

The Plaid



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A Crowning Achievement: Valedictorian & Salutatorian

Editor-In-Chief
Angelica Gordon

Any queen or king can rule, but not without their service, dedication to their people, and absolute self-awareness. The Class of 2023's Valedictorian and Salutatorian, Kailey Huang and Thomas Chang embody all of the characteristics of true royalty. Over four years, they have been known to honor our community in a multitude of ways.

Huang, leading as our NHS president this year, reflected on the position when she said, "It feels incredible. Unreal. I'm glad to serve." Chang, lead debate captain, said, "It's an honor to lead as salutation this year. I'm very happy."

In some ways, four years could have felt like a lifetime or a blur. While trying to grasp onto her favorite memories of high school, Huang said, "Hanging out with friends at lunch and being around people that are accepting and that you have built the space for and that have built space for you, it's just good to be in that community. I feel like that's core memories and plus, I feel Grad night was really amazing. It was really fun. I had a really good time with a lot of good friends." Contemplating the significance of friendships and connections, Chang said, "I think overall, just kind of being in the moment is always great to just enjoy the people around you, your friends, your teachers, your family. I think that's what most special

to me about these four years of high school, to make long lasting memories and long-lasting relationships with those that you care about."

definitely not been easy. I feel like a lot of people sort of idealize the path, like it may be really simple and easy, but there's a lot hard work that comes and goes

have a lot of fun at Princeton and stuff. You know, maybe hang out with some really cool people and do some really cool things."

Additionally, considering the path he stepped on and made his way through, Chang said, "I think everybody has to work hard to get to anywhere in life and I'm just really thankful that I've had a lot of support. I'm very privileged to be in the position that I'm in today. I'm planning to just work really hard for the future and not let those that put their faith in me down."

With Graduation right around the corner, Huang relayed some advice for the future to fellow grads, when she said, "Make space for yourself and draw boundaries that are necessary and don't sacrifice any part of yourself, in order to make someone else happy. It's okay to sort of be selfish, especially in life. Just make that space for yourself." Chang further added, "Enjoy the last couple of weeks of high school and just live in the present. We're never going to get these

days back. I'm pretty sure wherever or anywhere this journey takes any of us, we're all going to end up great."

The Class of 2023 should be very proud of this year's valedictorian and salutation.

Huang and Chang reflect the entire class, moving forward onto the beautiful path in the future. Congratulations.



Whether it be crossing over our field making sure volunteer

into getting where I am." Recognizing the future and what it



events are running smoothly, to staying up late nights to accomplish assignments and more, Huang said, "The journey has

holds, Huang continued as she said, "I'm definitely majoring in computer science which will be very exciting and I'm sure I'll

HAVE A GREAT SUMMER, HIGHLANDERS AND CONGRATS, GRADS!



Meet The 2023-2024 ASB Board



Staff Writers,
Alessandra Sandoval & James Williams

As the school year ends, the 2023-2024 ASB Executive Board has been announced by Mr. Landers. The new board hopes to improve school spirit by inspiring students to be more involved and making the next school year as memorable as the last. Although it was a very close race, congratulations to the following students: Kathleen Gonzalez, Victoria Valenzuela, Katie Wang, Elyas Tejada, Tatum Lee, Brooklyn Bowman, Esteban Espinoza, Brooke Cota, and Saturn Al Saleh.

Next year's ASB President, junior, Kathleen Gonzalez, has so many amazing ideas for the upcoming school year, as she said, "I would love to be able to incorporate more acknowledgment of sports teams, clubs, and organizations that deserve recognition for everything they do on



campus." Although Kathleen knows her position

requires a lot of dedication, junior, Victoria Valenzuela, will be by her side the entire time, as the newly appointed Vice President. Valenzuela is a hardworking and creative student who said, "I ran for ASB Vice President because I knew the position would allow me to voice my opinions on school events and decisions." Gonzalez and Valenzuela have been in ASB since middle school and have shown true commitment and leadership, proving that they are both tremendous leaders.

As Secretary, a lot of organizing is involved and junior, Katie Wang has some fantastic ideas for the next year, especially about how information will be provided to students. Wang said, "One thing that I would want to incorporate into the new school year is to give students better access to information about events, as well as take their insight to the ASB board... I really appreciate how many of the school events take some inspiration from the students' public opinions and I would love the opportunity to do just that."

Current Sophomore Class President, Elyas Tejada, is extremely excited to take a bigger role as ASB's Executive

Board Treasurer for the upcoming school year. With many years of experience under his belt, Tejada said, "I am especially committed towards working closely with financial budgets that concern clubs on campus, which include signing and advising members to plan ahead for the school year and draft budgets." Tejada also said, "We will achieve so many great things in the future, and I am more than happy to pass the torch to your new Junior Class President, Faith Contreras." As an extremely devoted athlete junior, Esteban Espinoza, wants to give back to the athletic community by being next year's Boys' Athletic Commissioner. Espinoza will work closely with school athletic directors and said, "I want to be able to incorporate a more electric and energized environment for all sports across the board."

The famous Scottie mascot appears at every home football game and is the heart of the Dogpound (student section) making Highlanders cheer on their team, even in times of despair. Freshman, Saturn Al Saleh is extremely excited, along with being grateful, to show Upland pride and said, "School spirit is important to me. I



show it by planning school events, participating in school activities..., getting hyped at school events, and other things too."

The ASB Social Chair has many responsibilities to keep the social life alive on campus by planning many events and newly-elected junior, Tatum Lee, is perfect for this position. Lee is a self-driven individual and said, "I would like there to be more representation of diversity... incorporated in the next school year, along with better activities to encourage students at Upland to want to be more involved with the school."

In the new year, the ASB Executive Board is full of like-minded individuals who plan to bring school spirit and engagement to an all-time high, while creating memories for everyone and themselves that will last a lifetime. The ASB Executive Board hopes to build a foundation based on respect, responsibility, and integrity.

Behind The Scenes Of Fusion Fest

Staff Writers,
Jack Emerson & Kaylie Berry

Fusion Fest was an annual student art showcase that displayed the work of some of the school's creative departments including film, visual art classes, pottery, and fine art; along with a car show hosted at Upland High School. It took place after school on Thursday, May 25th from 4:00 to 6:00 pm, inside the different classrooms of the participating teachers in the N Building Plaza, open-house style. Vendors were also at the event, including student jewelry vendors and food vendors who were set up near the N building.

Awards were presented for the

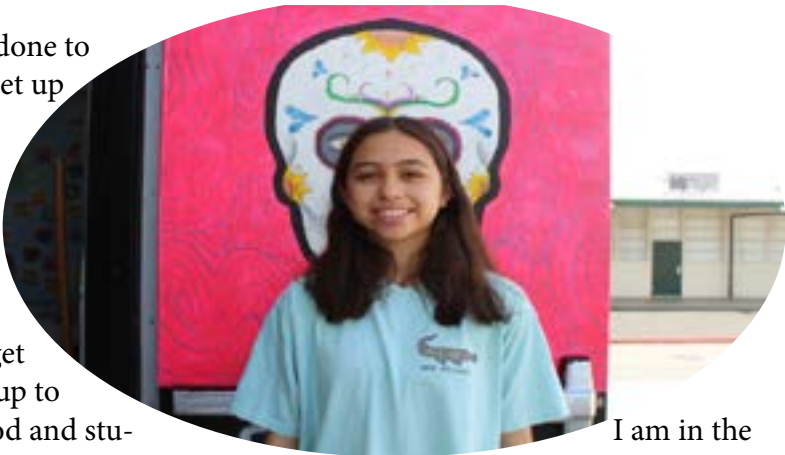


work in each class. The creative elective teachers were in charge of putting on the event. They collaborated with each other and brought in their classes' best artwork and also the work to put responsible student volunteers in charge of fun activities. Mr. Brooks and Mr. Wish were both in charge of organizing the car show in the North Redding Parking Lot.

Fusion Fest was an event that took many people and many hours to complete. Not only were the teachers busy during this time, but the students who were involved also helped to complete and be ready for the event. Senior, Josalin Breault was one of the students on the Fusion Fest Committee, which was in charge of the entire planning of Fusion Fest. Breault said, "I would say it takes anywhere from two to four hours, depending on who shows up to help." There is so much that

needs to be done to completely set up Fusion Fest. Breault also said, "After setting up the date and time, we need to get vendors set up to come for food and student vendors that we need to get together, so they can sell their art. We are in charge of setting up all of these tables and stations for them."

Other than Breault, Sophomore, Isabella Castillo also took a major part in Fusion Fest. In order to raise funds to pay for awards at Fusion Fest, she had to form a club. Castillo said, "A few other students and I have been working really hard to create a club, in order to get funds for the awards, because if there isn't a club, then we don't get any funds and the teachers have to pay out of pocket." She not only made the club to support the funds, but she also has events to show in Fusion Fest. She said, "I am also in charge of setting up face painting for the kids during Fusion Fest, and



I am in the process of painting a birdhouse to display at the event as well."

Many other people helped out for this event as well, because of how massive it is. Mr. Rosette said, "There are certain organizations that help. SCF [...], students that need Service learning hours, students from my classes that are part of the show that want to make sure that the show goes smoothly, anyone who wants to volunteer [...]."

Fusion Fest was a very large event that many people, especially in the arts programs, looked forward to all year. It had many fun events and gave these artists a chance to display their work. Although it took a lot to set up and make this event happen, it was worth it in the end.

The Avid Program And The Impact for Seniors

Staff Writer
Liyah Sera

For many years in the school district, students have been attracted to one program, in particular, to prepare them with the life skills that are required to be successful in any aspect of life. The AVID program (Achievement Via Individual Determination) has given students the opportunity to learn the importance of organizational capability and college readiness that is not readily available to many students in their education.

Many people take the program in their middle schools as a club but in the high school, the class is available for any student to join.

However, it is recommended that students who are freshman start immediately, in order to follow the ideal AVID pathway. According to CA.GOV.’s online website it said, “AVID places academically average

students in advanced classes; levels the playing field for minority, rural, low-income, and other students without a college-going tradition in their families; and targets students in the academic middle--B, C, and even D students--who have the desire to go to college and the willingness to work hard.” Though the program receives little to no recognition most of the time, the program has opened various doors for students and continues to unite students through teamwork and dedication.



The

Students have received the AVID RIMS academic scholarship for the 2022-2023 school year, in order to pursue the successes that their

for succeeding. Without AVID, I would have not been allowed to visit the colleges that I have and all the possibilities were open to me.”

All in all, the



future holds when going to college.

Alondra Ruiz was one of the two Upland High School recipients to receive the scholarship, with an essay that was an insight into her struggles with being a first generation Mexican-American woman to go to college in her family. Ruiz said, “I did not have much expectations for succeeding, considering I am first-gen. I struggled to prove to myself that I was able to succeed because I had to learn English, which is not my first language. For the RIMS scholarship, I wrote about what my world means, which is not having much expectations

program has enhanced the ability to have a successful field where students were able to thrive in a working environment to create a stable life.



AVID program does provide students the in-depth ability to succeed, and having first-hand experience with the program allows students to test the waters and find what is best for themselves.

Sweet Summer Recipes



Staff Writers
Lianna Smith & Danny Kydd

Summertime is when plenty of people find themselves craving something cool and refreshing. With this hot season coming up, many people might want a few tasty recipes to try. Here are some summer recipes that might provide a little inspiration for your summer.

For anyone who feels stumped and does not know where to start, sophomore Aylene Cabrera shared one of her favorite recipes for Mango Popsicles with lemon, Tajin, and Chamoy. Cabrera said, “I enjoy making this, as the best part is that these popsicles are homemade and don’t require you to go and buy store-bought ingredients.”

For this recipe you will need 2-3 mangos, popsicle molds, and Chamoy or tajin for some extra

flavor. You will need to cut the mangos to then blend them with some water; After all this, you pour them into your mold and add any extra toppings if needed. Wait overnight and enjoy. It is a nice and cool-down recipe for when it starts to grow hot over the summer. Here is the recipe for anyone that finds themselves needing something nice to freeze the sweat away.

Senior, Tatiana Quevedo has also been kind enough to share some of her favorite summer recipes. Quevedo said, “I like to make Home-Made Lemon Blueberry sheet cake and Strawberry cake. I find the best part is putting it together and adding my designs and details.” If you find yourself want-

ing to use one of these recipes they can be found here: <https://pin.it/1GpEwW9> and <https://pin.it/68uC2w8>. When the word refreshing comes to mind we tend to think of cold and frozen treats but when it comes to these recipes, you do not need those elements. Many fruits can easily be added to the refreshing taste of your evening.

Going in and being able to try new treats, especially during the summer, is always a great way to start a bonding between friends, family, and even peers. Finding different recipes on the internet is nice, when wanting to venture out and try something new. Cabrera said, “Being able to make homemade popsicles for my family is something that I

tend to enjoy, notably because it is a fairly easy and an accomplishable thing to make.”

Trying all of these new recipes



involving fruit, sweetness, and freshness will help bring out the best of your summer. Regardless, if they are never made again, trying out new recipes can bring out your interests. The online article, “30 Summer Fruit Recipes We Love,” by the Food & Wine Editors said, “Fresh fruit in the summer is one of life’s simple pleasures — juicy, sweet, or tart, and perfect for snacking.”



Beaches, pools, And Everything Cool: 10 Things You Can Do This Summer!

Staff Writer, Anna Baca
Staff Writer, Evelyn Cruz

From a tropical cruise to a hike in Hawaii, you can discover a plethora of fun activities to do during the season of sunshine. Take a trip to Florida's tides of Cocoa Beach, where the water glows with gorgeous bioluminescent algae at nighttime, or invite friends and family to a delicious backyard get-together by the bonfire. The possibilities are endless, and you can experience them too.

Plenty of students on campus have exciting plans for the upcoming summer season. Other students have stories to tell and even some recommendations of their own. Senior, Emily Var-



gas-Chavez, shared her experiences when she said, "The best thing I have done during summer was going to Raging Waters. I know it sounds pretty generic, but that place has always been the go-to for my family and I." When asked if she recommended it, Vargas said, "I really suggest that you go to Raging Waters. It's a great place, and none of the rides are bad. The food is good. Everything is good."

Some people, like Vargas, enjoy spending time with family and friends at their favorite places. However, money can be an issue when deciding where to travel. Senior, Isaiah Mitchell, pondered the question if cash was not involved when he said, "I would go to Hawaii. It's one of the cleanest places out there, and the water is so clear and blue. It's really beautiful." Everyone has his or her own favorites. Whether it be napping on a hammock or fishing at a lake, different activities call to different people.

Number one: Go to a concert.

There's only one life to live and what better way to live it then by jamming out under the summer sun? This July, famed artists TLC and Shaggy will be performing at the Five Point Amphitheatre in Irvine, California. It's never too late to rock out with some friends—and there are more concerts to choose from this year. Why not attend several of them?

Number two: Travel out-of-state. Be a nomad and venture out of your comfort zone this summer; hikes, cruises, you name it—anything and everything will be at your fingertips, if you catch a plane to the place of your dreams! All you have to do is reach out and touch the adventure. Not only will you

be able to experience different cultures, people, and attractions, you will also create lasting memories for years to come.

Number three: Get a job. Working with a team that communicates with partners is just an essential to life in society. Finding your place in the world begins with a small start. Ice cream parlors, smoothie joints, and other cold suppliers are high to hire during the hottest days of the year, and you can take advantage of that fact. Earn some money, make new friends, and learn basic work ethic in a brand-new environment.

Number four: Discover a new hobby. Most individuals grow tired of the 'same old, same old,' so exploring your likes and dislikes can make life much more enjoyable in the long run. Sticking to hobbies that you do on the regular can be exhausting and dull after a certain amount of time. Try finding a different artist to listen to, test-drive your taste buds with new food or do

something you just haven't done before. It may change your life—and change is better than nothing.

Number five: Go to a park. Public parks are a great way to let off some steam (get it?) in the warm, crisp air. Some people play ball, have picnics, or even camp out with friends and s'mores by their sides; others may simply sit on a swing and relax with nature. Whatever you choose is up to you!

Number six: Meet new people. Head over to a mall, park or public space, where you can build new relationships. It's enlightening to greet strangers with a smile and a wave, and surely some would like a friend—which has become difficult with recent technology. Look up from the screen for just a moment and you may find someone who never would have crossed your mind.

Number seven: Do water activities. There are various activities that you can do in the water; fishing, rafting, boating, and surfing are just some of the amazing opportunities for you to have fun. Bring a pet with

you on a speedboat and sail the seas...or just cool down in your backyard pool. Either way, you open the door to adventure and excitement when you test new waters.

Number eight: Work out. Summer heat is the perfect sweat inducer, and working out can

burn plenty of calories. Being mentally and physically healthy can improve your overall quality

of life. Going to the gym and eating fresh, nutritious foods is a must for those who want to better their lifestyle. Find your motivation and push forward.

Number nine: Visit a resort. The Shore Hotel, Sea Crest Ocean-Front Hotel, and Santa Barbara Inn are just a few of the many resorts you can stay at this year. Everyone needs a break from life and going to a resort is the perfect way to escape. Take family or friends with you and have a relaxing vacation that is sure to leave you feeling satisfied.

Number ten: Have a get-together. Gather the ones you love and host a party! Backyard barbecues, cookouts, pool parties, even birthday events can bring people together in the best of times. Make lasting memories with those you care about this summer and don't be afraid to go all-out.



In the short two months after every school year, students prefer to sleep in and stay inside as a reward for their hard work. However, simply discovering something new can make life much more enjoyable.



Summer Trends

Staff Writer,
Mickayla Maedel

As the school year comes to an end and summer is almost here, it's time to head outside to all your favorite places and hangout with your friends. If you plan on heading to the beach, according to Thezoereport.com's online article, "Dive Into Bathing Suit Season With The Biggest Swimsuit Trends Of 2023," by Anika Ljung said, "A good place to start your search is with the top swimsuit trends of 2023: Experts predict that bright colors, grunge-inspired details, and sultry silhouettes will be everywhere at the beach and pool." Fashion Trends are coming back this summer whether it be 90's fashion or those bright 70's colors.

There has been a rise in skin care products these last few years and your skin is something to think about this upcoming summer. According to nymag.com's online article, "18 Best Sunscreens for your face," it said, "After years of beauty reporting and countless conversations with dermatologists and estheticians, I've learned that sunscreen is a nonnegotiable, year-round thing. It's a daily must-do, right up there with washing your face."

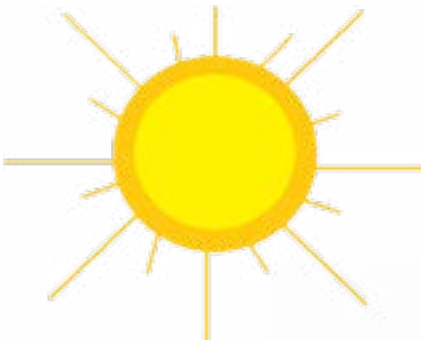
Sunscreen is a very important step to your morning routine. Some trending sunscreens are, La Roche-Posay Anthelios Clear Skin Dry Touch Sunscreen SPF 60, Supergoop! Unseen Sunscreen SPF 40, and Coola Classic Face Organic Sunscreen Lotion SPF 30. All of these products are perfect, if you care about protecting your skin but still wanna look cute. Geometry and AP calculus teacher, Swadha Sharma said, "I go for supergoop Spf 40. No animal cruelty. That's one of the main things I look for. Sunscreen is definitely a must, year-round thing. Just more in the summer."

Having fun in summer is important but so is staying healthy and caring for yourself. Sharma said, "I have seen more people sharing themselves living a healthy

season. You can go to the beach with your friends, showing off your favorite bathing suits. Sophomore, Mireya Lopez said, "I'm excited to be able to wear shorts with a cute

you can't go wrong with Huntington. Also known as 'Surf City USA,' Huntington Beach is one of the best beaches in California."

Lopez said, "I'm really looking forward to going back to the beach. I love Huntington Beach and can't wait to go with my friends this summer." There are many different things to do at the beach. Shopping, watching the waves, or buying ice cream with your friends are just a few ideas that come to mind. Lopez said, "I always love going to the ice cream shops and shops at the beach; they always have the best things."



bathing suit top and ride around the beach."

The beach has been a very trendy spot for summer for years now. Sharma said, "I'm excited to visit the oceans and watch sunsets. I've really been wanting to go to Crystal Cove and

lifestyle lately. With the summer coming up, I have seen a lot more health being promoted, which I think is very important. If you're healthier, you are happier. If you're happier, you can enjoy more things."

If you're looking for some healthy snacks, fruit is always a good way to go. Watermelon is said to be good for your skin but is also super tasty. Fruit is always



a good go-to great snack for the summer and can be so flexible with so many different recipes and ways to eat them.

Summer Fashion is something to look forward to this upcoming

just enjoy the water and sunset." Travellemmings.com's online article, "27 Best Beaches in California in 2023 (by a local)," by McKenna Mobley said, "If you only have time to visit one California beach,



Why Do People Believe In Fairy-Tale Endings?

Staff Writers,
Maria Perez-Camargo
& Dianeicus West

As children, fairy tales provide a glimpse of how morals take place in our lives and are seeded into the fabric of our way of living. According to storynet.org’s online article, “Why we need fairy tales,” by Laura

Packer, “Fairy tales endure because they are, at their most basic, the stories

of our lives in their most stripped-down form. They are stories of love and loss, desire and death, riches and ruin. They are the unadorned stories of what drive us, without the civilizing details of technology and manners. They teach us how to survive in this wily and wicked world. They are a shortcut to a common understanding of the way the world works.”

Senior, Memory Fernandez, believes in fairytale endings. We all

have fantasies about how we want our lives to be. Fernandez believes we are all capable of having a happy ending. At the end of the day, we all can choose where our paths will lead. Fernandez said, “Realizing you have a happy ending is when you are truly content with how you end up in life.” Having a family, being financially stable, and travel-

ing the world is Fernandez’s dream fairy-tale ending. Fernandez said, “Fairy Tales help us

as individuals grow, to overcome obstacles and face adversity.” Packer said, “Fairy tales help us understand that the values of once upon a time aren’t so different from our values now. We still yearn for love, for fiscal comfort, for a better life for ourselves and our children. We want to overcome the ogres, move to better pastures, be cared for as best we can. If those values, carried across time, still endure,

then perhaps values across cultures can be similar as well. Fairy tales help us break boundaries of time and culture.” Junior, Ruby Morales said, “I think people believe in fairytale endings, because it’s a satisfying ending and many of them want that for themselves because real life is so boring.” Morales is mainly influenced by a lot of the movies that she has watched and have inspired her. Morales said, “I feel like everyone is capable of having a happy ending, as long as they work towards it, and the other people around them are willing to cooperate with them, or like when you have a partner. They have to work with you. You know? It’s a partnership.” Everyone has his or her ideal happy ending, as Morales said, “My dream fairy tale ending would be having a mentally stable partner with good

income.” Although the world can be quite wicked, believing in the power of fairy tales provides a sense of hope. Packer said, “It’s

important that we keep these stories in circulation, even the disturbing ones, because they tell us so much about what it is to be human. They allow us to talk about dark and scary things through metaphor (how many wolves have you met today?) and find ways through the woods in the safety of our own homes. They help us understand that yes, there is a wood, and yes, there is a wolf, but if we are wise or kind or clever, we will survive. They offer us unexpected solutions to the oldest problems. They remind us that strangers can offer kindness when we are kind in return. They teach us that we do not need to be alone.”



Staff Box

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Happily

What Spindle Has Pricked Your Finger?

*Staff Writers,
Samia Gazi
Jewel Martinez*

In the kingdom of chaos that is high school, we often find ourselves face to face with prickly situations. Regardless, the obstacles we face set the foundation for the morals, logic, and the personality we possess.

While there may be competition between classes over who has it the hardest, it is undeniable that seniors face new obstacles that reinforce the reality of adulthood. Senior, Rachel Pardede, offered her two cents on coming out of a challenge and how she became faced with one initially. Pardede overcame academic and familial obstacles over the course of her senior year and said, “The prevalence of senioritis really sparked my flame of procrastination.”

Like many seniors, Pardede became subject to the lack of motivation that ignites near the end of one’s high school course. In terms of how to rise up from difficulties, Pardede said, “If you hit rock bottom, you can only go up.” As challenges can blind us from the possibility of greatness in our future, we often become discouraged from seeking fulfillment because we are unable to comprehend it as a reality. However, from her challenges, Pardede was able to change her outlook

on trajectory as she said, “You have to keep going. Life goes in waves.”

Harping on the academic drawbacks faced throughout the school year, senior, Su Kyi Min Nwe shared the love-hate relationship that comes with rigorous coursework. Min Nwe said, “Academics would be the most defining challenges that I’ve faced especially during my senior year, since I took a variety of AP courses and had to manage my time between my classes and my extracurriculars.” Grades, percentages and GPA often cut off our circulation from important aspects of being human, just as they did for Min Nwe, who said, “While dealing with my setbacks and challenges, I learned the importance of prioritizing my own happiness and establishing the difference between what my needs and my wants are.”

Min Nwe recognized her challenge, stepped back to understand it and created her own conclusion for how to come out stronger on the other

end. She mentioned that the drive, which fueled her academic challenges in the first place, was the status of her future. However, she realized that putting pressure on the future will not bring her overall satisfaction with her life in the present. Min Nwe said, “There are means that can provide you with a good livelihood in the future so don’t pressure yourself until the breaking point. Because really at the end of the day most things will work out fine, even if they aren’t really in your plans.”

Junior, Sophia Jeter had to face and overcome one of the most challenging times during her first year of high school... Covid-19. Jeter said, “I faced challenges, like feeling isolated and detached from everything that was happening, to the point that every day felt the same, which made me lack motivation to do anything.” Not only did she feel all this but she said, “I faced obstacles that had to do with my failing grades, my family and friends catching the virus, and existential issues, where my view on the world changed dramatically.”

Although she struggled a lot, there is inevitably a moral to every story. Jeter said, “But from

those obstacles, I learned how to push through really big challenges by myself and it taught me how to stay positive during stressful situations.”

Friendships often bring out the best in most individuals. But be that as it may, there is always a wolf in sheep’s clothing. Sophomore, Nataly Victoria has had her fair share of unfortunate events, leading to a broken friendship in which she deemed was better overall, for her mental health. Victoria said, “What I thought was a good friend, was actually a bad one. Everything was going good until there was a shift in her attitude and she started becoming drained. The worst thing is that it didn’t even happen to me at first. It was my friend who was a good friend of hers that experienced it first. Once she saw that my friend was acting distant and was done

with her, she moved onto me.” After having to deal with a toxic friendship, Victoria was able to overcome such a relationship and guide herself towards a better understanding of who and what she really needed in her life.

Victoria said, “The key lesson that I learned from the obstacle that

person go. It was a difficult situation to get out of but I knew I needed to, so it really was the best thing I could do for myself.”

Victoria’s shared advice for anyone struggling with a similar situation when she said, “Honestly, throughout high school, I think everyone is going to have to deal with bad friends. So, the advice that I would give is to just look forward and don’t look back on the friendship, even if it was going well. You should prioritize yourself. Don’t let that person have so much control over you and just live the way you want to.”

High school in itself is one grand spindle

that picks its moments to prick its victims. However, challenges stand as a beacon of opportunity for self-improvement and make the journey towards happiness one that earns larger gratitude.



I faced was definitely to just do you and ignore other people’s negativity. It might sound basic but it’s true. When you are faced with an obstacle that just drains your energy. It’s always better to focus on yourself and let that



Ever After . . .

If The Glass Slipper Fits

*Staff Writer,
Omar Cruz*

College has been in the back of all senior's minds all year. Students who applied have already had to commit to the school where they will spend their next four years. Many students chose to travel far to reach great heights and many chose to stay close with their loved ones. No matter what school they chose, they have the potential for greatness. However, having to choose the best school has to be one of the hardest decisions a student can make. Accordingly, many factors go into the process of thought before students are compelled to make their decision. If the glass slipper fits, then it is meant to be.

Senior, Zharia Dilworth made her commitment to the University of La Verne to study Biology and said, "They're good financially and it's closer so the transition from high

school to college would be easier." Northern Arizona University fit her best, but Dilworth said, "Because it was out of state and it had a really nice campus." Originally her dream college was New York Uni-



versity. "They have one of the best pre-med programs," is what she said about New York, which would have been perfect for her, since Dilworth intends to be a surgeon.

Besides those colleges, Dilworth also planned to move farther to colleges like the University of Miami and the University of California, Irvine. However, Dilworth explained it would have been better

in the long run if she stayed close. She was mainly looking for what worked best for her in college. Dilworth said, "Whatever

worked best financially for me and what campus I felt safest on. I'm most excited for the growth and the experience I'll gain as a person when I finally get to college."

Senior, Nancy Escobar is a

people and learning different things from everyone is what I'm most excited for." She said, "I really wanted to go to U.C.R. but obviously, because of financial reasons, I couldn't go," making it especially hard for her because she couldn't go to her dream college. U.C.R. fit her best but did not end up being her commitment. Escobar liked it the most because of the campus and said, "It was very pretty. It was really green and open."

Senior, Manuela Hernandez is a very bright individual who is enrolled in several A.P. classes as of now, including Literature, Physics, and Psychology and was accepted into many great colleges, such as the University of California, Merced, California Polytechnic Pomona University, Azusa Pacific University, and even University of California, Los Angeles. Although, Hernandez's final decision was also to go to the University of La Verne to study Criminology and pursue a career in Forensics. Luckily, Hernandez thought La Verne fit them



student who decided to go to California Polytechnic Pomona University and wants to be a psychology major and pursue a career as a psychiatrist. Escobar had many other colleges available for the picking, like California State Long Beach, California State San Bernardino, the University of California, Riverside, to name a few. Escobar said, "Some of them I didn't really want to go to, but just to see if I would get accepted. But the others were just too expensive."

Escobar's idea of college, when she applied, was a bigger community and more people. Escobar said, "Overall, just the amount of students and a nice

the best and they said, "Not only due to my major, but due to financial aid, it was the most beneficial."

Unfortunately, though, La Verne wasn't exactly Hernandez's dream college as Hernandez said, "La Verne definitely wasn't my top pick, but definitely my favorite. Originally, I wanted to get accepted into Cal State San Jose, Cal State San Diego, or U.C. San Diego, but even those were a reach." Hernandez wanted a campus that had a good vibe and that benefited their major. Hernandez said, "A decent science department and just by looking at the campus, you can sort of feel the vibe and can tell if you want to go there."

Lastly, Hernandez was most excited about finally being able to

From Teachers and Seniors

Mr. Sam Chiang



Senior English Teacher, Sam Chaing, in advice to graduating seniors said, “Be upfront and honest to yourself and others about everything you do. Own your mistakes and be specific when you do. It's okay to have negative feelings. Those feelings are part of us as humans and help us gauge situations and people. It's not healthy to be positive all the time.”

Ms. Katherine Kinsey



Senior Government Teacher, Katherine Kinsey, in advice to graduating seniors said, “Be open to new adventures,” emphasizing the importance of embracing the paths that you take and learning about yourself from them. Additionally, Kinsey pointing to her times with seniors said, “I enjoy that seniors have a really fun sense of humor.”

Ms. Laura McMullen



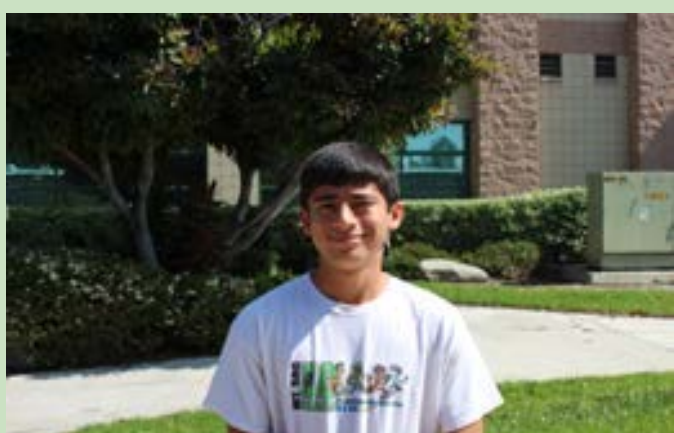
Dean of Student Services and Link Crew Coordinator, Laura McMullen, offering advice to graduating seniors said, “Try not to grow up too fast and enjoy the moments of not having a full-time job and not having a family, so you can enjoy yourself before you have all of the responsibilities you'll never get away from.”

Senior, Samantha Cuevas



Senior Samantha Cuevas said, “It's only four years of your life in high school and even though you might not accomplish everything you want to in high school, there's always college, further universities, and everything you can accomplish there. So, don't be too pressured to accomplish everything here. There's much more of your life to accomplish everything you want to. Have fun. Enjoy high school.”

Senior, Joseph Chavarria



Senior Joseph Chavarria said, “Don't be afraid to take risks. If you don't take a risk, you'll never accomplish anything in life.” Elaborating on the need to take such into consideration, and reflecting on a motto which can help throughout life, Chavarria said, “There is no such thing as a painless lesson. It just doesn't exist. Sacrifices are necessary. You cannot gain anything without losing something in return, as said by Edward Elric”

Senior, Makenya Gonzalez Hernandez



Senior Makenya Gonzalez Hernandez said, “I would say definitely if you don't like something about yourself or the situation you're in, you can definitely change that.” Highlighting the many possibilities which await every year in high school, Gonzalez Hernandez said, “Try to get involved with different things and talk to many people because you might find a different belief or idea and you might like that better than what you believe now.”

Advice To Graduates And Students

Senior, Enzo Clavecilla



One of the highlights of his high school journey was serving on the tennis team. Senior, Enzo Clavecilla said, “My advice for underclassmen would be don’t worry about what other people or what your peers are doing around you. Everyone has their own path that they take and you just got to find your own path and trust that all things will work out. So, just do your own thing and try to get involved.” Reflecting on his time with the sport and what it has shown him over the years, Clavecilla said, “My experience with tennis has taught me a lot of life lessons working with other people and trusting the people around you as a team.”

Senior, Ted Le



From debate to NHS, senior Ted Le, can be found in many areas within our campus. Le said, “I would advise underclassmen to join a lot of things. Make a lot of friends. Meet a lot of new people and it’s a big communication thing. So, you’ll hear and learn things about the school that you might not know otherwise, unless you hear it from a friend” Looking over what keeps him driven and pushing after various ambitions, Le said, “A piece of advice that I remember hearing as a kid that always stuck with me is that ‘you walk through life all you want, but if you want to get somewhere significant, you need to start running,’ so I would always just encourage people like, yeah, you can do the bare minimum, but go out of you way to do as much as you can. Work as hard as you can, and you can really reach the stars, the moon, all that type of stuff. But you just got to work and hustle.”

Senior, Chidera Igboakeze



Leading in CSF and Black Student Union, senior Chidera Igboakeze, said, “The advice I have for underclassmen would be to always look at the light at the end of the tunnel. Things can get dark very quickly and when you least expect it. But if you have a goal in mind, then you’ll know that the suffering is part of the process to your success.” Recognizing the whirlwind of a journey, high school can be, Igboakeze said, “I think a quote that helped me throughout life and most definitely high school is: ‘It’s okay to be selfish sometimes.’ High school is a very demanding time in terms of school, relationships, and extracurriculars. Sometimes we need time on our own, to learn how to juggle it all. It’s important to prioritize yourself when you feel at your lowest.”

Senior, Adi Chander



Serving his time though volunteering in key club to working with robotics, senior Adi Chander, said, “The best advice I have for underclassmen would be to make connections and meet new people. Knowing a bunch of different types of people, whether those be others in your classes or fellow members of a club you’ve joined, is truly invaluable and allows you to make strong bonds with others during your high school years.” Casting a spotlight on connecting with others and the thriving impact of such, Chander said, “I think the best motto to go by is: ‘Be kind whenever possible. It is always possible.’ No one deserves to be treated poorly by another person for any reason. So, I think it’s a pretty solid philosophy to go by.”

Senior, Irene Robles



Four-year Express Dance Team member and captain for two years, Irene Robles said her advice for underclassmen was, “You should really get involved because it does help you to meet new people. It helps connect you with people from other grade levels. Putting the work in is beneficial. Taking the time to learn new things pays off in the long run. Be sure to take advantage of every opportunity you have.”

Senior, Anthony Garrido



Senior Anthony Garrido offered his advice to underclassmen when he said, “Go to all the dances. You live through high school once. You have to make good memories and take as many AP classes as possible too, because that’s gets you further in college.” Reflecting on a value to carry through high school and life, Garrido said, “If you’re going to do something, do it good or don’t do it at all.”



Students Look Towards Next Year



Staff Writers:
Sonny Solis & Emily McConnell

As the school year approaches its end, anticipation begins to build among students. The transition from one grade to the other comes with a load of challenges, opportunities, and new experiences. Several students have expectations for the upcoming school year.

The upcoming year is especially exciting for upperclassmen. Juniors finally reach their senior year. after lots of hard work and dedication,



and are ready to wrap up their high school careers in a fun way. Junior,

Alex Croner said, "I enjoyed junior year a lot. It wasn't too eventful but I made the most of it. My favorite part of the year was being able to talk to friends during lunch. For next

year, I'm excited about being able to slack off and leave campus."

Another Junior, Brody Joe Silva said, "Junior year was a lot of work, so I'm excited for senior year and being able to relax a little more." Junior year often has a reputation of being the most difficult out of high school, however being able to look forward to being a senior, hopefully, makes it worth it.

Although some are looking

forward to accomplishing their last year of high school, others are weary.

Upcoming senior, Brandon Alvarez-Lopez said, "I feel like I haven't really enjoyed any part of high school that much, so I don't have super high hopes for senior year."



Junior choir member, Savana Rodriguez said, "I'm especially nervous for senior year because it's my final year in choir and I want to make my performances the best they can be. I feel like that's a lot of pressure."

Each year in high school introduces a new chapter in a student's



life. Whether it is the first day of high school or the final days of

attending, there are countless opportunities lying ahead. From finding new friendships to exploring one's true self, students from all different grades are excited about the possibilities that lie ahead.



I Can Go The Distance

Staff Writers:
Daisy Ball, Manuel Flores and Sofia Erskine

When graduates look back on their high school days, sports often make for some of the best memories. They bring students together to work towards a common goal, provide an opportunity to make long-lasting friendships and push players to give their all, even in difficult circumstances. With spring sports, such as baseball and track slowly coming to an end, teammates reflected on the highlights of their journeys so far.

A crucial part of participating in any high school sport is its ability to push players' boundaries and allow them to grow as valuable assets to a team. For senior Simone Smith, who has participated in long jumping for four years in track, the most rewarding aspect of playing a sport in high school has been, "Making new friends, and learning new things about myself that I didn't know."

For many, teammates become close friends

who can be relied upon to be there to lift everyone else up and motivate them to do their best. Baseball player, junior Petie Banuelos, said "A good teammate to me, is a guy



that will always pick you up, give you constructive criticism, and, if your head's down, they just always pick it back up."

A team that's bonded is always stronger, providing each other with the necessary mental and moral support during games and competitions. When facing pressure on the field, Smith said "I try not to be upset, or get too frazzled, and I take deep

breaths to try to calm myself down,

so that when I do start competing, I'm not all excited or too upset."

Seniors, who have played for their full four years of high school, look forward to how it will con-

tinue to be a part of their life and reflect on what made playing such an important aspect of their life.

Senior, Davis Davis-Lyric, who has competed in track for all of high school, said, "My first big success would be how well I did in my first 110 hurdle race when I first

started track. I'll keep doing hurdles all the way through college."

Senior, Simone Smith said the most motivating moment for her was last year, when, "I made it to the Master's meet, which is the lead up to state. I almost made it to state, but didn't. I knew I had it in me, so that's what I'm achieving this year."

For juniors who are preparing for the fourth and final year of their sport, they are looking forward to the things that the next year has in store for them. Junior, Gabriel Pro said about playing his senior year, "I feel great about it. I feel like this year's going to be the year where I grow and maybe get the opportunity to play some sort of college baseball." Banuelos said, "Senior year I want to go out with a bang and play my best year ever. I want to grow,

get more in shape, and hopefully, make it to college."

Playing in their respective sports, UHS athletes have their eyes on the prize for what's to come and use the wins, as well as the losses, as motivation to prove their athletic ability. Through every situation, teammates continue to support one another in all that they accomplish.



The Clock Strikes Midnight: 2022-2023 Year Recap

Staff Writers,
Ace Davila & Dani Cortes

As the school year comes to an end, Upland High School wants to acknowledge its students, events, and their accomplishments that have all contributed to making the 2022-2023 school year so memorable. Here is just a small recap of some of those

student achievements over the year, including sports, performances, academic competitions, and significant commitments for their future.

Starting with sports, the Varsity Track Team had a successful season with many notable performances and achievements. While there were challenges, Upland managed to overcome them and excel in both individual and team events. One of the star athletes on Upland High's track team is senior Davis Lyric, a UCLA bound, CIF Division 1 Champion in 110-meter hurdles. Another star was Simone Smith, who jumped 39'2 and qualified for Masters.

Similarly, the wrestling team had an impressive season as well. The wrestling team worked hard throughout the season and showed exceptional skill during tournaments. Senior, Adam Duong said, "He definitely pushed me to my limits and he pushed me past my limits and I definitely hate myself because of it. But I appreciate it as well." Many wrestlers stood out with remarkable performances throughout the season. Adam Duong placed first in the Pioneer Rumble Tournament. When asked

about his season, Duong said, "I think my season was good, probably the best one I've had yet." When asked who he believed was a



tough school and an easy school to go against, he said, "Etiwanda was a tough school and Damien was easy." Adam Duong has been wrestling for four years and will be continuing after high school, at Rio Hondo College after being scouted by them.

Another sport that went above and beyond this year was the Varsity Volleyball team this year. UHS is the new CIF Division 2 Boys' Volleyball Champions. They brought numerous victories, while putting forth significant effort during matches every time they stepped onto the court. Senior player, Isaiah Vogel said, "Our seasons have been going good. We set goals at the beginning of the season and we've done them and we're going to keep moving forward." He was asked which school

he believed was the hardest to go against and he said, "Newport Harbor." Isaiah has been playing volleyball for almost ten years and will be continuing to play volleyball at Marymount College.

Among other outstanding sports, Upland's Swim team made CIF Girls' division 3 Team Champions. CIF recognition to Spencer Damaske, event champion in CIF D3 100 butterfly, who also finished second place in 200 free-style.

Overall, most sports had good outcomes in their seasons. However, Upland is not



only known for sports. Our History Day presentations continue to grow in success. For this year, Nadine Aquino and Claudine Aquino have

won state for National History Day and will be moving forward to represent our high school at nationals in Washington DC. We wish them good luck!

Moving forward toward school events, Prom was a unique experience where

students dressed up elegantly for a



evening dance, while making unforgettable memories with friends before graduation. This year's theme was "A Ride Under Enchanted Lights" at The Petersen Automotive Museum. Senior, Diego Gonzalez said, "Prom was pretty good. It was pretty exciting. I went with my girlfriend, Rosalynn. I heard there was a racing simulator but I didn't see it myself. I'd rate the night a cool 8 or 9." While some people

had high expectations and hopes, others felt the bar was not set high enough. Junior, Dean Pacheco said "Prom was good but not grand. The venue was really cool but, in my experience, the food wasn't all that great. The DJ was alright, but he kept switching the songs too much. Overall, I had a good time!" The prom court winners of the 2023 prom were Arthur Avila and Rache Perede.

In conclusion, the hard work and accomplishments of Upland's students during the 2023 year of high school is a much more extensive list. Athletics, academics, creativity, and social events - all are part of what makes high school such a transformative experience for many people. The memories made during these special moments and events will undoubtedly stay with all those involved for years to come!

