Yes, because Halloween is associated with witches." Since black cats and witches are always associated with each other, it causes both parties to become



decorations for a holiday that is associated with scary things

There is a reason black cats have received such a terrible rap over the years, however. According to the online article, from ethosvet.com, "Where Did Black Cats Get Their Bad Rep," by Elizabeth Pezzoni, it said, "It is believed that this superstition began around the Middle Ages in Europe. A folklore spread about a man and his son who came across a black cat, which they began to toss rocks at. The injured cat ran into a woman's house, who was suspected of being a witch and when the woman happened to appear

limping and bruised the next day, people suspected that the cat must be the woman in disguise."

As the years passed, the small story caused people to think that all black cats

were connected to a witch's magic. Of course, witches were believed to also be connected to the devil and the devil brought nothing but bad luck. As a result, the story has been the cause that has claimed black cats' lives over time.

Luckily, there are places that celebrate black cats and their magical, dark color. Pezzoni said, "Ancient Egyptians viewed black cats as divine and believed that gods lived within them. In certain parts of 19th century Europe, black cat sightings were considered good omens. The Irish believed that a black cat on your porch was good luck, and in Japan, black cats are similarly revered as symbols of prosperity."

Fortunately, the stories of bad luck have not tainted other people's views on black cats.



Murder House

Paranormal Terror

Mia Menacho
Staff Writer

Objects falling or feeling a cold breeze in a heated room might not always just be a coincidence. There is no doubt that the paranormal world is real to many people. For Maxine Vallarta and Priscilla Mendoza, their experiences have taught them first-hand what other worldly forces may be at work.

Maxine Vallarta and Priscilla Mendoza are two completely different people, with two completely different lives but who have one thing in common. They have both experienced an interaction with the paranormal world.

Freshman, Maxine Vallarta is like any other teenager but with one singular difference, which is she has experienced an encounter with someone or something from the paranormal world. Vallarta's story started about two months ago, when she was home alone, in her room. It was around 9:00 pm and she heard footsteps coming from outside her bedroom door. Vallarta said she had never had anything like this happen to her before.

Vallarta said, "I will always remember

it so vividly." After hearing the footsteps, Vallarta said she felt some sort of presence around her. Vallarta said, "It was not cold but it felt as if someone was near." Vallarta's reaction was that of confusion and terror, since this had not happened before and she was alone. But she doesn't think she did anything to cause any spirit to target her. However, after the event, she did discover a scratch on her. But she is unsure if it was related to the footsteps or not.

After experiencing such a terrifying ordeal, Vallarta said, "I now have reason to believe spirits are real, as well as the paranormal world."

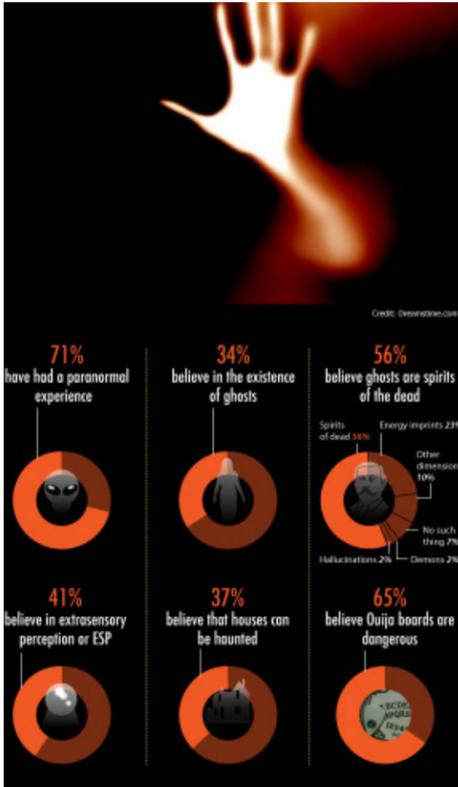
Priscilla Mendoza is another person who has experienced a paranormal encounter. Mendoza is a college student, who lives in Upland and is a 2018 graduate from Upland High School. Her paranormal experience occurred about two years ago.

Mendoza was in her room asleep one night and woke up to see a little girl staring at her from across the room. Mendoza said

the little girl seemed to be between eight to ten years old and had red hair, with two braids. Mendoza said the little girl seemed to have a recognizable face but she could not remember the exact image of it. Mendoza said, "When I first saw her, I reacted shocked, yet scared." Mendoza indicated that she had never seen the girl in her life and that she did not think she was anyone Mendoza knew had passed.

Since it was Mendoza's first time experiencing something to do with spirits, she decided to keep it to herself and not tell anyone. She did keep it a secret for a while but decided to mention her experience to a family member. Mendoza had been at a family-gathering and when she explained what happened, she learned that another family member had also had the same encounter, with that same little girl, years ago, while spending the night at Mendoza's house.

For both Maxine Vallarta and Priscilla Mendoza their terrifying experiences have made them believers in the paranormal world. They are now both open to new possibilities.



Kaylie Lara-Villagrana
Staff Writer

The world is full of mysterious and eerie buildings, most of which are classified as being haunted. Here, in our very own city of Upland, there may be more than what meets the eye in our little city of gracious living. The types of occurrences are speculated either as hauntings or plain coincidences, but with all of Upland's historic buildings, the possibilities are not far-fetched.

Founded in 1906, Upland, California is home to many of our friends and family, who are unaware of the unseen population among us. Paranormal Investigator, Scott Ault, owner and founder of Darklands Paranormal said, "I've investigated most of the buildings in Old Town Upland...the old fire station, the old police station, Little Shop of Hairdos, the Old Upland Feed and Fuel... the museum, the actual library. The most haunted place in Upland, I would say, would be either the 'Feed and Fuel' or the 'Little Shop of Hairdos.'"



Kaylie Lara-Villagrana
Staff Writer

According to the article, "Hitori Kakurenbo: A Forbidden One Man Hide & Seek," from the website, Kosoadojapan.com, "One Man Hide and Seek" dates back to 2006, as a post on the Japanese Internet chat room. It started with a person who actually tried the game for himself and lived to post it on live chat. Eventually, he encouraged other people to try it out for themselves. Hitori Kakurenbo, as the article suggests, "literally means 'One Man Hide and Seek.' And as the name suggests, it is a game where one person plays hide and seek. It sounds like just a child's game, but it is a kind of necromancy in reality." The rumors of Hitori Kakurenbo, as the article said, "have been spreading slowly but gradually." Scary

The old "Feed and Fuel," which was built in the late 1800s, is located at 164 North 2nd Avenue. The building, originally a retail store, had reached out to Scott Ault and his team to investigate the mysterious happenings there. Ault said, "'The Feed and Fuel,' we saw a dismembered pair of legs walking across the floor. There's a picture of a little girl in like 1800's dress, standing in a doorway."

The strange phenomena are unexplainable, but a possible reason is that it is haunted. Unfortunately, the old "Feed and Fuel" retail store is no longer in business. It has now taken new ownership with the new name of "Upland Feed and Groom." Though the name may have changed, the unexplained phenomena, within the building, may stay the same for centuries to come.

"The Little Shop of Hairdos," a hair salon known for its horror themes, may actually have an eerie backstory within its walls. Ault said, "The girls that work there have seen a lot of things over the years. There's a ghost that goes upstairs into their lock and turns the radio on and off when they're not there. There's a woman there that goes between the wall between Paulie's Pizza and that. I don't know if there used to be a doorway, when there were different buildings between them." The ghosts that lurk in the "Little Shop of Hairdos" and turn the radio on and off, as they please, as well as the woman who spends her warped time going through

Hauntings In Old Town Upland

building walls, are unusual and solemn occurrences in such innocent shops.

Given the findings at the "Upland Feed and Fuel" and the "Little Shop of Hairdos," they shed light on the fact that buildings in the Upland area have the possibility of being haunted.

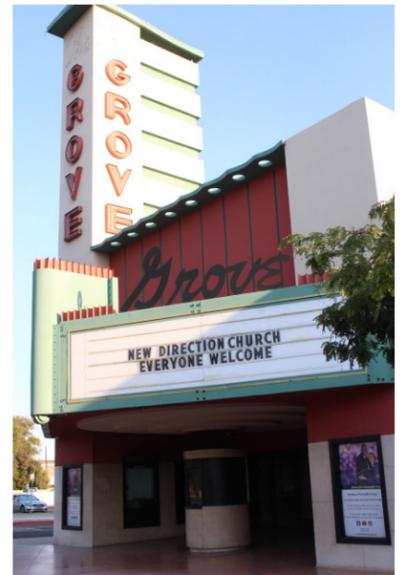
Old Town Upland is full of historic buildings, some of which have been there since the 1800's. A familiar building in the Upland area is the Grove Theatre, a seemingly normal performing arts establishment. However, there is more that goes on behind the scenes after hours.

Ault said, "We're walking down the aisle of the old theater and I had my camera...and I was just taking pictures and some-crack-hit my camera. It flew like this-way, and everybody turned around and looked. Two minutes later, I got a picture of a Victorian woman in a hat, sitting in one of the seats." The Grove Theatre, built in 1947, has been sitting for almost a century, as generations of people roam in and out of the establishment. It would only be natural for some to stick around longer than others, waiting for the next show to begin.

Another well-known property in the area and one where many frequent throughout the day, is the Upland Public Library. The library holds shelves and shelves of books, with many genres and stories waiting to be told. However, it also holds the unpublished tale of itself. When investigating the town library, Ault said, "The library we actually

caught one of our best pieces of evidence... we called it the 'Time Machine.' But I was taking pictures upstairs in the children's area, and when we went back to look at my pictures to review them, there's this-this giant, I don't know, looks like a box. A giant, wood box, with like a doorway on it. That's not in the library." It is a shocking discovery made in our very own Upland Library and one that makes us wonder what other possible doorways could be concealed, within the halls of this establishment.

From "The Feed and Fuel" to the Upland Public Library, there are layers upon layers of history. It really should be no surprise that there are secrets trapped inside these walls.



One-Man Hide and Seek

stories, like Hitori Kakurenbo, are actually very popular in Japan.

There are five steps a person must take, in preparation for Hitori Kakurenbo. The article, "Hitori Kakurenbo: A Forbidden One Man Hide & Seek," said that a person "Needs to name the stuffed animal (not your own name), and tear the stuffed animal to remove all the cotton inside. Fill the stuffed animal with rice grains instead of cotton, and put your own nails cut with nail clippers into the stuffed animal. After sealing the torn parts



together with a sewing needle, wrap the thread around the stuffed animal. Fill the bathtub or wash basin with water. Decide in advance where you will hide (e.g. in a closet) and prepare a glass of saltwater."

According to the online article, "The Ritual Game: One Man Hide-and-Seek," from the website folklore.usc.edu, it said, "Well as the name suggests you have to do this alone, while everyone is out of the house, preferably."

It has never been clear what happens if a person loses "One Man Hide and Seek"

but the article, "The Ritual Game: One Man Hide-and-Seek," said, "The doll kills you, supposedly." In addition, the article's informant has a slightly different description of Hitori Kakurenbo, as it explained that once the person makes it to sunrise, they win the game. The article said that the person gains bragging rights for winning Hitori Kakurenbo.

Hitori Kakurenbo is not a joke and should be taken seriously. It is unknown if this game is a hoax or not. There have been many sources around the world that have information on Hitori Kakurenbo and all of them have stated to be cautious when playing this game. It is, as of yet, unknown how Hitori Kakurenbo came to be, somehow. For the sake of one's safety, it is advised not to play this game!



Apocalypse

NIPAH VIRUS

By Ace Davila
Staff Writer

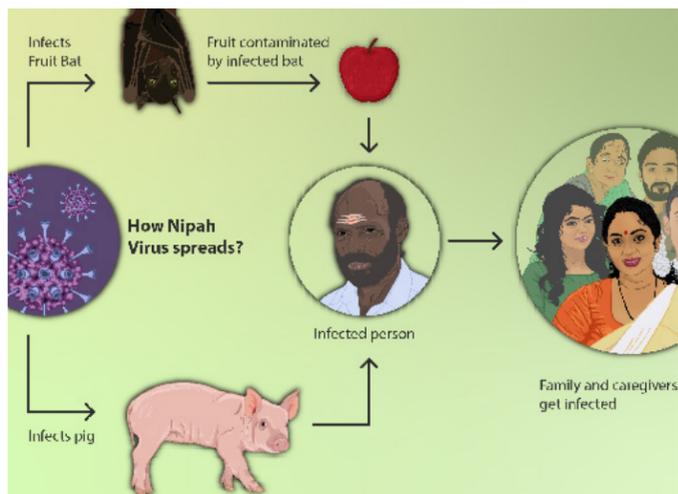
As the world continues to recoil from the Covid virus, there is yet another virus that people may need to pay closer attention to in the future. According to the Centers for Disease Control and Prevention's website, [cdc.gov](https://www.cdc.gov), the Nipah virus was first discovered in 1998, affecting the people of Singapore and Malaysia. There were nearly three hundred people affected by the virus and over 100 deaths. The World Health Organization's website, [who.int/](https://www.who.int/), reported that if someone contracts the virus now, "The case fatality rate is estimated at 40% to 75%. This rate can vary by outbreak depending on local capabilities for epidemiological surveillance and clinical management. Nipah virus can be transmitted to humans from animals (such as bats or pigs), or contaminated foods and can also be transmitted directly from human-to-human."

The Centers for Disease Control and Prevention's website said, "While there have been no other known outbreaks of NiV in Malaysia and Singapore since 1999, outbreaks have been recorded almost annually in some parts of Asia since

then—primarily in Bangladesh and India. The virus has been shown to spread from person-to-person in these outbreaks, raising concerns about the potential for NiV to cause a global pandemic."

The way this virus spreads is through pigs, bats, and fruit. However, the online article, "Nipah Virus: What You Should Know," by Alexandra Benisek, from [webmd.com](https://www.webmd.com), said another way to transmit the virus is through other people who have it. If a person is in contact with someone who has the virus, he or she might not even know he or she has it because it takes around 4-14 days to start feeling symptoms of the virus. Now, scientists say it is not an airborne virus; it could be transmitted by giving a kiss to someone who has the virus or simply sharing food or a drink.

According to the World Health Organization, "Human infections range from asymptomatic infection to acute respiratory infection (mild, severe), and fatal encephalitis." Infected people can develop symptoms such as fever, headaches, vomiting and sore throat. There can also be dizziness, drowsiness, and neurological issues. The World Health Organization said, "Some people can also experience atypical pneumonia and severe respiratory problems, including acute respiratory distress. Encephalitis and seizures occur in severe cases, progressing to coma within 24 to 48 hours. The incubation period (interval from infection to the onset of symptoms) is believed to range from 4 to 14 days. However, an incubation period as long as 45 days has been reported."



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UNIVERSAL STUDIOS

By Alexis Whitaker
Staff Writer

During the month of October, it has become somewhat of a tradition to pay a visit to either Universal Studios or Knott's Scary Farm to participate in a fun-filled night of entertainment full of chills and thrills.

In the past two years, amusement parks have had trouble with people choosing not to come, which has resulted in decreased revenues, due to Covid-19. The Orlando Sentinel article, written by Gabrielle Russon said, "The theme park division's annual revenue tumbled from \$5.9 billion in 2019 to \$1.8 billion for all of 2020 — a 69% loss — as some of the parks were shut down for months and then reopened with limited attendance."

Universal Studios holds horror nights every year from September 9th to October 31st. For this year, Universal Studios is trying to bring people back for some Halloween fun. The Universal Studios website said that it is holding "The Haunting of Hill House," "The Texas Chainsaw Massacre," "The Exorcist," and "The Bride of Frankenstein Lives," along with some pretty terrifying mazes.

Knott's Scary Farm holds its scary nights between September 16th and October 31st. Knott's official website says,

"[...] uniquely haunted mazes and attractions, sinister shows, and more than 1,000 horrifying creatures lurking in the fog and hiding in every corner of the park."

People may question the safety of attending the Halloween events at a major theme park.

A recent visitor to Universal Studios, sophomore, Dylan said, "They did have safety guidelines. But I definitely think they should have been stricter."

According to Universal Studios' website, it described its safety protocols when it said, "[...] beginning October 7, all persons, ages 12+

must be prepared to show proof of full FDA or WHO approved COVID-19 vaccination." As a result, people twelve years and younger are able to still come without a vaccination.

Knott's Berry Farm's safety guidelines are very different from Universal Studios. On their official website it said, "Masks are required indoors unless fully vaccinated, health screens are not required, and reservations aren't required either."

Senior, Maci said, "When I had visited Knott's Scary Farm, there weren't that many people keeping their masks on. I had mine on. But it wasn't like other people cared."



TEACHER PROFILING

By Isaiah Maniti
Staff Writer

After a year and a half spent in distance learning, teachers and students are finally back in the classroom, with a few changes, such as wearing masks regarding Covid-19. As teachers and students came back to school on August 23rd, 2021, there were plenty of noticeable changes on the campus, other than everyone wearing a mask.

At the school, students were glad to be back on campus for in-person learning, after being stuck in their homes. Some of them decided to come back because they were not able to stick around their group of friends, and to be familiar with doing assignments on paper, rather than using the internet for online assignments.

Senior, Matthew Sanchez said, "I was relieved for the fact that I didn't want to stay in quarantine for so long. It was nice to see a bunch of other friends and the lack of online assignments was a plus." Although there were several students who agreed with Sanchez, it really was no surprise that other students enjoyed at home and working through distance learning.



Senior, Calvin Valenzuela said, "In a way, I did prefer online schooling just because during quarantine, it removed the step of going to school and going to class. So, during online schooling, you could just wake up like a minute before your class starts and you don't have to get dressed up like you do getting ready for school."

For those students who decided to stick with distance learning this year, they might cite the same reasons as Valenzuela. However, there could be other reasons, such as not risking the possibility of being infected by the coronavirus.

On the surface level, it does not seem that many students were concerned about the possibility of anyone catching the virus amongst a giant crowd of people passing by or hanging around each other. Truth be told, the likelihood of Covid-19 cases spiking up to the point where the school would need to go back to distance learning is unlikely now.

Boys Basketball coach and Government teacher, Mr. McNally said, "I thought maybe that might happen. But our state is one of the lowest infection rates in the country, maybe the lowest. I think we're going to be okay."

Although the possibility of people be-

ing infected now grows lower and lower as time goes by, wearing masks is still mandatory and being vaccinated is a must. In the case of teachers, however, it is necessary for them to be vaccinated to ensure the safety of others.

Recently, the Governor of California has made it necessary for students to be vaccinated, when coming to school for in-person attendance. The online article from [CA.GOV](https://www.ca.gov), "California Becomes First State in Nation to Announce COVID-19 Vaccine Requirements for Schools," by Lindsay Briebecas, said, "The state already requires that students are vaccinated against viruses that cause measles, mumps, and rubella — there's no reason why we wouldn't do the same for COVID-19."

After so much time spent in distance learning, teachers have managed to pick up a few new tricks for student engagement. Mr. Alaniz, a digital and commercial photographer teacher said, "The Google Classroom was a very good utility to have learned. In the past, I have used my personal website to distribute content to the students. But now, with Google Meets and attendance recorded, it was nice to be able to use the technology to our advantage, so that we could help more kids succeed."

Unlike last year, with distance learning, students are now able to approach others to socialize with them, even if they are not part of the same class. Mr. Alaniz said, "I've seen that kids are starting to social-

ize more, and in the very beginning, everyone was very quiet, so those social skills were sort of gone for the good first month of class. As we progressed through the year, that one-to-one communication between students is getting better."

Back when online learning was first established, the majority of students in meetings didn't utilize their webcams or microphones and only ever communicated with text chat, even if there were off times where students were given the moment to talk to one another. Now, with students back on campus, more of them are talking with each other.

Now that teachers and students have returned to campus, life seems to be becoming better day by day. Perhaps one day, life will be back to the way it used to be, prior to Covid-19.





Hotel

HOTEL CECIL CHANGES

By Liyah Sera
Staff Writer

The Hotel Cecil is a landmark that has caused a stir of reactions from Angelenos over 94 years of business. The Cecil's checkered history has instilled fear in those who know of the hotel's dark and twisted past. According to the Netflix docuseries *Crime Scene: Vanishing at the Cecil Hotel*, directed by Joe Berlinger, The Hotel Cecil opened in 1927. Located on Main and 7th Streets and was a bustling new hotel for the downtown Los Angeles area, during the infamous "Boomtowntown" era and cost a million dollars to construct.

Berlinger's docuseries discusses that many of the hotel's guests consisted of aspiring actors,

actresses and travelers, who wanted to visit the city of the stars. As the hotel started to peak in popularity, a country-wide economic blackout, known as "The Great Depression," caused the hotel to lose revenue. As a result, the once lively tourist hotel turned into a central highway for crime and poverty.

Currently, The Hotel Cecil has been closed for renovations. Berlinger points out that ever since Elisa Lam's notorious death in 2013, the hotel has been making efforts to change its reputation and the way the city of Los Angeles views the hotel. One of the renovators who has been a part of its renovation team for three years, Craig Smith said, "Working here is very eerie. Standing in the same places as these people you hear stories about is genuinely bone chilling."

Smith has seen the Cecil in its prime state, being that The Hotel Cecil is located on one of the most dangerous streets in the United States: Skid Row. The Cecil is no doubt an attraction for many people, since the crimes that have occurred at the hotel have created a cult following of people interested in true crime.

When asked if Smith found it interesting or strange to see people come far and wide to visit The Hotel Cecil, Smith said, "Ever since the Netflix documentaries came out, I have no

qualms about people coming to the Cecil. The pure, raw history of this place is interesting and as humans, we have an instinct to wander the unknown and a lot of the hotel's history is mysterious."

The dark and gruesome past is inevitable. Some of the most horrid crimes have taken place in the three-building hotel since the 1930's. As said by the publisher of *Grunge*, written by Debra Kelly, it was reported that Elizabeth Short, also known as "The Black Dahlia," stayed at The Hotel Cecil for some time, during her exploration to become a Hollywood starlet. Instead, she became the victim of a horrifying crime that remains unsolved to this day.

In the 1980s, a dark plague roamed the streets of Los Angeles County, threatening the safety of young women and the vulnerable. Richard Ramirez, also known as "The Night Stalker," stayed at the hotel and would bring his victims to the 14th floor of the hotel. He was not caught until 1985. From the sources provided by The US Sun, Kim Cooper, who assists the walking Cecil Hotel tour said, "The Night Stalker didn't prey on people here. He just hung out because he fit in."

The Los Angeles Times article, "Coroner says drugs not a factor in Elisa Lam's mysterious death," by Andrew Blankstein, said, "Elisa Lam, a 21-year-old Canadian college student travelled alone to sunny Los Angeles only to become the



internet's point of fascination, when disturbing footage of her final moments were posted online. Unfortunately, she was found in one of the hotel's main water tanks, more than two weeks after she was reported missing."

The Hotel Cecil is transitioning to a new hotel, called "Stay on Main." The rebranding will not only eradicate the stigma that the hotel still has but also give a new breath of fresh air to the downtown region. Craig Smith added, "The new renovations are amazing. We are installing brand new surveillance systems, communal areas, and completely remodeling the rooms. It will be something very special and we hope people will enjoy the renovations."

The Hotel Cecil will always be an integral part of Los Angeles history, as it exhibits the true colors of a city that many romanticize in their everyday lives, even despite the dreadful truth that lies behind the walls.



HERITAGE SQUARE MUSEUM

By Thomas Wingert
Staff Writer

The Heritage Square Museum may look like just another group of Victorian homes at first glance, but it is actually one of the most haunted hotspots in Los Angeles. There have been accounts of visitors hearing mysterious noises and voices, only to turn around and find no one there.

The Heritage Square Museum's website, heritagesquare.org said the museum, "Is a living history museum that explores the settlement and development of Southern Californian from the Civil War to the early 20th Century, offering visitors a look into the everyday lives of Southern Californians at the close of the 19th Century."

The website also explains that the history museum is home to many Victorian-era buildings. including The John J. Ford House, Longfellow-Hastings Octagon House, Valley Knudson House, Mount Pleasant House, Hale House, Palms Depot, Lincoln Avenue Methodist Church, Carriage Barn, Perry Mansion and Colonial Drug.

Paranormal investigator, G. S. Reynold's website, paranormalworldofreynolds.com said, "I personally know that many teams have investigated the museum's homes and have reported various experiences over the years. The museum itself promotes its haunted history with its annual 'Halloween Mourning Tours' and they have paranormal investigators share their experiences from Heritage Square Investigations."

Reynold's own investigation findings of the Hale house are recorded when Reynold's said, "I can say, in our recent investigation that, the Hale House was most interesting and, we had a lively session where, Intuitive and Medium K.D. Foreman of Cal-Para Research was experiencing the spirit of a woman from the Perry House next door, she was filling K.D. in all about the Perry family and her life all that long ago. I personally could verify what K.D. was being told as, I had taken the tour that day and had learned all about the Perry's. K.D. did not allow me to give her any details as the communication continued. But I could verify for her that most what was coming through was very accurate."

Another paranormal investigator who visited the set of Victorian houses is Jack Osbourne. In the online article, "Watch the Osbournes Go Ghost Hunting in 'Night of Terror' Trailer," by Kory Grow, Jack brought his family and said, "My family has always been intrigued by my work in the paranormal, so I decided it was time for them to experience it themselves. Heritage Square is a very haunted location that not many people outside of Los Angeles know about."

In the Forbes article, "Jack Osbourne Talks Haunted Houses And 'The Osbournes: Night of Terror,'" At the Heritage Square Museum," by Amanda Lauren," discussed the Osbournes' encounters during their investigation of the museum. Osbourne said, "Kelly definitely got into it towards the end. She got really fired up. I told her this is a one in a million type of investigation. I probably went on 20 or 30 investigations before I had anything close to what happened that night. And I'm not just saying that, I've had more mellow experiences in nineteenth-century insane asylums." In addition, Jack said that the



most haunted house was the Octagon House, where they heard and experienced the most bizarre things, such as ghosts.

Despite the quiet façade of picture-perfect Victorian homes, visiting The Heritage Square Museum may not be as peaceful as it first appears on the outside. The museum is open on Saturdays and Sundays, from 11 am to 5 pm. It also has special events planned for the month of October.

FARMER'S MARKET HIDDEN GEMS

By Megan Larsen
Staff Writer

Every Saturday, there's a world of new finds right in Upland. Local vendors and small business owners come to the Upland Farmer's Market to showcase what they have to offer. Varying from delicious barbecue foods to handmade European-style clothing, the local farmer's market might have just the thing a person needs.

Beginning at 9 am, this hidden gem arises. The hard-working vendors set up their booths and begin their day. For some, the farmer's market is a weekend hobby, something to pass their time. Though for others, this is their job. They devote hours on end to preparing for their profitable weekend.

Malia, an up-and-coming baker, with a small business going by the name of "WhiskBlessed," said, "For Saturdays, I start roughly around Wednesday or Thursday. I like everything fresh. Normally, everything is prepared on Thursdays and Fridays." She does not do all the work on her own though. Her aunt and mom help her put everything together.

The name "WhiskBlessed" ties into her family, who she said has been so supportive of her. "I texted the family group chat, telling them I needed help coming up with a name. So, we decided on 'whisk' because it relates to baking and 'blessed' because I am blessed by God, who helps me in everything." She began expressing her entrepreneurship and love for baking beginning in 2014, just over seven years ago. Malia is not the only one who turned something she loved into a business.

Steve, a local woodworker, said that his hobby

began a few decades ago. Steve said, "I began my business in 2004. It was a hobby before. I made it a business in 04', when I retired." Steve makes coasters, earrings and custom signs.

As opposed to others who want their business to grow big and flourish, he possesses more of a "keep it small" goal mindset. Regarding the success of his business and goals, Steve remarked, "Adequate. I don't want to get so big that I have to start employing people. I just want to keep taking over from my retirement to avoid boredom." He has always been a productive person, living a busy life. Although, when he finally got a chance for a break, it was too much of a bore. Steve said, "I became a business owner to relieve the boredom of retirement. I was just wasting away doing nothing."

In opposition to Steve's "keep it small" goal-mindset, Shirley Garrison, a lady's apparel retailer said, "Our goal is to dress every woman on this planet in our fashion." When asked her reason for becoming a business owner, Garrison said, "I think you're born as a business owner. You have it in your blood. You either have it or you don't. I already knew when I was a kid, about four to five years-old, I was already selling clothes to the ladies."

Maison, pronounced (meh-zown) Garrison, Shirley's business, was established by her in 2019. The business encompasses the family tradition, one that Shirley is delighted to carry on into the future. Garrison was pleased nonetheless, to say the creation of her business name comes from the word "Maison" and the inclusion of her last name. Garrison said, "It's French. It means "House Garrison," Garrison is my last name." Shirley and her clothing can be found not only at

the local farmer's market but online as well.

In case the feeling of hunger arises, while exploring the market, the local food vendors have a wide selection of foods to choose. "Delvecchio's Barbecue and Smokehouse" is a popular food joint. Marcel, a barbecue enthusiast, has a love for cooking that might remind people of home. In addition to providing the Upland Farmer's Market with high-quality barbecue for Saturday Lunches, Marcel has a catering business. Marcel believes his business to be one of a kind, as he said, "Everything is made with love and care, as well as from scratch."

Marcel's goal for his business is to open up a restaurant one day. Although he only started his business up last year, Marcel has already had various successes. Marcel said, "We just did a show for the Food Network called 'All On The Table.' It should be released in November." It is an accomplishment he is definitely proud of overall.

Though she has yet to have a show, Kaili is on the road to it. "Kailifornia" is the name of her business. Her story begins years ago, when she used to make jewelry as a hobby. During the pandemic, she became unemployed and needed a job that she was able to do from home, to be with her girls. She began remaking jewelry again about six months ago. Kaili said, "I reached out to my



friend, Jessica, who runs the vendors here and she let me know that at the time, the jewelry lady was leaving, so I thought, well, perfect. I will make jewelry. Though, I finally turned it into an official business, just about two months ago."

Within the past few months, Kaili believes her business to be a success as she said, "I think it's going really well. I'm surprised, actually, of how well it's doing." Uniquely, Kaili's jewelry pieces are California-centered. One especially unique part is how "Kailifornia" supports Autism Awareness. Despite the fact that Kaili is a Pasadena resident, she loves coming out to Upland to offer her work for sale to the local community.

Unfortunately, some people do not know about the local farmer's market. Spreading the word would allow it to grow and bring greater profits to various businesses. The Upland Farmers' Market really is the perfect place to spend a Saturday morning.



1984

80's Slasher Films



By Juan Campos
Staff Writer

Throughout the decades, films have evolved and become something much larger. The 80's were a time for slasher movies and people loved them. Many of these types of movies are still being made to this day. The 80's were truly iconic and



their films are one of the reasons why. People favor these films because of the vibe and scare factor they provide their audience.

Sophomore, Kathleen Gonzalez's favorite horror movies all come from the 80's. She believes the horror they had back then is superior to movies today. Gonzalez said, "The vibe is something I wish I felt watching these new horror movies." Gonzalez does not believe today's movies feel the same as the older ones do. Though some of these franchises are still being made to this day, one can easily feel and see the differences between the two. Just like everyone else, Kathleen has favorites, such as Halloween, which she considers, "The true definition of a horror icon." Gonzalez believes that though horror has many faces, one of them will always be significant, and to her, that is none other than Michael Myers.

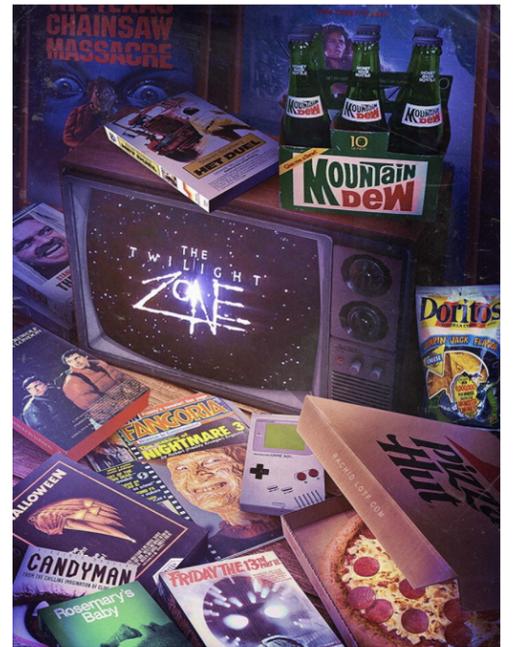
Slasher films are something people have a preference towards. Some fans even collect items the franchise makes, such as merchandise. Though some franchises have not been revived in decades, Kathleen

would love to see a revival of Nightmare on Elm Street. Gonzalez said, "Even though they made one a while ago, it's not the same storyline or actors and it adds the 2000's horror-movie-vibe that I hate." Filming and the production of movies have evolved from what they once were to where they are today. Adding to this aspect, Gonzalez said, "Honestly, today's horror films just don't radiate the same type of thrill I get when I watch an 80's one."

Gonzalez has recommendations of films for those people who want to try a cult classic. Gonzalez said, "For sure, watch Halloween, Scream, Carrie, The Shining, and Hellraiser." The movies from the past have made an impact on people today. Some of those movies cannot be beaten just because they are known as "cult classics." Today's slasher films have grown and are far more complex than how they were. There is the suspense and anticipation that gradually builds up that makes the genre of Horror stand out. There is also the acting that seems to be different. Kathleen prefers the old aspect of horror and she said, "The vibe serotonin I get from

them is a feeling I wish to feel every time I see a movie".

Slasher films will always be one of the fan-favorite genres of movies. No one can deny that the 80's had an impact on the horror film genre and the industry would not be where it is today, without the franchise and characters they created.



80's Rock Bands and Devil Imagery

By Isabella Roccia
Staff Writer

Many people know of the popular bands from the 80's, such as AC/DC, The Rolling Stones, and Van Halen. However, they were able to gain most of their popularity through Devil imagery. In the 1980's, it was controversial to support or discuss the Devil. But some bands most likely used the notoriety to their advantage. Using something as controversial as the Devil and Hell in their songs would lead to more people talking about their music. Chris ProVation, author of Kerrang! Magazine's article, "12 of the Most Uplifting Songs about Satan" said, "[...] associating good times and killer tunes with Lucifer, they only drove young rockers further into his arms."

Controversies no doubt bring attention and whether that attention had positive or negative intentions, it still sold their music. Tom Watson, writer of the Crack Magazine article, "The Devil's Chord: A History of Satanism in Popular Music" said, "Luciferian imagery was very much on trend [...] controversy sold and The Devil was paying for it." The bands knew the lyrics that they were writing and the cover art they were creating was going to sell well, with their understanding of the current trends of the rock world, so they pursued it.

Not many of these rock stars were people who worshiped Satan, though they

understood that the image was smart for selling records, regardless. Some rock stars were transparent about their use of devil imagery. Motley Crue's Vince Neil once said, in an interview with Loudwire, in 2010 that, "Some people said we were Satanic and angry. We always thought that was funny, but we were like, 'Hey, if it gets us attention, let's go with that.' We were so starved for stardom that we were willing to do whatever it took. But there was no anger at all. We were just having fun." As he admits to using Hell, the Devil, and Satan to their advantage. Neil also points out that they never really believed or worshiped Satanism and never wanted to be labeled as Satanic or angry themselves.

Famous serial killer, Richard Ramirez, was a known AC/DC fan, who actually once left behind an AC/DC hat at a crime scene, lead to many headlines about how "AC/DC Music Made Me Kill at 16, Night Stalker Admits." As much as the members of AC/DC most likely felt remorse for the victims of these killings, this kind of publicity did nothing but promote their music and support their acts in Satanism, since Ramirez was a known Satan worshipper. As much as it brought the band more attention, it also brought them a lot of poor publicity. It caused people to view AC/DC in a negative light, due to people thinking they associated with a murderer who killed many innocent people.

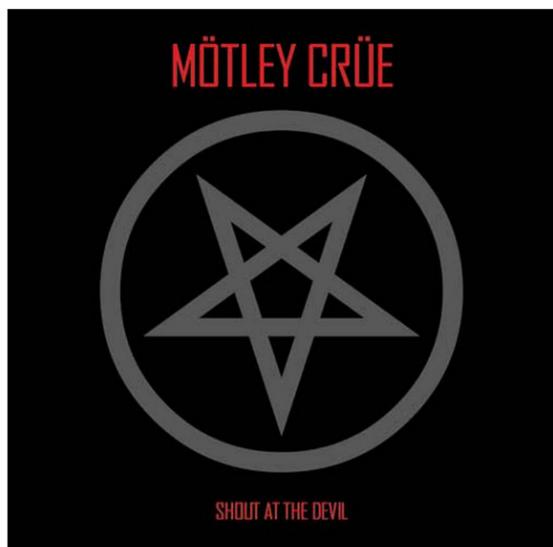
The genre of rock music stayed popular, either passed through generations or simply because it was ingrained within rock culture. Junior, Athena Spencer listens to a few bands and enjoys this kind of music, as do many people still in Generation Z. Spencer said, "People love shock or to go against what is seen as the norm." She also believes that shock value assisted in bringing attention to the music of the generation.

Spencer also mentions that during this time "[...] People were looking for individuality and some people found themselves in songs like these." But

Spencer has never thought of this music using Devil imagery as anything more than just art. Spencer said, "This imagery has made its way into many peoples' lives, including mine. Even though I don't personally use demonic imagery, I see a lot in art. I simply observe it." She believes that all music is subjective to the artist's interpretation - such as the music written by these bands. It is up to them to decide. But it is also up to each individual how he or she interprets that art.

As much as these bands knew they were only participating in Satanism to make a profit for their music, they never wanted to be involved in such religious beliefs. The bands understood using this imagery guaranteed them more attention and it worked. Most people know bands from the 80's, such as Led Zeppelin or Motley Crue, specifically from Luciferian-inspired-album covers, or controversial songs. The im-

agery these bands incorporated into their music should not be reflective of their artistry, but it was something they understood would bring them more popularity and used it to their advantage





1984 Book Reviews



By Samia Gazi
Staff Writer

Over the years, American Horror Story has delivered terror through a legion of mystical witches in New Orleans, to a troupe of nomadic freaks, to an insane asylum, where the staff seem to need it more than the patients admitted. Although there is not a series of novels that correspond with the hit television show, there are many books that incorporate the themes present throughout the riveting ten seasons of American Horror Story. Junior, Melanie Jenkins, said that books bring TV shows to life, "Because to really write a horror book, there has to be a lot of detail that goes into everything."

In *Murder House*, the pilot season of American Horror Story, the Harmon family move into a notoriously haunted house in Los Angeles, where they find themselves able to communicate with the ghosts of people, who died within the house. The house is a site for two previous deaths. Similarly, the novel, *House of Leaves*, by Mark Z. Danielewski, describes a family, which moves into haunted houses that have served as sites for murder. *House of Leaves* is rated 4.2/5 by Barnes and Nobles and follows the family, as they realize their home to be larger on the inside, than the outside and shifts in layout, like a maze. They must figure out how this is occurring. Robert Kelly, writer for *The New York Times*, calls *House of Leaves*, "...A vast exploration and meditation on the paradoxical spaces that open out from -- or as -- our awareness." Kelly emphasizes the mind-opening elemental effects it leaves its reader with, after the book is put down.

Moving along, to what *Screenrant.com* claims to be the best of all ten seasons, is *Asylum*. The season follows patients enrolled in an insane asylum named, "Briarcliff Manor," where paranormal and psychological horrors are compared to the horrors of homophobia and racism. In the novel, *Shutter Island*, by Dennis Lehane, Edward Daniels and Chuck Aule take a trip to Shutter Island, where they have been sent to Ashecliffe Hospital to investigate Rachel Solando, a patient who drowned her three children. There is the keen similarity between "Briarcliff" and "Ashecliffe," which is immensely obvious and makes it even more surprising to find out that *Shutter Island* was published nine years prior to the initial production of *Asylum*.

Get in witches, we're going hexing next! Jenkins revealed that she would be most inclined to read about *Coven*, if it was turned into a novel, when she said, "It's my favorite season and I love how, in the show, they had so many little details and I think giving the characters thoughts in the book would really get the readers a better understanding on what was happening in the coven." With the season of *Coven*, came the storyline of a young girl who is sent to a boarding school for witches, like her, in an effort to control her newfound powers. Closely, the novel, *The Wicked Deep*, by Shea Ernshaw, encapsulates the lore that *Coven* brings for viewers. Essentially, 200 years ago, three sisters were executed for practicing witchcraft. Every year, they return to the town of Spar-

row they were executed in and lure bodies of young men into the harbor, as revenge on the men that executed them. Penny Talbot accepts this potential. But when Bo Carter arrives, new to the town of Sparrow, he befriends Penny, who seems to be keeping secrets to protect his own life, but risking Bo's, in the process. In the war against witches, Bo and Penny must make a choice between their lives and their friendship.

Freak Show follows Elsa Mars' troupe of circus freaks, who have been on a roll of successful shows. But when a citywide curfew threatens the shutdown of the *Freak Show*, the troupe opens their arms to conjoined twins, Bette and Dot Tattler, who they hope can help keep their show on the road. Melanie Jenkins claims that the elements of *Freakshow* she feels are most creatively represented and desires to see in literature when she said, "I think people being psychotic... because in seasons, like *Freakshow*, it was shown so much differently than in past seasons and they really used something light-hearted and happy and turned it into something that was so vulgar and upsetting." In relation to freaks and circus geeks, the novel, *Magruder's Curiosity Cabinet*, by Hilary Poole Wood, rated 4.8/5 stars by Barnes and Noble, combines the overlying themes of outcasts and beauty, in our distinctions embedded in *Freak Show*. The story involves Kitty Hayward and her mother, when they take on Coney Island, in pursuit of experiencing the magic of the newly opened *Dreamland Amusement Park*. Unfortunately, trouble befalls them, when Kitty's mother falls sick and Kitty must travel to find her medicine outside of the hotel. Upon her return, Kitty's mother has vanished and the hotel doctor fails to recognize Kitty. Stumbling into *Magruder's Curiosity Cabinet*, home to an unusual pack of circus freaks, Kitty and the *Cabinet* investigate the whereabouts of Kitty's mother, to soon find that Coney Island has been abandoned entirely, and only the freaks and madmen are left behind!

Now, for the much-anticipated season, *Hotel*, with its celebrity appearances and infamous background story, it involves the notorious *Hotel Cortez*, in Los Angeles. Based on the real *Hotel Cecil*, there is a serial killer, who supported in the construction of the *Hotel Cortez*, lives as a ghost within the perimeters. In addition, Lady Gaga plays a fashion-absorbed countess, while residents of the *Cortez* face a looming serial killer. Comparatively, Stephen King's novel, *The Shining*, covers the story of Jack Torrance, who has taken up a seasonal job at the *Overlook Hotel*, where his family joins him, including his son, Danny Torrance. But when sunny days pass and winter weather overwhelms, Jack's sanity is threatened by the paranormal forces residing within the hotel, and the lives of his wife and mother are put at risk. Barnes and Nobles rates this novel a 4.5 out of 5 stars.

Venturing through these horrifying novels, it is essential to note what makes this genre so popular. Jenkins said, "I think it's mostly the relation to true events. I know American Horror Story has taken real events, like what has happened in the *Hotel Cecil* and turned it

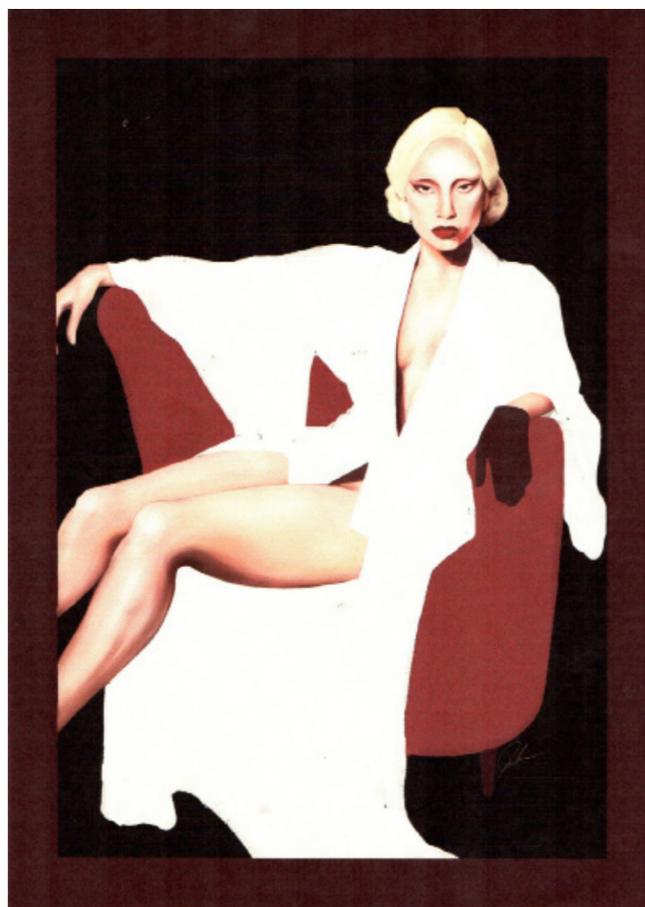
into something to fit their narrative. So, I think that's the most frightening part of horror."

Roanoke, despite being an unfavored season of American Horror Story, dives into an old shaker house, in North Carolina and takes place documentary-style, capturing the paranormal experiences of the Miller family. In parallel, the novel, *The Winter People*, by Jennifer McMahon, introduces readers to the mysterious death of Sarah Harrison Shea in 1908, which took place following the death of her daughter. Fast forward to present day, Ruthie, her mother, Alice, and her younger sister, live in the horrifying house and reside in peace, until the vanishing of Alice. In search of clues, Ruthie finds Sarah's old diary and realizes she must act fast to find her mother, before history has a chance to repeat itself. Barnes and Nobles rates this novel a whole 4.1 out of 5 stars.

Cult, a season that takes viewers by surprise, with its strong political theme, follows a community in a Michigan suburb, where a cult and its leader work to evoke fear and reign terror over residents, following the 2016 presidential election in the United States. Take the novel, *The Dead Zone*, by Stephen King, as the literature that brings *Cult* to life. Stephen King takes readers on the journey of Johnny Smith, who awakes from a five-year coma, to find out he has acquired the power to see visions, but some of them are blocked, due to the damage from the coma. Johnny must find how to control the visions, as politician, Greg Stillson, is out to find out just how valuable Johnny's powers can be towards his own political pursuits. Barnes and Nobles rates this book a 4.2 out of 5 stars.

Although an apocalypse seems far from reality, American Horror Story: *Apocalypse* convinces people otherwise. The season takes a look at an unimaginable earth, left behind after nuclear-fallout. Leftover inhabitants huddle into a nuclear shelter and must work to prevent an entire apocalypse, as the conspiring Antichrist waits to initiate it. In the novel, *A Boy and His Dog*, by Harlan Ellison, a young boy resides alongside his telepathic dog, and they are left to fend for themselves in a future-post apocalyptic world, or so they think.

The most recently completed production



of American Horror Story, 1984 delivers a gory production of the *Night Stalker's* attacks. Frightened in Los Angeles, Brooke Thompson decides to travel out of town with her friends to work as counselors at *Camp Redwood*, where the *Night Stalker* killer previously left his mark in 1970. They soon learn that the *Night Stalker* never rests and neither does the past. The novel, *Criminal*, by Karin Slaughter, is rated 3/5 stars by Barnes and Noble, and is said to be the literary equivalent. The novel follows a woman, who was viciously murdered in her Atlanta apartment. After investigation commences, Agent, Will Trent, finds uncanny similarities between the body of the young college student and that of a woman, who died 40 years prior. Barnes and Nobles rates this twisting novel a 3.9/5 stars. Richard Lipez, writer for *The Washington Post* said, "The novel's back-and-forth between 1975 and the present is handled adroitly, with the juxtaposition of larger events and attitudes in an evolving society."

There it is: A title for each season, one through nine, as people eagerly await the completed plot of American Horror Story: *Double Feature*.

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