

Leaves are Falling, Fall is Calling... The Popularity Of Slasher Films

Staff Writers

Bella Ehlenburg & Jasmine Perez

Around the time of Halloween, people like to watch all of their favorite scary movies or make trips to their local theaters to see the latest horror movie that has just been released. But over the past few years, there has been an increase in the popularity of slasher films. According to cbr.com's online article, "How the Slasher Is Reclaiming the Horror Genre,

Freshman Damian Garcia Cuevas said, "Freddy Kruger [Nightmare on Elm Street], because he looks cool and goes into people's dreams." Nightmare on Elm Street is a series based around the killer Freddy Kruger, who terrorizes his victims through their recurring nightmares about him.

Within the horror genre there are many common favorites as well as least favorites. However, there are also opinions on which slashers are underappreciated by

formed killer who hides his face with a mask made of human skin. Similar to Hellraiser, this series is highly recognizable, iconic, and considered a cult classic. But it is not often brought up when speaking about slashers.

There were diverse opinions on which slasher was over-rated. Garcia Cuevas said, "Ghostface is the most over-rated, in my opinion." Freshman

Hauk's favorite horror movie is The Thing which was "Due to it not showing the monster as much as many other horror movies." One horror film he thinks is the most underrated is the Italian film The Bird with the Crystal Plumage that

came out in 1970. Hauk shared his love for the original Poltergeist and, "Its uniqueness with having the devil in it." One movie he is excited about watching



Artwork by: Isabella Iberia, 9th grade

Poll Results

- **51.3% - Halloween, Micheal Meyers**
- **29.1% - Scream, Ghostface**
- **10.3% - Friday The 13th, Jason Voornees**
- **9.4% - The Texas Chainsaw Masacre, Leatherface**

From X to Scream," by Ashleigh House, it said, "Since 2018, some of the most well-received horror films have been slashers, and that doesn't appear to be slowing down." But with everything else, people tend to have their favorites, especially when it comes to their favorite slasher.

One of the most common favorites happened to be the differing movies in the Scream franchise, which is a highly prominent series, as it is still running today. Junior, Abraham Kadoura said, "My favorite slasher movie is Scream 5. It's my favorite because it's very intense."

movie watchers. Kadoura voiced his opinion when he said, "Scream 4 is most overlooked out of the franchise and is under-appreciated." Cuevas added that Pinhead from Hellraiser is another under-rated slasher film. Despite it being recognizable and considered a cult classic, it is not often talked about when it comes to popular slashers or horror movies in general.

The most prevalent of opinions happened to be The Texas Chainsaw Massacre, due to it being the least talked about and the least common favorite. It is a multi-decade-long series, which concerns a cannibalistic family and a de-

Layli Asehfi countered and said, "Freddy Krueger was way more overrated than Ghostface." Some had no reasons for why the films were overrated, but felt the movie itself was boring or just not scary.

In addition, people shared what films they were most excited to watch this season. Since Scream 6 had been released earlier this year, Kadoura said he was excited for new releases of the series,

including Scream 7 and 8. Senior, Crow Gutierrez said, "There are two movies I'm excited to watch, [...] Five Nights at Freddy's and Saw X." Gutierrez described his fondness for the Saw series and the FNAF franchise ardently

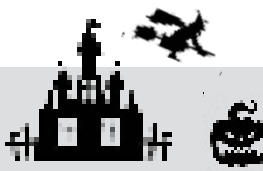
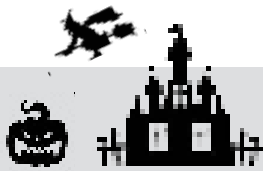
Chris Hauk, who specializes in video production, film analysis and film making provided his insight into the horror and slasher genre. is the movie Smile and Megan. Hauk recommended certain horror/thriller movies for newer people to watch, which was the Scream series, "Because of the perfect amount of the comedy and the ridiculousness within the series." While there are subjective opinions and favorites within the movie subgenre, there are answers that are very common. In a poll conducted by The Plaid, there were some interesting results. Amongst the most popular killers, there was a strong favoritism toward Halloween, which is a 40+ year-long series about the killer Michael Meyers and his series of killings throughout the course of his life. The runner up was Scream, an immensely popular movie series, which follows the killer Ghostface, who kills those in their personal friend group and past victims of previous Ghostfaces. However, the least common favorite, according to the poll, happened to be the multi-decade long series, The Texas Chainsaw Massacre. While each of these movies are well-known, iconic and timeless, there is an overarching opinion concerning which killer is most preferred.



Artwork by: Melanie Rodriguez, 12th grade

Features

Stanley Ranch Museum



Co-Editors,
Lianna Smith & Kaylie Berry

The Stanley Ranch Museum is a unique experience that recreates what day-to-day life was like for the middle-class-1800 American. With its abundant historical items and its buildings, individuals find themselves intrigued by the many interesting facts that this museum has to offer. The Stanley Ranch Museum is located at 12174 S. Euclid Street in Garden Grove. The Museum aims to show its visitors many of the common, daily items that a person would use in the 1800's. They have many buildings with different facts and items, like the main Stanley house, a firehouse, Disney Garage, a Schoolhouse, and many more. If someone were to want to learn more about what life was like in the 1800's, especially with what it was like in the Garden Grove area, this would be a



great place to visit. Looking online about the Stanley house one would be able to find a couple of articles about the museum but the more intriguing ones would be on the speculations of the museum being haunted. The online article from CBSnews.com, "Most Haunted Places in Orange County," discussed the most haunted places in Orange County, with the Stanley House being included. The article explained that the original owner of the house, Agnes Stanley, has been reported to haunt the house, from the top of the stairs to the second floor and, "The ghost of original owner Agnes Stanley; bitter by the fact that she could no longer climb the building's stairs in her twilight years, her spirit blocks the steps, which makes it difficult for some guests to ascend to the second floor."

While taking the tour, if one went up these stairs, it might prove a little difficult to head up but it could be



said that it was most likely the cause of the steep stairs and not the ghost of the original owner, Agnes Stanley.

President Karl Knickrehm at the Garden Grove Historical Society was very keen on clearing up the speculations about the Stanley House being haunted when he said, "We had a caretaker who lived on the property for a few years, and they

were doing work to protect it and he wanted to get some publicity, so he just started playing up all the creaks and moans that were going on in the house."

The articles that have claimed the sound of babies crying or weird noises, like creaks and moans going on in the Stanley house, Knickrehm said were just publicity stunts that the previous owner used to draw more visitors. As far as Knickrehm knew, there has never been any paranormal



experiences at any of the buildings that the museum holds.

The Staley Museum is a historically preserved area that encompasses two acres. The house, itself, is very old as Kinckrehm said, "The Stanley house was completed in 1893." Although the house was finished in 1893, it is unclear when many of the other buildings were made. However, in the Stanley Ranch Museum, there is an old Disney garage, which has been said to be where Walt Disney started his career. The article, "Stanley Ranch Museum Day Trip Garden Grove Historic Village," by Day Trippen said, "While not officially recognized as Walt's studio by Disneyland, this tiny garage-sized building houses some Disney artifacts, antique cameras, and a projector from the Garden Grove Gem Theater."

The historical museum is a great way to experience a little bit of history, without being uninterested. It holds monthly tours on the first and last Sunday of each month and has events like the upcoming Barn & Book Sale, held at the museum on October 26, 27, and 28.

Paranormal Activity

Staff Writers,
Nikolas Segovia &
Alejandro Rafael

The belief in the paranormal is one concept that many people either choose to believe or not. It may simply come down to the old adage of "Seeing is Believing." Given this time of year, when the veil between the spirit realm and our own world is supposed to be thinning, there seems to be more first-hand experience with the paranormal. Here are their stories.

The first encounter with the paranormal involves junior, Jason Whitfield. His encounter began while he was lying down, reading on his bed. In the middle of reading his book, he heard a loud voice call his name. After he heard something call his name, he looked around to see if there was anybody there but Whitfield didn't see anything. Whitfield said that he was scared after the interaction but didn't believe anything bad was going to happen. Later, when his parents arrived home, Whitfield said to them, "Mom, Dad, I heard someone yell



my name from downstairs." Before this interaction, Whitfield was a believer in the paranormal. But this experience only solidified his belief even more. He didn't talk to any others who experienced similar paranormal encounters and chose to move on from this encounter.

The second encounter took place on a famous ship called the Queen Mary. Junior, Xander Tello was ten-years-old at the time, when he experienced this anomaly. Tello was just exploring the ship with the tour guide and his family when a certain bathroom caught his attention. He asked his parents, "Mom, Dad, can I go check out that

Bathroom over there?" While he was looking inside, nothing out of the ordinary happened. Just when he was about to exit the bathroom, the door locked, the lights turned off and he couldn't see anything. The next second, when he turned his head, he saw a ghost. It had a height of about 5'8 and was wearing a janitor's uniform. Tello was so scared that he thought he

was going to die. He did not believe in paranormal activity before this



event, and did not experience anything similar after. He talked to one person after the experience, the tour guide.

Senior, Mia Bella was also asked about her experiences with the paranormal. Bella said, "There were a couple of different things. The first time I was about eleven or twelve and I had just moved into this big house in La Verne and my room was the first one coming up the stairs. So, from my bed, I could see who was coming up the stairs. I always kept my door closed and locked and one night, I woke up randomly. I had no idea what time it was and I was really disoriented. My bedroom door was wide open and I figured it was my mom just looking for something because I heard breathing and a gasp. When I

sat up to look around, it sounded like a woman. I looked out my bedroom door down the stairs and I only saw a woman rushing down the steps but there were no footsteps and she was in a dress and had blonde hair. My mom never wore dresses and has dark brown hair. So, I knew it wasn't her."

When asked if she was scared that something like this was going to happen again, Bella said, "Not really. It definitely freaked me out at that time but the past two years, I've been talking about paranormal things with my family and it's really weird."

Paranormal experiences can happen at any time and anywhere. The experiences tend to be somewhat scary for the individuals who experience them. Whether they are hallucinations or tangible encounters, it is all up to one who experiences it. People just have to pay attention to what happens around them.



Arts And Entertainment

Creative Activities To Welcome Fall



Staff Writers,
Zoe Panos & Molly Rhodes

It’s spooky season. It’s sweater weather. It’s time for pumpkin-spiced everything. Blood and guts are fun with the more morbid, the better. It’s Halloween and students are in the mood to celebrate the holiday. While trick or



treating, dressing up, and watching horror movies may be cliché, there are traditions that each generation makes their own.

Freshman Adam Bani-Hani said he enjoys going to Knott’s Scary Farm. He said, “I like Knott’s Scary Farm better.” Knott’s Scary Farm, known as Knott’s Berry Farm during the rest of the year, is a horror lover’s fantasy land. Mass murderers chase park goers around with chainsaws or various noise makers meant to startle the unsus-

pecting. Fog machines and strobe lights disorient and confuse guests. But for attendees who want to attend without being too involved, there is a hack to avoid scary characters: Simply carry a drink. The hired zombies and killers are nothing, if not polite; they will not accost someone enjoying their favorite pumpkin flavored beverage. To conclude, the park is definitely a Halloween must-see destination.

While people such as Bani-Hani find interest in going to theme parks, others, such as freshman Jordan Alvarez, who would rather stay at home and watch movies. Alvarez said, “The movie I’m most excited to watch

during fall is Friday the 13th.” Friday the 13th is a cult classic horror film that was first released in 1980. The movie by Sean S. Cunningham follows a tragic storyline about a couple of teenagers who are stalked and killed by a merciless opponent. Following its original release, several sequels were made; ultimately creating a franchise enjoyed by multiple generations. The movie is for sure a must-watch this fall season.

Others are amused by dressing up for Halloween. Many loves to go door to door saying “trick-or-treat!” and receiving candy. Freshman Julie Norgaard said her “Favorite Halloween candy is Twix.”

Most go all out for Halloween and dress up as brides, skeletons, animals, and celebrities. On the other hand, freshman Audrey Eguia, plans on being a clown for Halloween. Some clown costumes are scary - think Pennywise of IT fame. According to southwales.ac.uk’s online article, “Why are we



keeping.com’s article, “35 Iconic Pop Culture Halloween Costumes Inspired by 2023’s Biggest Moments,” by Cameron Jenkins, it said, other popular costumes this year include Barbie, Mojo Dojo Ken, Wednesday Addams, and Taylor Swift Eras.

Other fun fall activities to do might include going to a pumpkin patch with family or friends. Carving pumpkins is a time-honored family tradition in homes everywhere. Another idea could be going to an autumn festival. Festivals are a fun activity to do, no matter a person’s age. A festival may include mazes, games, rides, and always good foods and desserts. Ultimately, Halloween is a time for fun, fright and treats. No matter how people choose to celebrate, they are bound to have a scream.



so scared of clowns? Here’s what we discovered,” by Sophie Scorey, it said that in a 2023 survey they found that more than 50 percent of respondents were afraid of clowns. It was also reported by goodhouse-



Books To Get Into The Fall Mood



Staff Writers,
Yareli Mata & Aileth Caceres

With the leaves falling and a chill in the air, it’s time to settle down with a good book and be swept away into a different reality. There are many books in the market for people who want to escape from their lives, even for just a few minutes. Not sure what to read? Here are a few suggestions from both staff and students.

Sophomore, Nora Maung, enjoys popular books such as The Land Of Stories, The Cruel Prince, The Seven Husbands Of Evelyn Hugo, Harry Potter, and Percy Jackson. Maung said, “Specifically, the book where they fall in Tartarus.” She also mentioned her favorite spooky vibe book to be Curious George, but the Halloween Version. Maung said that the char-



acter who mainly reminds her of fall is Hermione Granger, a character from Harry Potter. Maung said, “She is fall.” Maung enjoys these reads by going in a small corner in her house, carrying a chocolate in hand, to fully grasp this nice season.

Senior, Cadence Doyle, went along a similar path, mentioning Percy Jackson and The Seven Husbands of Evelyn Hugo but also added books such as, Caraval, The Invisible Life Of Addie La Rue, and Pride and Prejudice. Doyle said, “It has every element of the fall season.” Doyle also has a favorite character that she believes supplies the fall vibes, even though the book isn’t entirely fall-like. The character is known to be Addie La Rue, from one of her



favorite reads. With some comfy clothes, a hot chocolate and the pumpkin smell to fill her room, Doyle finds enjoyment from these stories.

English teacher, Sherry Edmundson, provided some excellent recommendations such as, The Timer Traveler’s Wife, I’ll Give You The Sun, The Perks Of Being A Wallflower, and Prayer For Owen Meany. Edmundson also mentioned The Invisible Life of Addie La Rue giving great fall vibes. Edmundson likes to pair her reading with a hot coffee and comfy wear.

Heather Laird from the library also provided some amazing book titles, such as The Nature of Witches, The Wicked Deep, I



Hope You’re Listening, With the Fire on High and The Secret of a Heart Note. Laird also mentioned a dark character, known to be the antagonist in the series Shadow and Bone. The character is referred to as “The Darkling” and even the name radiates spooky vibes. Laird also said that some comfy pj’s and her sweet “mahogany apple candle scent” help put her in the mood for reading.



Features

Are We Alone In This Universe?

Staff Writers,
Ace Davila & Kasper Davila

Human curiosity about life beyond this planet has been around since the Medieval times. In today's time, it is clear that aliens are very common, seeing them in comics, movies, TV, and even in the news. However, the most important fact that people are wondering about is if aliens are real, and if they are, why haven't we seen them?

The question about the reality of aliens existing has been asked by many, including Nobel Prize-winning physicist Enrico Fermi. According to the space.com's online article, "Fermi Paradox: Where are the aliens," written by Elizabeth Howell said, "Given that our solar system is quite young compared to the rest of the universe — roughly 4.5 billion years old,

compared to 13.8 billion — and that interstellar travel might be fairly easy to achieve given enough time, Earth should have been visited by aliens already, the idea goes."

The Fermi Paradox mostly focuses on the fact that our universe has been around for billions of years; so any other intelligent life that has lived for longer than us should have been able to make con-

tact with us by now. Howell said, "Fermi died in 1954, so exploration and explication of the idea fell to other people,

such as Michael Hart, who wrote an article titled, 'An explanation for the absence of extraterrestrials on Earth' in the Royal Astronomical Society (RAS) Quarterly Journal in 1975. (Some say this is the first such paper to explore the Fermi Paradox, although this claim is a bit hard to prove.)Hart argued that

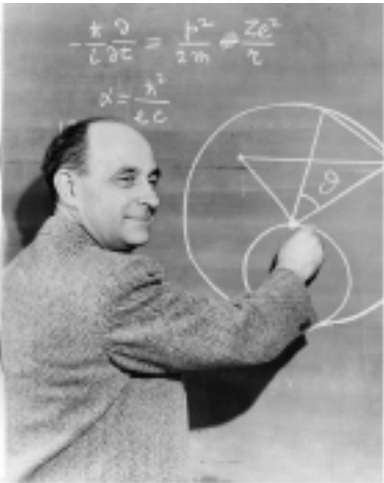
intelligent aliens could already have visited Earth at some point in our planet's history unless they started their journey less than two million years ago. He thought the apparent lack of such visits is most likely due to the lack of intelligent aliens."

Howell also talks about how the question that Fermi asked has brought up a lot more questions and experiments. One of the questions that have been asked is, if there had already been aliens, but for some reason died off before humans could discover them? According to Howell, there have been some experiments done that could help to back up this claim. Something else that Howell said in her article was, "The universe is incredibly vast and old. Data gathered by a variety of telescopes show that the observable universe is about 92 billion light-years wide (and growing faster and faster all the while). And separate measurements indicate it is about

13.82 billion years old."

Another one of the many theories that came from this paradox has been that there are aliens and they are just so alien that we don't see them as living beings. Howell said, "Other ideas include the suggestion that we are not looking for the right kind of signs, or that aliens are so alien we cannot even recognize them as living things."

The thought of life outside of Earth has been something that has been around for a long time and has continued to still be something that people wonder about today. Even though there isn't direct evidence of aliens that have been seen so far, there also isn't anything proving that they aren't possible. People have been waiting for the answer to whether life off Earth is possible and there have been many claims about it. So, it seems as if people have just been waiting for it to be confirmed.



Signs And Superstitions



Staff Writers,
Taylor Jones & Mayte Pompa

As some may already know, it's bad luck to pick up a penny when it's on its tail or when a person jinxes himself, he should knock on wood. Superstitions tend to hold value in people's lives and most superstitions are passed down through generations, while some have been created randomly. In medicalnewstoday's online article, "The International Journal of Psychology and Behavioral Sciences," by Ana Sandiou, it said, "Superstition has its roots in our species' youth when our ancestors could not

and some have even been found to be linked to psychological circumstances. Sandoiu said, "Sometimes superstitions can have a soothing effect, relieving anxiety about the unknown and giving people a sense of control over their lives." Partaking in superstitions not only keeps us connected to our roots but also has the possibility of calming us down when we feel out of control or unsure of the unexplained happenings in our lives.

World History teacher Travis Hill has said superstitions keep his family close when he said, "Every New Year's Day my mom makes us eat a spoonful of black-eyed peas because it's supposed to bring you good luck for the new year — it's a family thing. I know now on New Year's Day I have to go see my parents and eat that spoonful of black-eyed peas."

Although superstitions help a lot with psychologically-related situations, they also have some ties to philosophy. According to jstor.org's online article, The Journal of Philosophy: Superstition," by

Alexander Lesser, philosophers often see superstition as a form of irrational belief because religion is their superstition. Theconversation.



com's online article, "The science of superstition and why people believe in the unbelievable," by Neil Dagnall and Ken Drinkwater said, "Superstitions might improve confidence and promote a positive mental attitude." An example of this would be when someone has an itchy sensation in his hand, it usually means that a good amount of money is coming his way.

Junior, Anthony Smith said his biggest belief in superstition is, "For every action, there is an equal or opposite reaction. This has based my everyday actions. It reminds me to be positive and to stay mindful." It could also relate to positive superstitions. Alexandra A. Farley, the author of "A

Qualitative Analysis of Superstitious Behavior and Performance: How it Starts, Why it Works, and How it Works." from Western Washington University said, "Overall, superstition has been found to increase performance in both the cognitive and physical level. To date, there is no clear understanding of how an individual chooses a particular superstitious behavior, particularly how that behavior is connected to the belief in the power of superstition itself."

Superstitions are all around and if there is some belief in them, life could take a different turn. Nevertheless, it's important to not let superstitions rule one's life. One last note, if there's ever any luck needed, make sure to pick up that penny when it's heads up.



understand the forces and whims of [the] natural world. Survival of our ancestors was threatened by predation or other natural forces."

Significantly, all superstitions have some meaning behind them





The Benefits Of Mindfulness Meditation

Staff Writer,
Sylvana Mendoza

As times start to change, so do we. School starts to grow challenging and students and teachers start to dismiss their mental health. Something that can aid a person when one is in need, is Mindful Meditation. When focusing on Mindfulness Meditation, one must focus on “the now” and acknowledge one’s thoughts and feelings.

The impacts of Mindfulness Meditation are stress relief, as well as helping to reduce both anxiety and depression. The website, news-inhealth.nih.gov’s online article, “Mindfulness for Your Health—The Benefits of Living Moment by Moment,” said, “Mindfulness-based treatments have been shown to reduce anxiety and depression. There’s also evidence that mindfulness can lower blood pressure and improve sleep. It may even help

people cope with pain.” Seemingly, this study on mental health supports the fact that practicing Mindful Meditation is a useful tool.

World History teacher, Travis Hill said that during these times, when he’s in the dumps, some activities he does are, “Spending time with my friends, watching football, always helps me. But

then like, if it’s like personal things, then I’d just build Legos or... I like listening to music a lot too.” Building Legos is Hill’s form of a stress reliever, which connects to Mindfulness Meditation.

Junior, Kason Thomas practices simple activities of Mindfulness Meditation. Thomas said, “For a reset day I would typically have breakfast rather than like not, and just do a lot more stuff . . .like I care for my needs.” Thomas tries to take care of himself at least once a week and thinks that once a week

is enough time for himself. Thomas said, “I don’t wish for more time for myself but I don’t necessarily think that it’s limited. Like, if I wanted to take more time for myself I could, but I don’t feel the need to.” Thomas sees his Mindfulness Meditation as, “Taking a breath from social media and surrounding yourself around a lot of people, especially in such a big school, because you can get overwhelmed by so many people.”

Equally important, one’s physi-

cal mindful meditation can impact one’s person just as much as mental mindful meditation. According to

verywell-mind’s on-line article, “What is mindfulness meditation,” by Kendra Cherry, it said, “Mindfulness Meditation is a mental training practice that

teaches you to slow down racing thoughts, let go of negativity, and calm both your mind and body.”

Junior David Lynch practices physical Mindfulness Meditation and said, “My sport wrestling because it is a martial art sport. It’s a way of relief doing that, working out at my house. It’s like my safe space. It’s a way to relieve stress.”

It is important at this time of year to take time out of one’s day to relax and find something to rejuvenate one’s soul. Practicing Mindfulness Meditation just might be the way for some people to find the relief they need from such busy lives.



Thankful, Grateful And Blessed

Staff Writers,
Sophia Roa & Hannah Chavez

Thanksgiving is the one holiday out of the whole year solely dedicated to expressing gratitude and eating an excessive amount of food. When discussing gratitude, family members are usually the first idea that pops into most people’s heads, but everyone has individually unique reasons as to why they’re thankful.

Senior, Byron Martinez, said, “I am most thankful for my family for getting me where I am. They work hard to get me where I am at, and get me to try new things, such as working with cars.” However, senior, Ahriana Ferrero, is most thankful for her favorite teacher from the history department. Ferrero said, “I am most grateful for my teacher, Ms. Coffee. I find her vibe uplifting and I will always be grateful for her.”

On another note, senior, Jona-

than Trujillo, felt that his place in life was ultimately cultivated by his parents. Trujillo said, “I’m most thankful for my parents because they support me in everything that I do. They always give me moral support in my toughest times, as well as for my cousins.”

Senior Alexia Garcia was most thankful for their friends, as she said, “If I were to pick one person I am most thankful for, it would be my best friend. She’s always been there to support me through whatever life decision I would choose. She’s always shown

me what really goes on in life and opens up my eyes.”



who are thankful for their mothers. It has been said before that nothing can compare to a mother’s love, which is true for these individuals. Silvestre said, “I am most thankful for my mother because she’s always been there for me, no matter what I’m going through. She will always lift me up and support me. I will always be thankful for her as well as my dad and siblings.”

Breault said, “I am most thankful for my mom. She’s always trying her hardest to make sure my sisters and I are provided for. She’s always

there when we need her most. She’s always made me feel like I could do anything. I write her letters all the time to remind her of my gratitude.”

It’s important to take the time this fall to express gratitude wherever it’s needed, whether it be towards relatives, friends, teachers, or even pets. No matter who or what it is, even the little items in life deserve expressions of gratitude. Acknowledging what there is to appreciate in life helps to remind one that, even though it may look that way at times, life is not all bad.

There’s already so much negativity in the world that can make people lose sight of what they have to appreciate and the trials of everyday life certainly don’t help. Even during tough times, thinking about those who have been a pillar of support when it was needed, can give support and strengthen people’s souls.





Leaves Are Falling

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Favorite Fall Dishes

Staff Writer,
Alexandria Franklin

Everyone has a type of flavor or dish that fills them with fall spirit. With fall comes a craving for comfort food, such as grandma's home-made chicken soup, turkey, or even a juicy prime rib. Everyone loves a good homemade dish, especially if it has been passed down from one generation to the next.

Sophomore, Adam Garcia, is always cooking up something, especially during the fall, with his love for pumpkin pie, made with his grandmother's love. Garcia said, "Most of the time I don't like pumpkin flavored things, but pumpkin pie is an exception. My favorite Thanksgiving dish is pumpkin pie."

Some of the recipes that Garcia makes during the fall are brownies, cupcakes, cake, and more. He tries popu-

lar and new flavors to expand his knowledge with his passion and give those he sells to a new experience. Garcia said, "I feel like the hazelnut flavor is not well known. I haven't tried it but I have only heard of it during the fall." Garcia constantly thinks of great flavors such as hazelnut, cinnamon or even chocolate, with candy corn for Halloween. With the love of Garcia's family, the traditional dishes served every year always have their indescribable taste, which bring comfort during the chilled season.



Everyone likes an original-craft-ed and created dish that can be shared by the genera-

tions. It becomes a family favorite, especially with lots of sugar. Automotive Technology teacher, Josh

Wish, shared his excitement for his wife's creations, as well as the dishes his family looks forward to when he said, "The first thing I think about is something sweet like apple pie, pumpkin pie, maybe something with a sweet spice to it."

Wish always looks forward to his wife's creations, knowing they are made with lots of love and are to be enjoyed with his children. One recipe his wife looks forward to making is what she calls a Trifle, made with different layers of angel food cake, cool whip, and other toppings of choice. His table is never complete without at least one potato dish, such as his wife's "crack potatoes." But for Wish, Thanksgiving is not complete without his potato pan-

cakes.

Nothing brings more comfort and warmth than those dishes people have waited all year for that are traditional to the family. Though for different families, different dishes are considered tradition. Wish said, "It's not a usual Thanksgiving dish, but we do prime rib."

It was something me and my wife started a few years ago." Wish and his wife grew tired of the normal tradition and decided to make their own that screamed comfort and excitement.

No matter the type of family, the traditional smells, taste, and memories will bring a warmth to the cold, autumn season. Whether people have ribs or turkey, all that matters are the memories and the sense of comfort that these Fall recipes bring.



Autumn's Outdoor Activities

Staff Writers,
Qimora Atkins Beason &
Chloe Arroyo

Fall is a season of warmth, love, and discovery. The fresh breeze, red and orange leaves, and the warm and cozy feeling of being with loved ones are what the season of fall brings. With what feels like a fresh start for some individuals, there are also the feelings of joy, comfort, and freedom. According to CNN Health's online article, "Fall: The Season of cozy, delicious, wisdom-inducing rediscovery," by David G. Allan, it said, "Like spring, fall is a season of transition, a reminder of the value of change, in this case from bright, buzzing, verdant summer toward the dark, quiet calm of winter. It's a journey inward; first experiential, then intellectual and finally into the collective unconscious."

Freshman, Cydney Ramirez is fond of spending quality time with her family and doing tasks she enjoys greatly. When Ramirez was

asked what Fall doings are most popular for her family, Ramirez said she enjoys, "Going outside and helping out our grandfather and watering the plants we have at home." She also enjoys taking care of her plants, so they can bloom through growing season. Ramirez



finds the enjoyment of Fall by snuggling in her comfortable blankets and lighting warm, uplifting candles that smell like the aromatic scent of Fall. Childhood hobbies have not necessarily changed for Ramirez, as she enjoys jumping on the crackle of crunchy leaves that escape the tall trees, and she savors the satisfying sounds of stepping on them.

Freshman Fern Maldonado enjoys being frightened. When asked what fall activity she enjoys, Maldonado said, "Going to the park and going to horror nights." Maldonado finds hiking a great way to stay active and she enjoys the aesthetically pleasing scenery of nature. Maldonado's favorite dish to eat during the Fall is "Anything pumpkin," which includes pumpkin pie,

pumpkin bread, pumpkin drinks and everything involving pumpkin.

One outdoor activity that's most common in fall is of course, picnics. When Maldonado was asked if a picnic was an enjoyable Fall outing she said, "Yes, because you can enjoy the tree leaves and the good weather."

Freshman, Andi Stigart is the type of person who finds joy through any moment, especially during the changing seasons. When Stigart was asked what were some cute fall activities, she said, "I think hanging out with friends or a significant other is a nice way to have fun during the fall." Stigart enjoys company with family, since memories with them are irreplaceable. If she can pick one dish to bring

ty that unites everyone together. Stigart finds jollification through outdoor adventures, rather than staying home during this season.

Fall is a time of year where memories can be shared and hobbies can be completed. It is an enchanting moment of bliss and peace. Autumn is a reflecting season to be grateful for everyone and everything around, as the holiday Thanksgiving brings a family together to cherish the day. Allen said, "As the seasonal merry-go-round turns, hop on every stop. I try to align my mental and physical activity to the season I'm in. It's an opportunity to commune with the change in nature, embrace its reminders. Celebrate the holidays, take in their meanings, enjoy the

spoils of whatever time of the year you find yourself."

Taking advantage of a season full of beauty is a great way to explore the beauty all around. Whether going to an amusement park, experiencing the beauty of nature on a hike



to a picnic, it would be a delicious, savory, pumpkin pie. Soccer is also a leisure for Stigart and her beloved family, as it is a bonding activi-

or just jumping into a pile of leaves, it's important to embrace the peace and tranquility of the season.



Popularity Of Starbucks' Drinks

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Staff Writers,
Evelyn Cruz & Aneeka Clark

The season of cozy, delicious, inducing COFFEE and the main attraction that brings friends and family together. There are countless numbers of flavors to choose from that immediately make you want to grab a blanket and put on your favorite fall movie. Starbucks is a well-known place that originated in Seattle, Washington. According to Starbucks.com's online website their very first latte was actually introduced thirteen years after opening in 1971. Then, they introduced their fall drinks in 2003. There have been so many fun fall flavors introduced in the months of August through November that people can choose a cold or hot drink to try and make some memories.

Several factors have contributed to the popularity of Starbucks' fall beverages. Their seasonal drinks

primarily appeal to individuals' innate desire for warm, soothing goods, which has been associated with the start of fall. Customers have felt as though they were sipping on a warm embrace in a cup, thanks to the rich, soothing tastes like pumpkin spice, caramel, and cinnamon, which have induced feelings of indulgence and nostalgia.

Senior, Christopher Banuelos said, "I personally am a fan of pumpkin flavor but the Starbucks drinks aren't my favorite. They have a rich taste. It's too much for me."

Senior, Brianna Grajeda disagrees with Banuelos, when as she said, "Yes. I do like fall drinks from Starbucks, only because fall drinks are seasonal and not your typical fruity refresher or espresso coffee you can get every day. That taste is what makes it feel like home! Pumpkin Spice makes you feel nostalgic for the holidays. You fall in love with the whole theme of warm tones, preferably pumpkin

iced chai, and you can't go wrong with their pumpkin loaf as a pastry to go with it...because if you don't like it...what's wrong with you?"

Additionally, Starbucks has perfected the skill of selling these drinks as more than just refreshments; they tend to sell it as a complete experience. Starbucks has developed a sense of expectation



and excitement around its fall menu, making it a seasonal tradition for many.

It includes the distinctive red cups and the Instagram-worthy presentation.

According to Starbucks.com's online article, "PSL Turns 20: The story behind Starbucks' Pumpkin Spice Latte," by Heidi Pieper, back in 2014, the hashtag #PSL (Pumpkin Spice Latte), became a global trend on social media sites like Instagram and Twitter, encouraging others to try a drink. When the iconic pumpkin spice latte was first released in 2003, it immediately gained tons of attention. Many said it was due to its distinct



scent, which has been seen to be true. It often triggers familiar and cozy memories creating a sense of nostalgia, said Tom Ryan in his article, "Why Has The Pumpkin Spice Trend Endured," on Retail-Wire.com.

The popularity of Starbucks' fall drinks has also been greatly influenced by their dedication to customization. Customers have often added a personalized touch to their drinks by selecting from a variety of milk types, adjusting sweetness, and even adding extra spices or garnishes.

Starbucks' fall drinks have turned into a yearly tradition for most coffee enthusiasts. The drinks combine delectable flavors, a hint of nostalgia, and a warm environment, which have made them a must-try throughout the fall months.



Autumn: The Best Time To Fall In Love?

Staff Writer,
Dianeicus West

Fall is considerably the best season for couples to fall in love. According to Bestlife.com's online article, "17 Reasons Why Fall Is the Best Time to Start a New Relationship," by Julia Malacoff, it said that people are less occupied, which means that they can take quality time to get to know one another, unlike the summer time. During the fall season, there are many festive activities, such as pumpkin patches and haunted houses, to enjoy. Social media apps, like Tiktok are a key source of inspiration for couples

looking for ways to spend time getting to know one another better.

Senior couple Kaylie Sanchez and Gabriel Pro have been looking forward to the many exciting events this upcoming season. Pro said, "I'm looking forward to



Homecoming and being able to spend as much time together with my girlfriend. We basically met in the fall last year.

It's special for us. We both like the cold weather." Sanchez said, "I'm excited to be able to do festive stuff, like Halloween and Thanksgiving."

Being able to create new memories together has been their main priorities for the season. Sanchez said, "I think it's cute being able to go over to their house and cuddle, just cheesy little stuff." Pro and Sanchez have planned on matching costumes this upcoming Halloween, Sanchez said, "We have a lot of matching costumes in

mind, but I think that I will be a princess and he will be my Prince Charming, of course."

In a similar manner, Sophomore couple Olivia Rivera and Tyler Fuentes-Valvo also started a relationship last fall, when they met at Homecoming. Rivera said, "October 26th is our one-year anniversary, so we can make new traditions, like going out to dinner. We plan on dressing up as Stitch and Angel, from the movie Lilo and Stitch."

Fall does seem to be the best season for couples mainly because of the calm vibes of the season, which promote quality time with one another. However, people do not have to be in a relationship to enjoy the fall season. Spending time with friends and family has also been a way to enjoy the season. Whether it's cuddling with a pet or eating comfort meals, this time of year has proven to be just the perfect time for love.



Artwork by Sarah Alvarado, 11th grade



Feature

McGee Taking Over ASB



Co-Editors,
Lianna Smith & Kaylie Berry

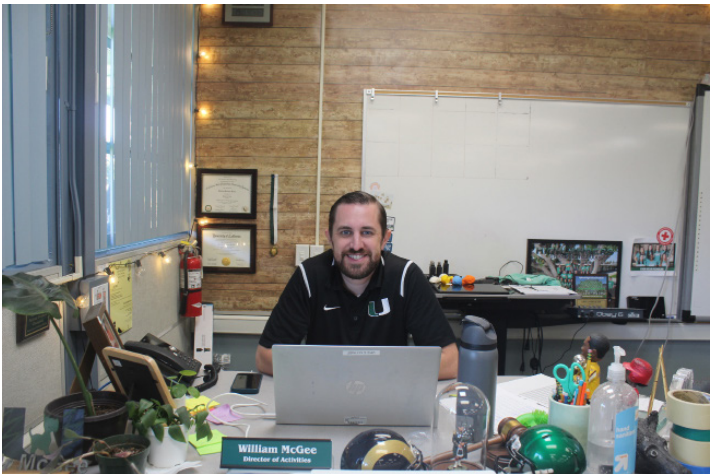
Every new school year usually starts with a couple bumps and bruises but this starting year has been especially hard for the staff and students. With the recent passing of the beloved ASB teacher, Greg Lander, many have been trying to find their ways to bounce back. A small light at the end of the tunnel was introduced with the new ASB teacher, William McGee, former AP Lang teacher.

AP Language & Composition teacher William McGee has been at Upland High School for most of his life. Being an Upland Grad in 2006, McGee said, “I was an Upland graduate. I have a lot of pride in this school and I’m really excited to do a lot of the events, like planning Homecoming and the student



section at the games and rallies.” He shows Upland spirit everyday he is on campus, by participating in the activities at lunch and is constantly trying to help his students succeed. McGee said, “As much as I love being an English teacher and I really, really love Ap Lang and everything, I feel like this is a unique opportunity to make my school a better place and have a bigger impact.”

Unfortunately, over the summer, the original ASB teacher, Greg Lander passed away unexpectedly. His students loved him and were extremely saddened by his passing. Junior ASB President Faith Contreras said, “I really liked Lander as a



teacher. I would’ve wanted to stay with him because he was more of a father-figure to the class and helped us work out our problems.”

Although many of the students miss Lander, they also think that McGee is a good fit for the position. Junior ASB Treasurer Elyas Tejeda said, “I would say that anybody who has enough motivation and inspiration to do ASB should lead the class, and I think that McGee has those things. [...] I don’t think there could’ve been anybody better to take on this position.”

There have been many staff members ready and willing to help McGee transition into his new role, making his switch a lot easier. McGee said, “It’s been good. I have a lot of people that are helping me. There are people in

the student store, administration, other teachers, and there’s been a lot of help, so that’s made it easier. [...] But it has also been somewhat difficult because I transitioned after the school year started, so I didn’t have an entire summer to think about things and organize things.” McGee is also helping the new AP Lang teacher Sharalee Turcios take over his old position. Turcios said, “Honestly, I do really like teaching AP because I do see the differences as far as students making more of an effort and actually trying to understand what the skills are.”

Though it started off rough this year, it will surely make it back on the right track. Although Lander will always be missed and appreciated for his time here, McGee seems like the perfect fit during this time.



Meet The New VP In Admin

Editor- In- Chief,
Sofia Erskine

There is a new addition to the UHS administration staff this year with the arrival of Assistant Principal Tiffani Patterson. Arriving just after the start of the school year, Patterson has had to quickly adjust. But her resilient character has allowed her to adapt and find her place within the school.

Patterson had some connections with UHS that she admitted drew her to the school when she said, “I do know a person that used to teach here. I used to work with her at the county, and I did training in the lower library probably four years ago.” The small connections are what made her aware of the campus that she would eventually end up at, but it was not until someone close to her encouraged her to take the next step in her career. Patterson said, “My sister, who taught high school, told me I would really like high school, so when I saw Upland, I was like ‘I’ve been over there before. I should apply for that job.’”

Patterson shared her biggest hurdle proceeding her arrival when she said, “I would say the hardest part is starting after

everyone, because I started on the first and school started on the 28th. But, every day is getting better. Being new is hard, but it’s hard whether you’re a student, an admin, or any position.”

Patterson’s transfer from schools, as well as cities, has



been a challenging but rewarding experience. Her positive outlook and disciplined mindset were, however, not a product of a career in education. “I was in the military,” Patterson said. “I was in the Coast Guard for almost nine years before teaching, and six of those nine years were on ships.”

Patterson’s last assignment before retirement was in San Diego. Patterson revealed her last assignment in the service when she said, “On my last ship, I used to drive high speed small boats and chase cocaine smugglers. At one point, I had the biggest drug bust in the

Pacific Ocean.”

Military life drastically contrasts from the civilian world, a transition that can act as a period of disorientation and uncertainty. “The language is different,” Patterson said. “All the things you could say in the military are so different from the outside, but you

couldn’t [say no] in the military. They tell you to move, you have to move. They tell you to go stand [outside] for five hours, you did it, and I think the most difficult thing is to try to find a balance, so you don’t burn out. I guilt myself into working all the time, when what I need to do is to take time.” Patterson’s hardest endeavor has been finding the same moral and tight knit community that she had built during her time in the service.

Moving seven times in fourteen years of being an educator has connected Patterson with a diverse community of peers and mentors who have taught and inspired her, regardless of her profession. Patterson often reverts to the moral lessons taught to her during her time in the service, and applies them to her work ethic in education. She ardently expressed her enthusiasm for being a part of Upland High School. As the admin in charge of activities, she looks forward to all exciting events to come for the 2023-2023 school year.



Arts And Entertainment

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Autumn Horoscope

Staff Writers,
Taylor Jones, Sylvana Mendoza, &
Mayte Pompa Guerrero

Aries ♈

Sadly, this season isn’t the best season for Aries. Due to their hot-headed and stubborn nature, many conflicts will occur between Aries and the people around them. Family ties regarding Aries will be challenged, so it's best to look out for that issue. On the other hand, financial stability will remain intact for Aries. It’s actually the best time for Aries to pursue greater responsibilities in their jobs.

Taurus ♉

Taurus being the lovers that they are might find that the autumn season doesn’t bring great luck for their love lives. It is harder to maintain healthy relationships for Taurus this season and many arguments will ensue for them. As well as that issue, they will have to work extremely hard for occupation-related success to occur. Alternatively, once hard work has been put in to achieve career success, Taurus will find that it has paid off, as they will experience financial luck.

Pisces ♷

Pisces may seek inspiration and metal refreshment and they may feel ready for change. The fall starts with a strong emphasis on relationships, intimacy, and money matters. With Mars moving to the solar ninth house on the 12th Pisces may find fewer obstacles or it may feel easier

to assert their desires. They attract people who want to make their life easier. Pay attention to feelings but be cautious when acting on them.

Cancer ♋

Clear minds will be what Cancers possess this season. Decision making will be easier, along with the completion of tedious tasks. Cancer will encounter the need to travel to new places, which will inevitably hurt them financially and socially. Relationships with family and friends will be interrupted and financial stability will be disrupted.

Leo ♌

Leos might sense the feeling of excitement towards new challenges this season. The excitement will only help them career-wise. Luckily, Leos will be seeing a greater amount of romance throughout this season too, making Autumn the best time to strive for success in their careers and relationships.

Virgo ♍

Dear Virgos, the season will be filled with emotional transformation and a need to process feelings in a new way. Don't let an anxious brain cloud the perception of reality. Remember everything else and focus on what is truly important.

Gemini ♊

The Autumn season only has a positive future for Gemini. They will find that their creative sides are being highlighted this month, as

they are feeling more inspired. In addition to that, Gemini will see much luck in romantic and platonic relationships. Autumn will make it easier for relationships to blossom and will bring much money to Gemini’s life.

Capricorn ♐

The fall for Capricorn will find their focus is directed towards long-term goals, responsibilities, or career, as well as a busy social life. It’s important to be flexible and open-minded now. There is a lot to learn from others at this time. The time is definitely busy with friendships and group connections being focused on more as October advances to November.

Sagittarius ♐

During fall, the time may be better in terms of finances, spiritual growth, and professional development. With Saturn in the third house, money may come slowly rather than quickly. Sagittarius will see good results in their careers and they may improve their intelligence. The season may be perfect to venture into love. There will be the charm of love with Mars in the fifth house.

Aquarius ♒

For Aquarians, October brings the ability to connect with others who inspire them or introduce them to new ideas and perspectives. A positive attitude will make them attract more attention, and they could feel

more inspired, sharing ideas and experiences, which could be fulfilling. Towards the end of the month of October, Aquarians will be more inclined to follow their hearts and passions.

Libra ♎

For Libras the fall season will bring positive results with Jupiter in the seventh house. Jupiter’s position in the seventh house may favor a reasonable amount of money, auspicious occasions in family, or new career chances. It’s likely for Libra to experience success in career, although ups and downs regarding finance are possible.

Scorpio ♏

Scorpios will face determination and make this sign succeed against challenges. With Jupiter in the sixth house it’s important to make sure to plan finances carefully, as it could lead to money loss. It’s possible Scorpios may have to deal with significant obstacles and family duties. (All information from “Monthly Horoscopes,” CafeAstrology.com)

Fall Playlist





Profile On Artist Melanie Rodriguez

Editor-In-Cheif,
Alessandra Sandoval

An aspiring artist, as well as color guard member, Senior Melanie Rodriguez spends her free time improving her art skills. Rodriguez said, “Making art... makes me feel extremely happy and it

helps explain all my emotions throughout my life.” To Rodriguez, art is a way to express her emotions, as well as to connect with her mother, a fellow artist. Since the age of five, Rodriguez has been fascinated with art



after seeing her mother's fashion designs for her high school colorguard team. As of now, Rodriguez is focused on improving her skills, with her art styles of choice being semi-realism and surrealism



Artwork by: Melanie Rodriguez, 12 Grade

for their imaginative, dream-like aspects. Rodriguez hopes to become a graphic designer and said, “If you

want to do art, do it and whatever you want to do in life, continue to do that.”

Fall Sports

Girls' Volleyball Putting The Volley Into Volleyball

Staff Writer,
Jacob De Leon

Just a mere three weeks after the 2022-2023 school year ended, the Girls' Volleyball team was hard at work. They spent every morning and afternoon in practices, despite the fact that this is considered a fall sport. There was a loss of some key volleyball players who graduated but the team has managed to adapt and believes it has what it takes to have a successful season.



The Volleyball coach, Scott Robertson is excited about this season, especially with bringing some new faces to the team, such as freshman Mylie Butler. Robertson has high hopes for this new season and he is excited for his returning players and new underclassmen on the varsity team.

The coach has prepared his

player by having the team participate in summer and preseason tournaments. Robertson said, "The new underclassmen that we are bringing to varsity is a benefit towards the team overall, since the underclassmen will provide a fresh new vibe, enthusiasm, and new energy to the team."

Some players on the varsity team also have the same excitement as their coach. Seniors, Emily Watkins and Bethany Liu have

high hopes for their team this season. Both of these star and dedicated volleyball players have had chemistry on the court like no other. Emily and Bethany started playing volleyball together before high school, in junior high. Before they played together, Liu actually started

during second grade. But as she kept on playing, she started to become more serious about the sport.

Liu and Watkins have stayed in this sport throughout their entire high school career because they love the atmosphere and the team environment. Liu said she really admires senior volleyball player Ava Kruze, for helping the team. Liu described Ava Kruze

as, "Highly energetic and always cheering for the team."

Liu said, "You must have men-



tal toughness in the sport." She has had to be resilient to outside factors that have affected her overall performance. She most desires to have a good time and fun during the season with her teammates. Watkins agreed with having to ignore outside distractions and said that she "Wants to live in the moment, whether in hard or good times." Liu's position,

called "center," has been an important position because it is meant to set the ball up for other teammates to potentially score a point. Her position has allowed her to display her leadership abilities, by observing and analyzing what's happening on the other side of the volleyball court. Watkins has played "outside hitter," which has been the position that sets and ends the tone of the game, since she hits the volleyball over the net in the first and last play of the game. She said, "Her environment and being able to successfully put the ball away brings her joy and uplifts her energy."



Boys' Water Polo

Editor-In-Chief,
Alessandra Sandoval

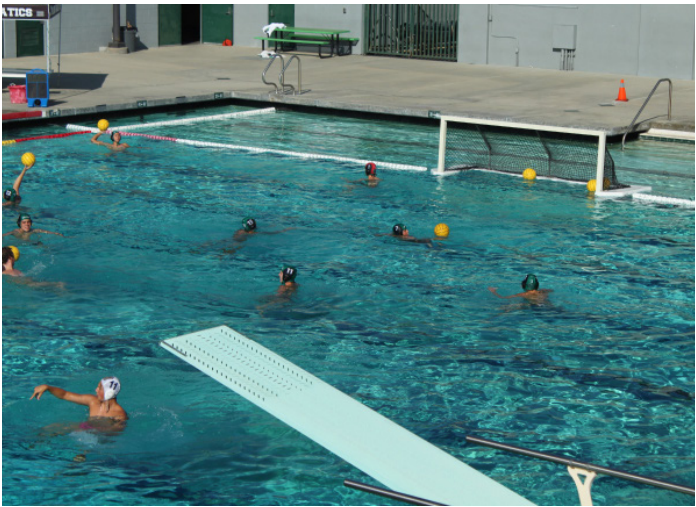
Coach Cody Bell has led the boy's water polo team for the past nineteen seasons and this year is no exception. Bell's main goals for the team have been to improve and learn from past mistakes. On September 26th, they started the season by participating in the Base-line League and have been hoping to enter CIF this year. The boys' water polo program consists of twenty players, with many sophomores receiving the opportunity to



be on varsity this season.

Bell said, "99 percent of the kids that come to my program have never played water polo... maybe not even heard of it and then they start as a freshman." Many of these players with no experience end up truly enjoying the sport and later branching out to participate in clubs like Foothill and Tsunami.

Senior, Andrew Barrett said, "I've been playing since my junior year... I feel like I've improved a lot from last year." With so many new players, there has been a learning curve, and this year, the team has been focused on learning from every game, win or lose. One of the team's goals has always been to qualify for CIF and this year they hope to accomplish just that. Playing water polo for the past six years, Justin McMillin said, "Every-



one is pretty young, so everyone's getting better every day." Captains Barrett and McMillin both agreed that as the team has continued to improve with every game and practice, they could reach CIF. Bell said, "That's always one of our goals for the year-try to make it into the playoffs, so we're doing everything in our power to try and make that happen this year." With a total of 34 events from tournaments to league games, the boy's

water polo team has been training hard over the past two months. Junior, Evan Baker said, "It's been fun being able to play, you know. I get to be goalie this year, the better goalie." The team hopes that through hard work and persistence this season, they could come back better than before next year.



Upland High School Cross Country: Running Beyond Limits

Staff Writer,
Madison Vencill

Cross country has often been deemed a sport where runners willingly participate in what others might consider punishment. It has embodied the essence of overcoming adversity and pushing beyond both physical and mental limits. Guided by Head Coach Frank Huerta and Advisory Coach Jennings, the Upland High School Cross Country Team has embarked on a journey that's about more than just running.

Coach Huerta, an expert in cross country with 16 years' experience of coaching, has carefully

themselves and that's all I ask from my athletes."

Coach Huerta said, "We don't cut anyone off our team, so I believe treating everyone the same way, no matter who they are on the team, is a big deal to me." With both Coach Huerta and Jennings leading the way, running has not been just exercise; it's a journey where each runner transforms into a more well-rounded athlete.

Huerta encapsulates the ethos of cross

"People that are willing to work hard and come out to give their all

where teams and individuals cheer for each other. Junior Sarah Thom-

as, a varsity runner, shared her love for the sport when she said, "My favorite part about cross country is definitely my teammates because we are all like a big family that cares for each other." She noted that the sense of unity solidified during the summer practices, where the team spent considerable time together.

Upland High

School Cross-Country is not just about running; it's a journey of both resilience and personal growth. As the runners navigate every single race, they do so not just as individuals, but as a tight-knit family united by a shared passion for pushing boundaries and embracing the triumphs and trials that come with each and every stride.



planned a routine that helps each athlete. It's not only about the number of miles they run but also about becoming better in many aspects. Coach Jennings said, "I believe if the student athletes believe in themselves that they matter, they will give you the best version of

country, describing it as an endeavor that pushes individuals "past your limits and beyond." Junior and varsity runner, Lily Sepulveda said, "It's all about pushing through the mental block through practices and races and finding that motivation to keep going."

For this season, the Cross-Country team has embraced an intensive training regimen, where runners dedicated their summer to rigorous practices. Coach Jennings said he's looking for,

every day."

Practices have been held during and after sixth period. Race days occurred on Saturdays, with invitations or league races, where the runners navigate diverse terrains, parks, hilly courses, and grasslands. The races consist of three miles, demanding both endurance and strategic prowess from the athletes.



Beyond the physical demands, cross country stands out as a very unique sport where connection prevails. It's one of the rare sports



Girls' Tennis Team Makes It To CIF



Staff Writer,
Malachi Garcia

The Golf team is once again off to a great start this season. English teacher Jennifer McAdams has been the coach of the tennis team for the past three years now. When asked how the season was going McAdams said, "Very well. Tuesday is the midpoint of the season, one more League to play." She



also said, "Rancho is next. I feel confident about the match, because we beat the team that has beat Rancho." Overall, McAdams said

she felt confident about the team's chances this season.

Senior Bella Yoon, Captain of

the team described her teammates and coach when she said, "Sometimes practice runs long but always

fun, cause everyone on the team gets along well and makes everyone laugh. I think she's (McAdams) great because a couple years ago we didn't have a head coach, so we weren't able to play. So, she stepped in and we were able to play now and she's really supportive and encouraging. She's a great head coach."

lot of seniors. But beating out all other top teams helped make us

feel more confident." Yoon also speculated about making it to CIF this year, when she said, "This

year, it's a little unsure because I have to beat other schools in the next two weeks but I think we can beat them because we beat them before, so I think we will be able to make it to CIF."

Yoon explained that her hardest game so far was against, "Los Osos, because they started out playing better and we just got in our own heads about it and just started playing bad."

The average day for a tennis player, according to Yoon, starts with, "Practice Monday, Wednes-

day and Friday. Sometimes, we have Friday off games on Tuesday and Thursday. Practice ends at six p.m. and games end at 6:00 or 6:30 p.m., so we get home a little later, then eat dinner late. Then, we just do homework for the rest of the day." When asked if being the captain, on top of being a student, on top of tennis was difficult, Yoon said, "I think this year it's easier because of a lighter load in schedule. But I think it's still difficult because I don't have that much time in my day to do other things, other than school, when I get home "



Editor-In-Cheif,
Sofia Erskine

Football has been a host for congregation, conversion and friendships. It can be gratifying to take part in the pride of one’s high school as a spectator, but taking the position as a player of the football team is, to a great extent, something that high school students are often oblivious to. Five seniors on the Varsity UHS Football Team reflected on their personal experiences with their sport and team, in order to give spectators an inward perspective of the UHS Football Team.

As expected on a team where so many hours are spent at practice or games, some players have felt a stronger connection with their teammates. Senior Trestin Castro said, “[There are] long-lasting friendships and brotherhood. It

brings everybody together. It feels like a family and makes a good bond.” Castro explained some of the lessons and values that Castro has learned from past experiences in being part of a team when he said, “I’ve been playing since I was five-years-old. I always had a single mom, so she put me in football. I’ve just been playing ever since, and I just fell in love with it.”

Yet, Castro is not the only player who has found a bond bearing close resemblance to that of a family. Senior, Theo Thompson said, “I really thought football was

amazing, because everyone had to do their role to win the game, and it just felt like a family. That’s how I fell in love with football.”

Throughout their high school football careers, these athletes have looked up to their teammates and coach-

es, reached self-actualization, and carried on goals of their brothers. “I look up to all of the coaches,” senior AJ Matelau said. “As for my teammates, we all look up to each other.” Matelau and Castro have come to exemplify the solidarity of a team, as they have continued their dedication, even to former players. “Last year, we made it to the championship, Division 3, but then we lost,” Castro said. “So, I’m trying to get that back this year for our seniors last year. Whether fueled by application or ambition, the team appears to have a common goal for the 2023-2024 season. Senior Jacob Yvarra said, “I feel like we can run it back to CIF and get a Lead Championship this year.”

As they approach the end of their high school careers, the seniors of the UHS Football team have looked back on their past seasons and contemplated how they would like to continue going

forward. Thompson said, “Vinny Macaluso I looked up to, because he did everything the right way. We’re seniors now, so we don’t really look up to anyone because we’re like the older guys. But last year we looked up to Vinny a lot, because he did everything the right way.”

Some players have worked towards something past their last year of high school as they plan out what their future will look like. Senior Noah Sandoval said, “... You always looked up to playing in high school and wanting to play, and now that I’ve gotten to high school, it’s just like now it’s time to move on. I want to play in



college.”

The team has plans to begin and end the season with the resolute certainty that they will realize all of their goals by finding the strength within each other. Yvarra said, “Coming into the season, I feel like all the guys worked together well right away. We knew what the job was and we executed it. We did what we had to do.” Castro shared a similar projection for the year as he said, “I see us accomplishing a lot of things. I think we’re gonna go pretty far this year.”



Artwork by: Sienna Bail, 10th Grade

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