

The Plaid



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The Power Of Self Love

Staff Writer,
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Around the month of February, love makes its way into our lives. Not only is loving someone else a beautiful blessing to experience, but it's also beautiful to love yourself and your own company. I mean, what's not to love? We were all made individually different for a reason. Learning to love yourself creates an impact in your personal life as well. When loving yourself, it can lead you through adversity. Love can create balance and accumulate all throughout your life and spread for the world to share. When there is peace and understanding of ourselves and others, stability will be made for the world we live in. With there being different versions of love, it would be impossible to say you've never experienced it before. It's safe to say that love is especially all around us during this month, so try to appreciate every single moment that's genuine and special with friends and loved ones.

Considering the impact of self love, it's fascinating to learn why it's so important. In [betterup.com](https://www.betterup.com)'s online article written by Allaya Cooks-Campbell, "What Self-Love Truly Means And Ways To Cultivate It," the article said, "Self-love is critical to our well-being. And despite what the perfectionists think, loving yourself doesn't mean that you don't hold yourself to a high standard. Without feeling positively towards ourselves, we may find it hard to be motivated. Many studies suggest that we need

and learning to create your own closure will create a different type of peace in your life. Loving yourself does not mean being completely self-centered and selfish. It means embracing whatever insecurities you have and expanding your mindset. When building self-compassion, keep the most important positives in your life and get rid of all the negatives. Being around negative energy can spread to an individual like yourself, which will automatically bring you down. Placing yourself in a positive setting will make you see things differently, build up motivation, and will empower the way you see yourself. It's important to know that having your own love and kindness for yourself should come before loving anyone else. Prioritize your feelings and understand yourself before trying to accompany someone else. Valentine's Day doesn't strictly mean a holiday for couples. Valentine's Day brings awareness to all types of love languages and love in general. The more we feel good and enjoy love, the easier it becomes to problem solve for any type of situation. It lowers stress and enhances resilience.

What kind of healthy boundaries do you have for yourself? When asking this question to one of our staff members, Cheer Coach Erin Del Monte said, "Knowing I need me time, that's another boundary that I have to tell my husband and my kids and my family – that there's times I need me time. And being okay with that. And knowing

a better coworker if I take those times for me." Del Monte refers to "me time" by calling it a "reset" in her family. Her self love days are her reset days.

When helping yourself first, you're able to help others. Taking care of your energy and mindset by having a "reset" can easily

er power can help bring comfort. I believe overall just being open minded and surrounding yourself with people that care about you is the best and it's good for the soul." Self love can be understood through any aspect of life, it makes the world go 'round. Communication and loyalty is what binds love.



Artwork By: Mary Florez

make your day better. When there's difficulty maintaining healthy self boundaries, start by getting rid of anything related to discouraging energy. Protecting your peace should be the main boundary in life; it's all about who you want to become in the world. Positive self-talk and affirmations for yourself are not gaslighting, it's simply uplifting. The more you say something, the more you want to do it. Choosing a goal and working toward it when already aligned with self love creates stimulation of the mind. Love is what gets us through almost any obstacle.

How can you tend to your mental, emotional, physical, and spiritual needs? This question was given to one of our students. Senior Francine Dorado said, "I believe tending to all your needs is super important. For the mental and emotional, I think finding a source that allows you to let the thoughts and emotions you need to get rid of out, for me journaling helps a lot. Working out is good for the mental and physical well being of your body. Even just stretching and breathing works.

Spiritual well-being is very important to me. I believe removing negative energy from your life helps the spiritual, but also trying to make a connection with a high-

Loving yourself means you are free from everyone else's comments and opinions, and strictly focused on just your own. Working on healing and growth starts with the mindset... start small, then you will see progress.

As said before, love can create balance. When being reflective on how self love can change an individual, it becomes beautiful when you begin to notice the progress you're making. Knowing the type of boundaries you need to set can prevent most of the negatives in your life. Sometimes it can't, though. There is no such thing as a "perfect life." Everyone has their downfall moments, but that's why love exists – to build one another back up. No one has to be completely alone, unless they choose to be. Choose to surround yourself with love, accept it, and don't push it away. Tending to your personal needs isn't a crime because, when you're happy, that happiness can spread. We all have a different purpose for being on this planet, but why not have in common being able to achieve self happiness, self love, and comfort? Every day is a new opportunity to at least try and be able to make a difference.



self-love in order to take action, take chances, and take on new opportunities."

Being open to new things in life

that I could still be a good mom, I could still be a good wife, when I get that me time, too! It will only make me a better mom, a better wife, a better coach, a better friend,

The Boycott Movement Against Israel

Editor In Chief,
Alessandra Sandoval

The Palestinian group Hamas led a surprise attack against Israel from the Gaza strip by land, air, and sea on October 7, 2023. Boycott, Divestment, Sanctions (BDS) is led by Palestinians for freedom, justice, and equality, which caused many to stop purchasing from companies such as Starbucks and McDonalds due to their ties to Israel. In vox.com's online article, "The boycott movement against Israel, explained," by Whizy Kim, around 84% of Americans were unaware of the decades-old campaign BDS until viewing the

Israeli military. Starbucks' labor union was sued after their social media account posted in support for Palestinians, causing some to begin boycotting their stores. The renewed attention on BDS has caused organized demonstrations by local groups to begin taking place worldwide. One of the main criticisms of the BDS movement has been that it hurts Palestains through the reduction of economic opportunities. The Israeli government attempted to crack down on BDS efforts, passing a law banning people who support boycotts of the country from entering Israel in 2017.

Currently 38 U.S. states have passed some kind of anti-BDS law, while others blacklist companies supporting BDS from receiving government

contracts or bar public pension programs from investing. Taking direct inspiration from the South African anti-apartheid fight and the U.S. civil rights movement, Kim said, "The U.S. has sent \$158 billion in aid to date, according to

a Congressional Research Service report, and the Biden administration recently proposed a \$106 billion foreign aid package that would include \$14 billion for Israel. Meanwhile, the White House has resisted urging a ceasefire." Many teenagers feel influenced by social media to support or cancel certain people or movements from influencers in fear of cancel culture. Cancel culture is when one takes a public stance against an individual or institution for their actions that are often considered offensive. Junior, Ayanna Campbell said, "I feel like it's a valid boycott but a lot of people are acting like they aren't drinking Starbucks but they are just providing more money to the company." Many people support causes such as the boycott online out of fear of what the public will think of them but don't actually care for the cause. Junior, David Lynch said, "I think I'm in the middle because I wouldn't boycott these places, but some people do... but I'm not judging them; I'm just not giving up these places." With so many

companies being boycotted many people such as Lynch feel like it's hard to stop buying from all of

Act Now Against These Companies Profiting from the Genocide of the Palestinian People

<p>Consumer boycott targets:</p>	<p>Divestment and exclusion targets:</p>
<p>Pressure targets:</p>	<p>Organic boycott targets:</p>



#BDSMovement on various social media sites which called out various brands. Many fast food restaurants with locations in Israel such as McDonalds, Domino's Pizza, and Burger King are being targeted after offering free food for the

them since it involves companies he purchases from on a day to day basis. Along with this Lynch said, "A lot of people are just following TikTok," with the platform's influencers in support of the boycott against Israel along with pressuring people to do filters that support Palestine. With so many companies such as Starbucks being in the public eye due to their support of Israel, they use coupons in order to gain customers. Although social media has incredibly influenced the boycott against Israel, it has also created deep-seated negativity toward the movement due to pressure to follow social media's opinion. As of January 31st the boycott is still going with no end in sight, with many believing a cease fire is more important.

Fast Food Workers In California Minimum Wage Rising

Staff Writer,
Hannah Chavez

As of September 28, 2023, California Governor Gavin Newsom signed a bill raising fast food workers' wages to a minimum of \$20-per-hour that goes into effect on April 1st of this year. This decision has sparked a significant amount of debate and discussion amongst California residents ever since. Those in favor of this bill argue that this wage increase will be a great help in overcoming wage inequality and improving workers' overall standard of living, while others against the decision express concerns over how it may have a potentially negative impact on small businesses and the economy as a whole.

for its high living costs, has been leading the fight for fair wages in recent years. The governor's decision to raise the minimum wage has come as the result of a series



of demonstrations and workers' advocacy campaigns that discuss the difficulties those in the service industry face at their jobs. Advocates of workers' rights say in these campaigns that this will aid workers by allowing them to more easily cover basic living expenses and increase their participation in the economy.

Other proponents speak of the additional potential benefits the decision can have. By giving fast food workers more purchasing power, they argue that it will stimulate local economies and ultimately benefit everyone involved. They also say that increased wages could possibly reduce workers' reliance on government welfare programs, as they would be able to pay for their own living costs. However, this bill still has critics with their own thoughts on the matter. They say the decision will hurt smaller, mom-and-pop style businesses as it would greatly increase labor costs, which were already difficult for them to cover in the midst of inflation. They also say they worry about the bill potentially worsening inflation and causing even more harm despite its

good intentions. The wage increase approval in California is just one example of a developing trend in the United States of states raising the minimum wage. Other examples include New York and Hawaii. As the debate continues, the bill waits to come into effect and its outcome is yet to be determined. Regardless of whether its potential benefits or detrimental effects come to pass, this development is a milestone in the struggle of industry workers for fair wages and treatment. It also displays a growing consciousness within the nation about the future of wages and workers' rights.



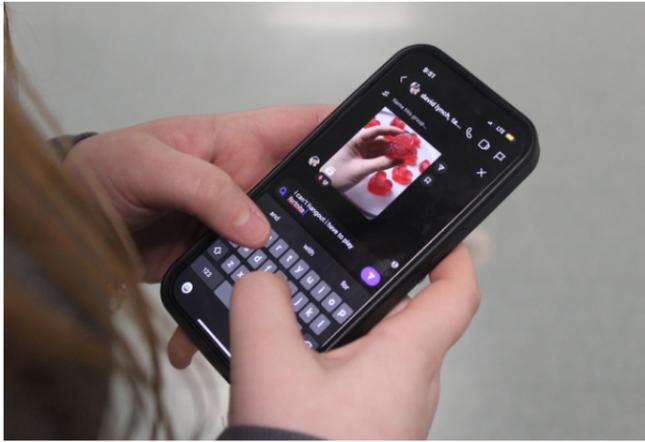
The state of California, notorious



How Technology Has Destroyed Romance

Editor-In-Chief,
Sofia Erskine

In the past two decades, technology has exponentially improved and has sustained a dominating presence in everyday life. Its necessity in hospitals, offices, homes, and schools has brought countless improvements to living conditions. However, there remains the harmful effects that technology plays in day-to-day lives.



If not addressed, the havoc wreaked by technology on relationships will continue to dramatically grow as coming generations develop from infancy with a reliance on the virtual world. As it stands, adolescents of today's age experienced their crucial years of development with rapidly advancing technology, although not from infancy. Even so, the impact on society is clear. Higher usage rates of technology naturally lead to

less time spent together as a couple and a decreased sense of connection. Genuine communication and reactions are hindered, contributing to isolation and distance, as well as miscommunication. Additionally, social ideals generate anxiety, dissatisfaction, and a sense of disharmony in a couple. Unrealistic portrayals of others' relationships or what one's

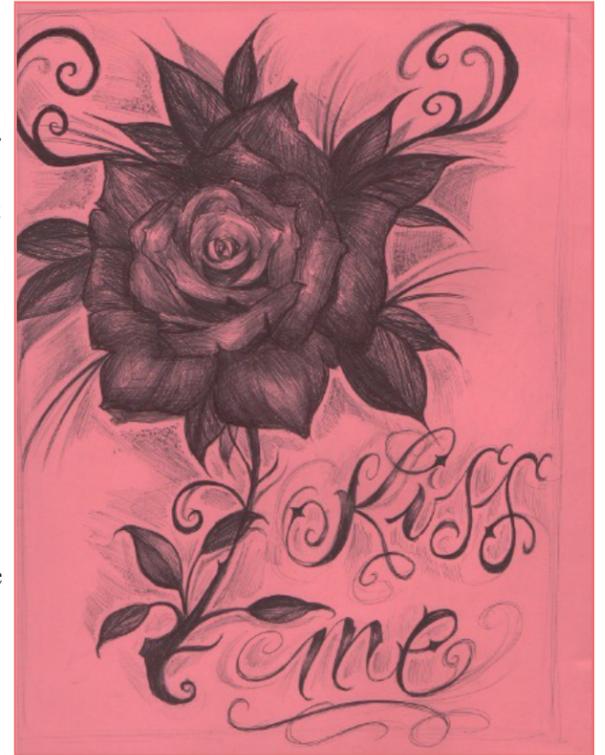
relationship should look like have desensitized the general population and imparted impractical expectations when entering and navigating a relationship. Desensitization has also proven to cause irrational behavior online, particularly when conversing with one's partner, a situation wherein most do not consider the repercussions, demonstrating that technology has damaged growing generations' ability to think and reason.

The way in which adolescents interact and relate to their peers, as well as their cognitive

development, has been in a pattern of regression over the past two decades. Interpersonal environments allow adolescents to learn social cues such as countenance, body language, and tone of voice. Such interactions also allow adolescents to obtain more confidence in social settings and expand their communities. However, research suggests that an extensive amount of teens consider interacting with their friends or partners online as "hanging out," and find it a burden to make the effort of coordinating an in-person event (Lenhart et al. 2015). With this information, the question of why a couple would prefer to talk over the phone than be with each other in real time must be asked. Technology, particularly cell phones, has served as a crutch for social anxiety, but in reality has only worsened the crisis. With easy access to virtual communication always in the palm of one's hand, it has become a reasonable alternative to the now seemingly outdated social setting. What was once one of the most integral

events in a child's development is now an idea that is becoming something of the past, replaced by a practice inflicting more damage than good.

Unlike spending excessive time



Artwork By: Freshman, Isabella Ibarra

on a screen, spending quality time with a partner lessens symptoms of stress, anxiety, and depression, as well as aids in social development. Living in the moment and being attentive to authentic interactions will leave one with a healthier, lasting relationship.

Why Valentine's Day is Overrated

Assistant Editor,
Lianna Smith

Couples all around the world tend to fall for the pretty soft pink and red colors, chocolates, and expensive gifts with the belief that it will bring them and their significant other closer together, all to celebrate the overrated holiday Valentine's Day. On the days leading up to February 14th, stores all around the country are filled with the colors red, pink, and purple. Offering all kinds of chocolates and stuffed animals, one could think of compelling couples to buy their significant other these gifts to express their never-ending love for them. It's a holiday centered around love and appreciation that could only be summed up as a total scam.



When this topic of Valentine's

Day being a scam gets brought up, individuals will usually just say it's a harmless day for couples to express their love for each other, but that couldn't be further from the truth. When starting a new relationship the holiday may seem like a fun and innocent thing, with couples and significant others excited to gift and get stuff for their loves. For most couples, though, this tends to be the only day they celebrate each other. It leaves others with the question: why must one need a holiday to express their love to their significant other? Expressing one's love to their partner shouldn't be something that needs to wait for a random day in February. Your partner should always know they are loved and should never have to wait a whole year to receive

praise and gifts. When getting into a relationship you are promising your partner that you will care and love them throughout your time together, not just a couple days in the year. It may not need to be gifts but showing your partner you care throughout the year is a way better way to express your love. This holiday not only takes the true meaning of love but also money. Taking a look around, companies will not miss the chance to leap at a new way to make a quick buck on unsuspecting victims seeking to satisfy their angry girlfriend (who hasn't received chocolates since last Valentine's Day) by pushing out cheap but expensive products. These companies manage to get fools like this every year, without a doubt because they know how damaging this holiday is to couples. They know that love nowadays can only really be

expressed with materialistic and expensive gifts. So, by pumping out gifts with labels like "the gift she's always wanted" and reeling in couples with the belief that they can satisfy their partner's need for their love with expensive gifts, companies can win every year. There is nothing wrong with liking or wanting expensive gifts, but one should always make sure to note what their partner actually likes. Do they like sweets? Maybe homemade gifts? What about if they like gold or silver? Individuals need to take a second and really think of what their partner actually likes before grabbing a random teddy bear and a generic box of chocolates off the shelf and calling it a day. Maybe then, could we perhaps sway away from this shallow and meaningless holiday and take into account what loved ones actually enjoy and keep our relationships long and healthy?



Features

Love Through The Camera Lens

Staff Writer,
Nikolas Segovia

In Hollywood movies we often see many different types of love. This love comes in all different shapes and sizes; it can be romantic love, obsessive love, it can even be self-love. All of these different types of love may differ from each other, but they are all connected by three things: acceptance, care, and respect.

Our first type of love can be seen in the 2017 movie *The Greatest*



Showman. As Samantha Clinch's online article for watchmojo.com "Top 20 Love At First Sight Scenes In Movies" put it: "It's not unusual for love at first sight scenes to take place between a performer and a spectator." This shows that love at first sight is possible.

In this film we see Zac Efron as Phillip Carlyle, a young show writ-

er that falls for a talented acrobat named Anne Wheeler (played by Zendaya). Clinch said, "In slow motion, we see Anne Wheeler's grace and strength on display. But the effect also extends the characters' eye contact, conveying the intense emotions they're feeling." This shows that you can get butterflies in your stomach.

It also teaches that love can be a bumpy ride.

Clinch said, "The two face many challenges while trying to make their love work, the biggest being their social statuses."

The second type of love is demonstrated in the 1997 movie *Titanic*. In J.D. Meier's online article "What 25 Movies

Teach Us About Love" from sourcesofinsight.com, the piece's author states: "Endings can be bittersweet." This shows us that love in movies, as in real life, does not always have a happy ending.

In this film Leonardo DiCaprio plays Jack Dawson while Kate Winslet portrays Rose DeWitt Bukater. Toward the end of the

film Jack says, "Winning that ticket, Rose, was the best thing that ever happened to me... it brought me to you. And I'm thankful for that, Rose. I'm thankful." In this moment Jack realizes that he has



become a better person after falling in love with Rose, making it a prime demonstration that love can make a person better. This film not only teaches us that love can make us

a better person but also that love may require one to make sacrifices, known as sacrificial love.

Our last type of love is depicted in the 1978 movie *Grease*. As beluefnet.com's online article "Why We Love Grease" by Angela Guzman puts it, "As the summer comes to an end, Sandy worries about returning home to Australia and never seeing her summer love again, but Danny



reassures her that their love is not over." This shows us that, no matter how far away a person is, love can still work as long as you stay committed.

In *Grease*, John Travolta has the role of Danny Zuko while Sandy Olsson is played by Olivia Newton-John. Guzman said, "Even though Sandy isn't ready for Danny's bad boy lifestyle and Danny isn't ready to fall into forever love. Despite the rollercoaster of emotions, the two come together in the end." This film not only teaches us about being committed to each other but also being willing to try new things.

All of these movies demonstrate how love can be illustrated and shown through life. Love is a fas-

cinating thing and can enter your life at any point in time... you just have to pay attention to the signs.

The Significance Of Flowers On Valentines

Staff Writer,
Sofia Roa

The symbolic meanings behind flowers have been portrayed throughout history, whether it be in Shakespeare, the Bible, or books written over the years. Certain flowers can symbolize love, romance, and purity, but others betrayal, cowardice, or unfaith-



fulness. During the season of romance, one must strive to perfect their symbol of love. "Lull'd in these flowers with dances and delight," goes the line from Shakespeare's *A Midsummer Night's Dream*. The symbolism of flowers can mean more to someone than one knows.

Red roses and carnations are the flowers typically associated

with true love and fascination. According to the L.A. Times, "The rose is an ancient symbol of love, beauty, charm, and grace. Its meaning was further refined by color and stage of bloom--bud, flower or fully opened," while the carnation is "for passion, fascination, pure love."

Although beautiful, many flowers can blind you from their true meanings. Black dahlias represent the betrayal, sadness, and cowardice one has toward another, as well as yellow roses.

However, the love language of flowers does not end: in biblical times, flowers held both practical and symbolic value, according to thursd.com. Orchids are a fresh flower that typically lasts for several years with proper care. Orchids biblically symbolize purity, prosperity, and the blood and passion of Christ. Sunflowers hold the symbolism of the love God has, as

well as the faith and devotion one may have for another. Lilies of the



valley represent the tears of religions, symbolizing pain, loss, and death. However, lilies alone can symbolize resurrection and rebirth. The Bible's symbolism of flowers has inspired many works throughout the years.

In Shakespeare's *Hamlet*, violets and daisies are

given to Queen Gertrude – violets symbolizing modesty and innocence whereas daisies represent joy, cheerfulness, and new beginnings. In Shakespeare's *A Winter's Night*, daffodils are frequently brought up as signifiers of good luck, rebirth, and joy. Throughout many of Shakespeare's pieces, he writes of the marigold. The marigold is most known for synonymously being the flower of remembrance while also signifying prosperity,

warmth, and passion. The symbolism of flowers throughout novels or plays can offer such a poetic statement when giving the flowers to others.

Although the language and symbolism of flowers are not typically thought of, the gesture and thought behind it could mean more than just the act of giving. When presenting the flowers to another, a handwritten note or card with the meaning behind why one chose them can mean more than the flowers themselves. The beauty behind the language of flowers should not be forgotten or ignored but rather used to make gift-giving more intimate and symbolic.



Feature

Love Across Cultures

Staff Writer,
Ace Davila

Love is a shared human experience, but the way it's expressed varies across cultures, showcasing the beautiful diversity of human connections. Let's explore how love takes on different forms in various parts of the world, highlighting unique customs and expressions that make each culture special.

Western Romance: according to Kenneth Mondschein's article, "Love, Western Notions of," in the West, like Europe and North America, love is often celebrated with grand gestures. Romantic expressions include flowers, choco-



lates, and elaborate dates. Engagement rings and elaborate weddings symbolize commitment and union.

Mediterranean Passion: in Jose Erique's article, "Romantic Visions of the Mediterranean," he mentions that Mediterranean cultures such as Italy and Spain express love with fiery passion. Physical touch, expressive body language, and warm family connections are key elements of their affectionate expressions.

Asian Modesty: In East Asian cultures, love is expressed with subtlety and modesty. Reserved gestures, soft-spoken words, and a focus on harmony

characterize affectionate expressions. Traditional ceremonies, like tea ceremonies in China, highlight

the significance of love according to uncover's article "Love Language Explained in Asian Culture."

Middle Eastern Devotion:

Michael Oghia's article, "Different Cultures, One Love: Exploring Romantic Love in the Arab World,"

talks about how Middle Eastern cultures emphasize devotion and loyalty in love. Family bonds are strong, and acts of service and commitment play crucial roles. Arranged marriages are common, reflecting deep commitment to family traditions.

African Communal Bonds: "Love, Courtship and Marriage in Africa," an article written by Nwando Achebe, says that, across

Africa, love extends to community and kinship. Shared responsibilities, communal celebrations, and strong connections to one's roots

define expressions of love. Ritual dances, music, and storytelling are integral to community affection.

Love is a universal language,

yet its expressions are diverse. From the grand gestures of the West to the modesty of the East, and the passion of the Mediterranean to the communal bonds of Africa, love is a beautifully varied thread woven through humanity. Appreciating these cultural nuances allows us to understand and celebrate the richness of human connections around the world.



Evolution of Romance Songs



Staff Writer,
Jasmine Perez

From the romantic and melancholic sonnets of Shakespeare to the undying love in the lyricism of Al Bowlly and up to the affectionate songs of Vashti Bunyan, the subject of love in poetry and music has been pivotal throughout time despite the themes always shifting over the years. In the udiscovermusic.com article "Deconstructing The Love Song: How And Why Love Songs Work" by Martin Chilton, the piece's author says, "For thousands of years, humans have put into music the most intense longings of their souls and the deepest regrets of their hearts[...] and the love song remains a core part of 21st-century lives."

Throughout the 20th and 21st centuries the subject of love has been ever-evolving, oftentimes leaving some claiming the change has taken away the deeper meaning in love songs, while those like Junior Maria Curriel Alaniz claiming that "love"

songs are now focused on pessimism, saying, "It's more normalized for the lyrics to be negative now."

Even across genres there can be a notable difference between, for example, pop or metal. One focus-

es more typically on attraction to their partner and the feelings they have for each other, as opposed to focusing on the betrayal felt by a partner or even heavier topics of abuse. While most genres explore all aspects of relationships, passion and heartbreak alike, there are recurring themes for each. As with genres, throughout decades music has slowly shifted its focus and expanded its talking points. Curriel expresses her thoughts on the difference, saying, "Older romance songs spoke about it in a more romantic, fairytale way, where now they make it more negative, like talking about abusive relationships." Similarly, there are points regarding how romance songs have become more impersonal as they progress.

A notable time-period is the 1940's, where many artists would speak about their undying admiration for their partner. Most typically it would be romantic ballads about seeking affection or loving someone regardless of being loved back. This can be seen in the way that a song by The Ink Spots entitled "I Don't Want to Set the World on Fire" became extremely popular following the bombing of Pearl Harbor. It speaks

of the singer's love for someone who doesn't love him back, encapsulating the sound and themes in the lyricism of the decade by singing, "I've lost all ambition, For worldly acclaim, I just want to be the one you love."

Following this came the 1950s and 60s where doo wop, oldies, and blues songs held much of the west tightly, often with themes of accepting harsh treatment so long as they are loved by their partner or wanting their partner despite being apart. The most explicit display of this would be the Elvis Presley song "Love Me," where he says, "Treat me mean and cruel [...], Wring my faithful heart, Tear it all apart, But love me." Among these songs are records such as "I'm Your Puppet" by the Latinaires, "There is Something on Your Mind" by Big Jay McNeely, and "Oh My Angel" by Bertha Tillman.

As Hollywood and popular culture became more sensationalized and obsessive from the 90s into the 2000s, it was common for many music artists to have songs, both negative and positive, about their partners who work in the same industry. A song which garnered many people's attention due to speculation of it being about a public relationship with Brittany Spears was Justin Timberlake's "Cry Me a River," in which he

describes his ex-girlfriend's infidelity, saying, "You don't have to say, What you did, I already know, I found out from him, Now there's just no chance, For you and me." On the opposite end of



the spectrum was Jeff Buckley's "Everybody Here Wants You," where he vividly describes the look of his partner with lilac skin and 29 pearls in her kiss in order to explain her "flame" in him.

In most recent years, the themes have returned to the apparent default of idolized love and loving someone despite not being noticed. One such instance is Labrinth's Euphoria track, "You Still Don't Know My Name," where he sings the following: "And I would die your slave, For you right now, But you still don't know my name." In the track he even compares the subject to a God and Nefertiti, the queen of Ancient Egypt's 18th Dynasty.

Each decade has consistent lyrical themes, but as time goes on and society goes through its natural changes the focus of the lyricism shifts, as does the sound.



Features

The Types Of Love

Staffwriter,
Sylvana Mendoza

Love is in the air all around. On this day of love, there are multiple ways love can be reciprocated or shown. Love is a complex and powerful emotion that humans feel and can take part of in various ways. These variations include Eros, which is seen as passionate love; Philla (commonly known as platonic love); Mania, which is obsessive love, and many more that make humans human.

First there's Eros, the most common and known type of love. It is often associated with passionate and romantic love. When experiencing this form of love one would focus on the beauty and qualities of one's significant other, whether it be mentally or physically. It is commonly mistaken for intimacy and the desire for one another. English teacher Marc Alzamora says, "Romanti-



cism is where you have a spark and a connection that you have where it's a physical and an emotionally mental attraction you have to another human being." When in relations with someone one would often see the beauty of everything they do, which is why Alzamora states there is a mental and physical attraction. English teacher Sherri Edmunson states: "Love is when you give and don't expect anything in return, trust unless they give you a reason not to, and respect unless they give you a reason not to." These are prime examples of how, when somebody is deeply infatuated with an individual, they would initially go to the ends of the earth for the other.

Philla, or more commonly known as platonic love, would be how one views a friendship. It's built on deep connections, mutual care, and sticking up for one another when one is down. It's often seen as more powerful than romantic love because, unlike romantic relationships, there is no need to have constant reassurance or believe that one is

going to be disloyal to the other in some cases. Platonic love is built on pure loyalty and care for one another. Alzamora gives examples by stating "Platonic love is not where you have that spark nor are you sexually desiring one another, but instead you truly care about that human being and want what is in their best interest." This shows how big a difference there can be between platonic and romantic love, yet are both important and beautiful in different ways. Mania is known as an intense and obsessive form of love, commonly going by the term "toxic love." This means the love one would give would be reciprocated as irrational and sometimes an extreme attachment to one's significant other. It involves feelings of insecurity from one's partner and often will be explained as a rollercoaster of emotions – from the highs of one's partner being affection-



ate and desirable to the lows of being emotionally drained due to the partner's possessiveness and doubts of one leaving the other. It gets its term "toxic love" because, no matter how draining it may feel, when one is at its "high" they would tend to forget the lows that eventually follow.

AP Environmental teacher Megan Christensen states: "I think it is important that you let people know you love them," which makes love such a complex concept. There are many ways to show love, from acts of service to the kind of love one gives out to others. Understanding how diverse love can be gives people the ability to navigate through their relationships, whether it be romantic, platonic, or even self love. It's beautiful to know that humans have many ways to express themselves to the people they adore.



Teachers Need Love Too



Staffwriter,
Alexandria Franklin

Students will often talk about the subject of their classes. However, the teachers often lack some love and appreciation. There are many teachers that help out on the UHS campus who are loved by their coworkers, but who do the students love? Students spend about 10 months each year in school; surely there is a teacher that they favor after spending that length of time in their class.

Freshman Fabian Leyva and Senior Maria Flores express their love for the performing arts staff. Leyva said, "My favorite teacher is Miss Richardson because she is the nicest teacher I have this school year." Richardson is the teacher for Theater I-IV, teaching all grade levels. Leyva has always had a comfort in acting and Richardson brings his dreams to life that much more.

Flores, however, believes Mr. Miranda is deserving of her appreciation the most. Mr. Miranda is one of the music teachers and teaches

all grade levels. Flores said, "I do believe Mr. Miranda deserves more credit for what he does because of how great an impact he has on many students."

Leyva loves how Richardson shows so much character and



emotion, even offstage, for her students to feel more comfortable and welcome in her classroom. Leyva said, "Miss Richardson is as nice as a friend. She will give us chances to work on assignments from other classes to bring down our stress and she is always aware of our physical/mental well being." Leyva can't imagine his school life without Miss Richardson. He loves how calm and understanding Miss Richardson is, even under pressure during show weeks.

Flores always has a place close to her heart for music. She loves watching Mr. Miranda teach his students and likes how he lets her upper classmates teach the younger students. Although Miranda is her favorite teacher, she wouldn't be too upset if she didn't have him again, as she has had him all of her high school years. Flores can't imagine Miranda teaching a different subject and appreciates all of his hard work. Flores said, "I think Mr. Miranda has a deeper appreciation for his students that most wouldn't."

Flores believes that, with the good connection going both ways, the product that his class puts out will be much better. Mr. Miranda tends to have a very stern but understanding approach to his class, making things typically run smoothly and quickly. Leyva said, "Theater is a complicated class. However, Miss Richardson still deserves love and respect."

In an article at edsource.org entitled "Behind the scenes: California's new arts education plans," the article's author Karen D'Souza said the following: "Like sports, the arts can spark the kind of excitement that makes students, and their

families, look forward to coming to school." The arts provide a break for the students during the school day while also teaching techniques that will allow them later in life to understand its meaning and understanding in a different way. The arts have many imperfections as well as many different characteristics that can be seen in life. They teach students that there is more to life than perfection. The arts teach them happiness, the value of enjoying the little things, and that perhaps people aren't so different from themselves.



Features

Clubs That Give Back To The Community

Staff Writer,
Chloe Arroyo

“Alone we can do so little; together we can do so much,” Hellen Keller said during her career of advocating for the rights of disabled individuals. There are vast amounts of ways to contribute change and improvement while assisting the needs of the community, whether that be recycling, picking up trash, volunteering at shelters (such as those for women, youth, and the homeless), giving time to assist with recreational activities at a local park, or simply spreading kindness to maintain a comfortable and safe atmosphere for everyone.

Many of these opportunities to make a positive impact on the community are offered in Upland High School’s social clubs and associations, where students can congregate together to surely be involved within the community and locals of Upland. Some examples of these resourceful programs include Global Aid (a club that focuses on recycling and keeping



the environment free of plastic waste), UNICEF club (The United Nations International Children’s Emergency Fund), Link Crew, KindQuest Club, Key Club, Aspiring Samaritans, and several more.

According to “100 Reasons to Love the Community,” journalist Kirsi Lang’s online article for Comsor, “Building community is like a box of chocolate: you never know what you get. By connecting people, we unlock so many wonderful things that we never thought about before. That’s what makes our work as community managers so powerful, surprising, and fun.”

UNICEF club is a worldwide organization that assists with the needs of underprivileged children, while participants of UNICEF defend children rights and accommodate through transforming the youth into their best potential selves during difficult time periods.

Senior and Co-president of Upland’s UNICEF club, Ariyena

Mcnair, said, “The primary way we contribute is through volunteer opportunities, mostly through elementary schools, sometimes around campus as well.” Mcnair is a committed partaker in uplifting the lives of children. Mcnair also stated, “I think UNICEF helps children in developing countries. It also allows students to gain experience in becoming leaders, and mainly spreads awareness for children in these countries.”

According to a UNICEF online article entitled “Child Poverty,” “An estimated 333 million children live in extreme poverty.” This condition of being leads to poor living standards and zero open doors for opportunity and health. “I joined this club because I really wanted to make a difference,” Mcnair said, “and I thought, through UNICEF, I resonated.”

Junior Anthony Arreola is a close observer of the community of Upland. Arreola encounters inspiration as he witnesses improvement within his surroundings. Arreola

said, “I think community brings people purpose to work together and do whatever it takes to make a difference, even if it’s a small one like volunteering at your local library or helping someone out. That’s what a community is.”

An online article by the Boundless Love Project entitled “What is the Beloved Community and Why is it Important?” states: “The beloved com-

munity describes a global vision of humans cooperating together in sharing the earth’s abundance so that all people thrive.” Building an improved community can even come down to picking up an encountered piece of trash and throwing it away, helping an elderly individual cross the street, smiling at the neighbor walking the dog, and so much more.

There are several benefits to being involved with a community as it continues building compassion and inspiration within everyone around. The community grows like a sprout each time it’s watered.



What Is Black History Month?

Staff Writer,
Dianeicus West

Starting February first, African Americans celebrate Black History Month, where the achievements

and history of African Americans from many different generations (such as historical figures,



actors, artists, and motivational speakers) are honored. This article will exemplify what black history means to black people and how it impacts their lives.

Junior Samaya Milliner said, “A lot of people take Black History Month as a joke, like you owe me this and that, but I think it means a glorified month for black people, and an honor.” Furthermore, Milliner’s godfather and uncle are role models, and she believes they contributed to her learning to embrace black culture during her

childhood. Milliner states, “He’s taking me to places that made me experience black culture, like festivals... like Caribbean festivals.” Something that makes black culture unique is the food, largely due to the plethora of spices and flavors. Milliner said, “My family is part Caribbean so I often eat oxtails, rice, peas, plantains, and jerk chicken.” Throughout the United States there are many black-owned restaurants and businesses to support during February. Aside from foods, Black History Month also celebrates historical figures who’ve made a significant impact. Milliner said, “I feel all figures tie into everything equally, but I would kind of say Martin

Luther King Jr., because he lives up to his name. He’s known for reasoning and he’s taught at all schools; they even have a high school dedicated to him, so I mean he’s been the most influential and that inspired others as well.” Historical figures aren’t the only



ones who have touched the hearts of many individuals. Milliner said, “Music especially, I feel like black artists have gotten really far and are really talented in music, from R&B and soul music.”

With black excellence radiating, Milliner said, “People doubting me motivates me to work harder.” Additionally, Milliner said, “I love everything about black culture. There’s nothing I don’t like about it; I like the food and the music.” With that being said, there are many ways to support and celebrate Black History Month. Miller said, “Some ways to celebrate for everyone is going to some food places that are black-owned, and spreading awareness about the mis-

treatment of black people. Celebrate it and say Happy Black History Month!” Furthermore, to grasp and offer an additional perspective of Black History Month, Senior Samaya Henderson said, “To me it means to celebrate freedom. I feel like Martin Luther

King Jr. with his speech made a significant impact.” With that being said, Henderson plans on celebrating and honoring black history. Henderson’s family embraces



black culture by having traditional dishes for dinner. Henderson said, “We have mac ‘n’ cheese – my mom makes it the best – and we have jerked chicken. Those dishes are what I like when I eat traditional food.” Further, Henderson said, “Some things I love about Black culture is our unique style, hairstyles, and I love our food most definitely.”

Through a variety of perspectives and opinions, one is able to grasp what Black History Month means. With that being said, one doesn’t necessarily have to make grand gestures in order to support and celebrate. Supporting local businesses and artists can make an impact on black history.

Arts and Entertainment

Super Bowl Culture



Staff Writer,
Bella Ehlenburg

The Super Bowl has many traditions. Some people watch with their families while others like to spend Super Bowl weekend with friends, or even go to public places such as restaurants and bars to enjoy the game with strangers. Let's see how the people of our school prefer to spend their Super Bowl weekend.

Since we take pride in our football team, The Plaid interviewed Head Coach Darryl Thomas. Among the few teams still competing in the playoffs, Coach Thomas says he is looking forward to seeing the Ravens, one of the best teams currently in the league, take home a Super Bowl victory.



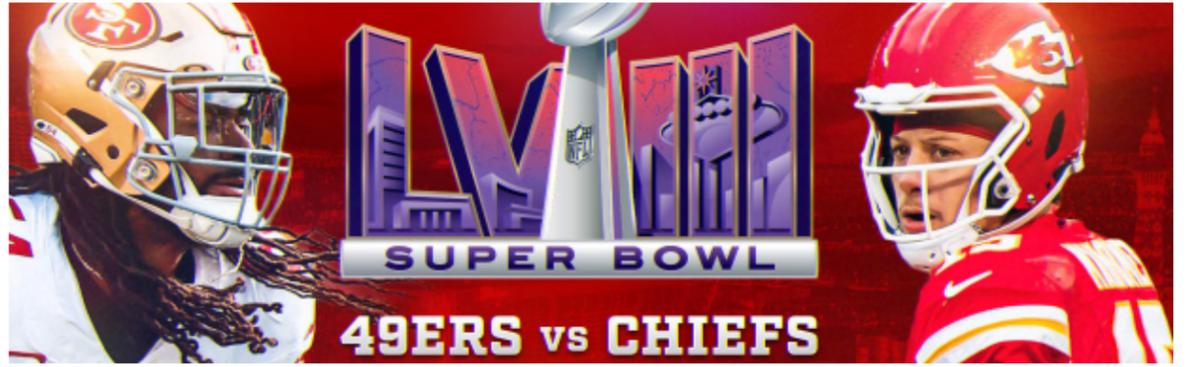
Thomas says there are various things he enjoys about the Super Bowl. "I enjoy the game itself, but the halftime show is fun to watch. The commercials are fun to watch." This shows that the Super Bowl spectacle can be both fun and entertaining in multiple ways. While some spend the Super Bowl in a traditional way, Coach Thomas said, "I just

watch the game, I don't have a tradition." Either way, watching the

game with or without a tradition is still very enjoyable.

Another person who also takes

it at my aunt's house." Watching a sport you enjoy while spending time with family is a core memory



an interest in football is Senior William Curely. When asked the one team William is rooting for,

he said, "I hope the 49ers win the Super Bowl." In asking around, they seemed to be the team that is most commonly rooted for! While many spend the Super Bowl watching it alone or at a friend's house, William said that, for him, "The location changes every year. This time I'm going to watch

for many. Another way to enjoy the event is by having a tradition you do every year! William said, "My family has a Super Bowl party that isn't just limited to family," which proves many people can still enjoy this event while either spending it alone or with loved ones.

The Super Bowl is a very significant event to many Americans, as it has been celebrated throughout the entire country. Many people celebrate it differently while others have more conventional ways of tuning in, but either way everybody loves the Super Bowl.

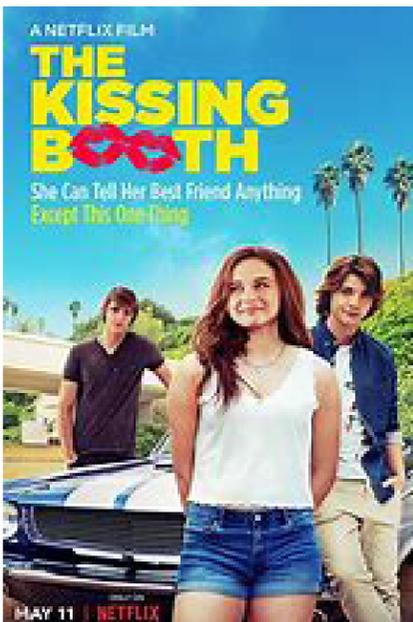


Is Romantic Comedy Dead



Staff Writer,
Taylor Jones

Looking back to romantic comedies made in the late 90's and early 2000's, they generated a buzz with teens and young adults creating a successful genre that seemed timeless. Nowadays, movies of the once popular genre rarely create any excitement. It poses the question: are romantic comedies dead? The appeal of romantic comedies is its core. Romantic comedies are films focused on funny plotlines that are concentrated on romantic ideas such as marriage, break-ups, soulmates, etc. Additionally, most of them end in happy endings, creating a feeling of hope in their audiences and boosting love for the genre. When thinking about romantic comedies, some that would come to mind are movies such as How to Lose a Guy in 10 Days, 13 Going on 30, 10 Things I Hate About You, etc. These



movies are all representations of the love that their audience hopes to find. The best part about each of these is that they vary in terms of the couples. The fact that any age and race can watch and get the feeling of ambition keeps the love for romcoms alive.

When looking at the romantic comedies made now in comparison to the ones of the late 90's and early 2000's, there's a huge difference in quality. Romantic comedies now have a different feeling they generate in their audience. Take, for instance, the Netflix Original The Kissing Booth. The Kissing Booth

was a sad attempt at a romantic comedy that didn't quite live up to its predecessors in the genre. Many felt as though The Kissing Booth was unrealistic and "cringey," making the movie more of a joke than a romantic comedy. With the movie being a laughing stock, it made it hard for the audience to connect to the movie, let alone envision themselves being in a relationship similar to the one depicted onscreen.

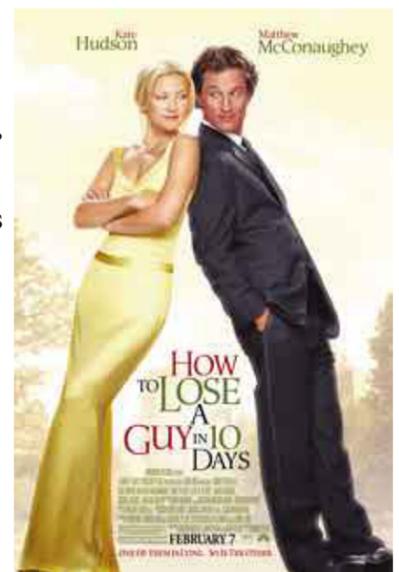
According to critic Roger Moore of Movie Nation, Moore states The Kissing Booth is a "Tone-shifting 'cute' teen rom-com that becomes less young teen suitable and more clumsy and ham-handed, the longer it runs." Evidently, romcoms being made now aren't even close to being as good as romantic comedies in the past.

Improvement for the romantic comedy genre likely won't happen. There's not many factors into why the genre is failing, though one is the lack of actors who inspire people to want to tune into romcoms. For example, Meg Ryan and Tom Hanks were big name romantic comedy actors. When audiences heard Ryan and Hanks would be starring in a romcom, they'd immediately go to watch. With-



out actors who make it impossible to miss out on new romcoms, the need to go seems to not be there. Another reason why romantic comedies are falling apart

is all the streaming platforms they appear on. Before, if you wanted to



see the newest movies you would have to continuously go to the theater to see it. Nowadays everyone waits for the mov-

ie to come onto their respective streaming sites, thus creating no excitement to actually see the movie and resulting in low box office sales. Lastly, the reason why the romantic comedy genre is dying out is because the storylines just aren't representative of what people want to see in a relationship of their own. If the audience can't see themselves being in a relationship like the one being shown, it makes it hard to connect to the movie.

Clearly, romantic comedies are a genre that is no longer loved like it used to be. Fortunately, rewatching the beloved romcoms can always keep the feeling people have for them alive.

Arts and Entertainment

Romance Novels You'll Love

Staff Writer,
Aileth Caceres

Join the tea party and get mad with all the various recommended books you can read during this season filled with pink and red hearts. Love is in the air so might as well get cozy with it and enjoy this season with some of people's favorite books.

A twisted tale about the Queen of Hearts and how she ended up as heartless as she now is, *Heartless* by Marissa Meyer is one of the most popular Valentine reads. In her article discussing the story, Thebookishraven5 said, "This book melted my heart – until it went and shattered it." It's a wonderful read during this season if one feels a desire to fall in love and then get their heart broken beyond repair. The book has the three M's: magic, murder, and madness. There is a turn of events in every direction, betrayal, and twists that are as unexpected as a tea party with the Mad Hatter. If you're still not interested, then as Thebookishraven5 said, "Just read this book for Jest. He's the best character, and he will be sure to capture your heart."



Another amazing read to add to the collection is the Twisted series, in particular Twisted Games. Giazelle Salazar, senior, gave a thought to what would be good Valentine reads and said, "Any romance book because they definitely scream that love is

in the air. Personally, I love the Twisted series." With unconditional love, this could be one of the cutest reads as the main character, Alex,

follows his girl to London. As for the series, if one is up to reading all of the books, Salazar does mention her favorite couple to be Rhys' and Bridget. There's also platonic love to be shared for those interested in friendship. "I definitely love in the Twisted Series how all the girls get together and are very supportive," Salazar said.

Better than the Movies is another cute and quick romantic read. Peyton Buckman of Grade 10 said, "[E]specially since it's compared to romantic movies it feels very Valentine's-like."

As it goes, imagine a favorite romantic scene and have it recreated by the person you love. It's definitely a cute experience and an amazing read during the month of love. The book follows Kassie and Jenn, who are beginning their relationship with fake dating. It contains favorite tropes like enemies to lovers and childhood friends – an amazing romantic comedy to laugh and enjoy.

As the bridge of *Lover* says, "I take this magnetic force of a man to be my lover." Genelle Santana, a senior, mentioned her favorite Valentine's vibe read and said, "The Hunger Games, definitely, because it has always stuck with me and I really like the relationship between Katniss and Peeta." As the series follows two teenagers battling and trying to survive, there is not a second spent without one



trying to save the other and risking their life for them. With Katniss not wanting to love him to falling in love and Peeta pushing through illnesses to get back to her, it's a cute and innocent romance to follow up on.

To finish it off, *It Starts With Us* is another top recommendation. Eleventh grader Andrea Valdivia said, "I honestly think the whole book, really, but I love the scene where Atlas expresses his love to Lily." Friends since way back when they were teens, the couple is able to find each other once more and finally gain their happy ending. A great way to represent them with a lyric would be from *Question...?* by Taylor Swift, as it says, "Good girl, sad boy. Big city made the wrong choices and we had one thing going on." They're Valdivia's favorite couple for how they profess their love and

are willing to drive even five miles to give another a hug. Truly, it'll melt one's heart. Not every book has to have a romantic Valentine's scene to be considered a Valentine's read. If it's cozy and sweet, that's more than enough. Reading people's favorites will open a genre one wouldn't even know they liked, so make sure to check them out.

Romance Films To Watch This Valentine's

Copy Editor,
Evelyn Cruz

Whether you have a partner or are single, romance movies are the best movies to watch on Valentine's Day (or year-round in general). Watching romance movies works as one of the best cozy, comfy dates – not to mention it costs zero to very little money. Grab some of your favorite snacks, and some of your partners as well, and turn on the TV to enjoy the movie.

Now, you may be wondering... what movie? Well, that is for you and your partner to decide. There are TONS of movies to choose from: you can go with a cheesy cliché love story, dramatic, romantic comedy, or even a sad one if you're feeling vulnerable. You can even choose based on the love trope that is being employed. No matter what is chosen you are sure to watch something amazing.

The article "60 Best Valentine's Day Movies to Stream for a Romantic Date Night" (which is on WomansDay.com and written by Elizabeth Berry and Kate Franke) has loads of great movies to watch this Valentine's Day.

Berry and Franke include new movies as well as classic romance movies in the list with well thought out descrip-

tions. They also add in a few comedy, drama, and mystery movies that have romantic undertones for those who are not big romance fans. The following movies listed will be more on the romantic side to fit with the Valentine's aesthetic, though.

The film they ranked Number One on their list this year is *Purple Hearts*. Made in 2022, it follows the story of a woman named Cassie who is struggling with medical bills and Luke, who is training for the Marines and in need of money ASAP. Putting aside their hatred for one another, they marry to receive military benefits. However, they cannot create any suspicion of their fake marriage.

Number Two came out last year in 2023. Starring Reese Witherspoon and Ashton Kutcher, it's called *Your Place or Mine*. This plot follows the friends-to-lovers trope that many people love and adore. "The story follows Debbie (Reese Witherspoon) and Peter's (Ashton Kutcher) close-knit friendship as they swap homes on opposite sides of the country, so Debbie can pursue a short-term program. However, neither likes what they

discover about the other's life." One of the most classic romance movies, *Mamma Mia!* (2008) is

placed at Number Three. For those who have not heard of or watched this movie, it is important to note that this is also considered a musical, which is incredibly hard to accomplish in this day and age, so for this film to be considered a classic romance movie should automatically make it a must watch. "Wedding bells are ringing in Greece as Sophie (Amanda Seyfried) tries to identify her dad from three likely men, in time to escort her down the aisle. With three past loves on the island, Donna (Meryl Streep), endures a journey of her own — all soundtracked to ABBA's greatest hits," said Berry and Franke.

This next movie, which was directed by Christian Ditter in 2014, is a little different compared to other romance movies. This movie portrays many different love tropes all at once, like friends to lovers and right person, wrong time. In *Love, Rosie* you will watch Alex (Sam Claflin) and Rosie (Lily Collins) try and make their relationship work.

Now, at Number Five for best romance movie to watch this year is *Five Feet Apart*. Released in 2019, it remains relevant and is one of the best love stories adored by many people. The movie is based on a book by Rachael Lippincott and follows the story very closely. Berry and Franke described the film as, "Two teens battling cystic fibrosis meet in the

hospital. One, a by-the-book, rule-follower determined to beat the odds of their illness; the other, a realist, content with their destined future. As a relationship forms between the two, it's important they stay six feet apart to avoid cross-infection, but it's easier said than done."



While those are a few great movies, there are so many more. Here are a few classic fan favorites that did not make it onto the list but still deserved to be watched: *The Notebook* (2004), *When Harry Met Sally* (1989), *Crazy Rich Asians* (2018), *10 Things I Hate About You* (1999), *La La Land* (2016), *The Fault In Our Stars* (2014), *Before Sunrise* (1995), *About Time* (2013), *50 First Dates* (2004), and the list goes on.

These movies, plus many more, are great to watch this Valentine's Day with your significant other, friends (especially for those having a "Galentine's" day!), or by yourself, because remember that self love is just as important! No matter how or with whom you spend your day, these films are sure to bring a good, enjoyable vibe.



Arts and Entertainment

February Horoscope

Staff Writer,
Mayte Pompa Guerrero

The month of February is a huge time period for focusing on your goals. With the excitement and pressure of the new year fading, the calm and restorative energy of February is here to help shift your focus away from negative thoughts. According to astrologyview.com, February 2024 will come with stability and events will unfold predictably, giving you room to carefully consider your plans and make necessary adjustments.

Aries:



For Arians the month of February will bring many opportunities to pursue careers and businesses. Your attention will be given to your health and relationships toward the middle of the month. February will be a dream come true for the Aries people.

Taurus:



For Taurus the month of February will not be as dreamy. Your health will require special attention during the beginning of the month. During this time sickness may occur – be cautious of enemies lurking in your day-to-day life. Family happiness may also decline. Additionally, economic concerns could also come into play. Take care to remove any misunderstandings by sitting among them and do not believe

the others heard.

Gemini:



February will bring a lot of rush to your work like Gemini, during this time unnecessary worry surrounds you. Toward the middle of the month family members will get some special support. On a good note, in the middle of the month the means of comfort will increase and love relationships will strengthen as well.

Cancer:



Cancers will feel mixed feelings. At the beginning of the month there will be full support with your family and sudden news as well. Some problems may arise, so during this time it's important to regard your relations with caution, otherwise your reputation may be affected. Laziness may take over at the end of the month. Students preparing for exams and competition will require extreme hard work to succeed.

Leo:



Leos will be blessed with more opportunities for economic gain and progress. Reputation will also increase. Happiness will remain because of your family. Traveling may be pleasant and profitable. You will get opportunities to spend a better time with a love partner.

Virgo:



Virgos will see success if they interact with people. At the beginning of the month there may be some problems, which will help friends to solve them. This time is also great for transferring money. If you work hard you will get success.

Libra:



This month there will be possibilities for profit and progress, but only if you work hard. There will be a need to be careful of negative people around you throughout the whole month. Do not make any big decisions. Love will strengthen relationships plus there will be happiness and cooperation in your relations.

Scorpio:



For Scorpios, you will need to work very hard to get the desired success. Time management will also be necessary. Be fully conscious of family obligations. Keep restraint on speech and avoid saying harsh words to anyone. Do not ignore health problems; students can also get promising results at the end of the month.

Sagittarius:



Sagittariuses will have a great need for patience and discretion to succeed in their work. Make sure to appreciate others' feelings and use caution when driving. There is a possibility of injury and, in the middle of the month, you

will get an opportunity to experience moments of happiness and laughter with your family.

Capricorn:



During this time there will be a benefit in work and business. Obstacles falling in a love affair will be removed. Affection will remain in your relationships, Also, do not ignore health problems.

Aquarius:



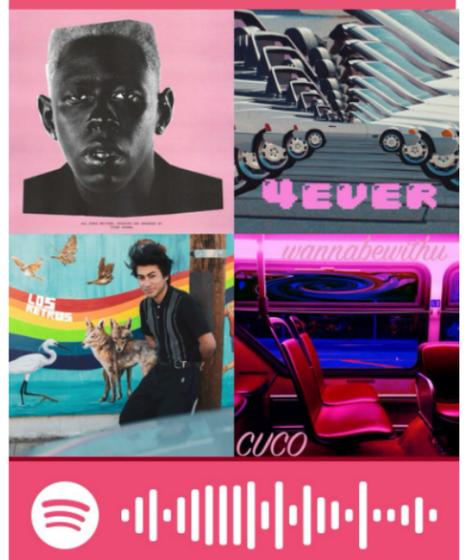
Aquarians can expect the solution to a big problem from the help of a person. Be cautious of eating and drinking as stomach problems may occur. Students preparing for an exam may get upset with their studies. This month will be more fun for the youth.

Pisces:



Pisces will get good luck in the middle of the month. Success will be achieved even in difficult tasks. During this time do not blindly trust anyone otherwise you can be cheated.

Love Is In
the Air



Arts And Entertainment Spice Up Your Valentine's Day With These Outfits

Staff Writer

Qimora Atkins Beason

During the time of valentines you can express what you feel, but how about your outfit? Here are some outfits to wear during Valentine's Day and week. According to Quora, "A red or pink outfit is a typical and cheerful choice for the holiday of Valentine's Day."

Looking to find a perfect outfit for cheap? The site Simply Style Sisters has multiple inexpensive outfits. If you are looking for something in white and pink, there's one

there for \$21. Even if you bargain hunt you will still look good during Valentine's week. You can also find cheap outfits on Shien.

Valentine's Day also has unique, crazy, and amazing accessories.



The color schemes of these outfits are also going to need some accessories to go with them. The website GMA has the perfect accessories, from scarves to jewelry. GMA has a list of amazing accessories, such as a beautiful studded note headband with gems, which is also the

color red. If you're going for a high-end look then you can use a heart crossbody bag.

The website originaltuscany.com states that during Valentine's a bag is perfect for your outfit and also adds that it is useful. Original Tuscany likes to repeat that bags help you and can never go out of fashion. In their article they said: "[A] bag never goes out of

fashion. In times of technological gifts destined to become obsolete within a few months, bags, especially quality ones, are a classic that never sets." So, therefore, a

bag is perfect for your outfit.

Most of the time when you plan an outfit you don't usually go

for a bag. However, because it's Valentine's Day and the reason is from Original Tuscany, there is a list of bags you should wear. From WWD they have a Christian

Dior bag that is on the expensive side. It is white with red roses/flowers on them and has a butterfly on it. Another bag from WWD is the Micro Lady D-Joy Bag in Red With Heart Motif. It's red with hearts inlaid in the bag. All the things on WWD are very expensive, but for any people with expensive taste out there those were, of course, for you. On the other hand, for those who are more frugal most of the cheap bags are on Amazon, or if you like Shein

they're at three to ten dollars there and 10-36 dollars on Amazon, which is kind of expensive but that's okay.

Alternately, earrings are an option to go with your outfit. What are some that are good to wear, though, and are they a good idea? Well, Unveiling Beauty has five amazing reasons to wear earrings during Valen-

tine's Day. Unveiling says, "[C]omplete your attire with a lovely pair of statement earrings. However you choose to style your hair, statement earrings will enhance your beauty and leave your significant other a bit breathless when you step out." Earrings are going to be the "heart" of your outfit. They will bring your outfit together like a cherry on the top of a sundae.

I hope this helps you find a perfect outfit for Valentine's Day or just for any day.



How To Survive And Thrive This Valentine's Day



Staff Writer

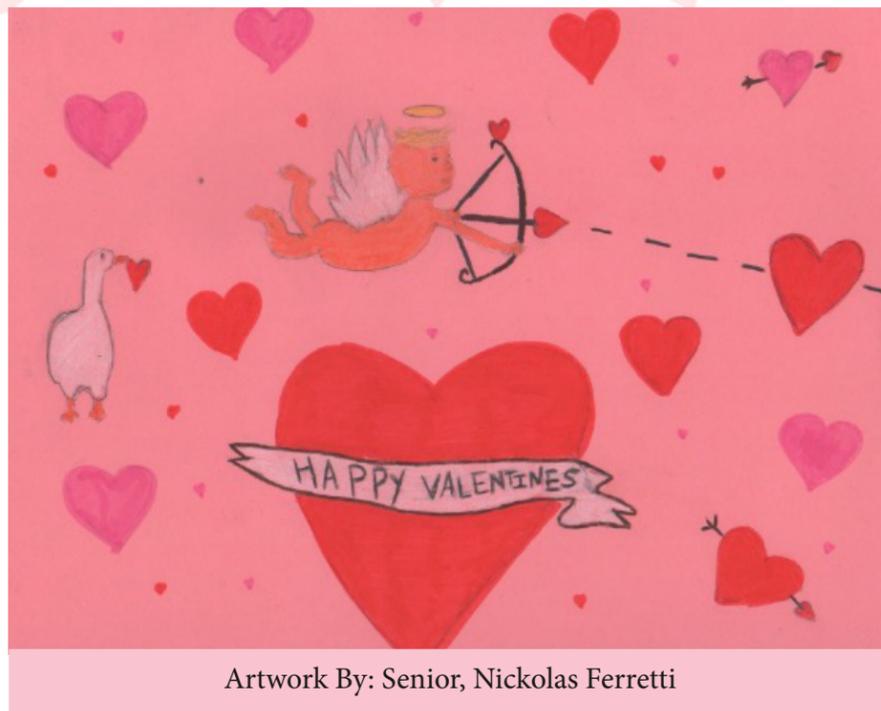
Molly Rhodes

Whether you're making this Valentine's Day solo or with a significant other, consider nurturing the relationship you have with #1... yourself! There are so many ways you can still have fun while embracing self-love and just making the day special. Many people celebrate Valentine's Day with friends and family, not just with a significant other. Valentine's Day is a day where we can celebrate all the love, no matter what kind it is like romantic love, friendship, or admiration.

Aurora Badruddoza 9th grade she says she enjoys spending time with her friends on Valentine's Day. "Me and my friends always give each other baskets of goodies and snacks every Valentine's Day just to do something sweet for one another." This is such a good way to show love and be a great friend to others that are also going solo for this Valentine's Day.

Galentine's Day is also such a good way to celebrate with your gals by spending quality time and planning fun activities that you all can do. You can even coordinate fun surprises just to show that one

person how much you really appreciate them. Olivia Castellanos, who is going to be spending time with her boyfriend this Valentine's Day, said, "The day before Valen-



Artwork By: Senior, Nickolas Ferretti

tine's Day we are going to be just spending quality time together and getting each other gifts. And then on Valentine's Day we are going to go to Disneyland together." This is such an amazing idea if you have a significant other.

Valentine's Day is a day where you can get creative and use your

talents and interests to come up with something unique with thoughtful gestures. Instead of traditional gifts you can go outside the box by making homemade gifts

like a handwritten letter or even a little photo album filled with memories. Even flowers and stuffed animals are such cute little ideas that are perfect for your loved ones. What really means the most is the thought you put into it and the act of choosing something that reflects their interests and shows

how much you care. Also consider activities such as volunteering at a local charity, donating to those in need or a cause you really care about, or even just performing small acts of kindness throughout your day. These can all make such a big difference in someone's life without you even knowing.

If you are celebrating alone you can use this Valentine's Day as an opportunity to try something new. Exploring a new hobby or trying something big, maybe even stepping out of your comfort zone can bring excitement and a fresh perspective on life. This could possibly bring you to realize and focus on gratitude, taking a moment to reflect on love and the blessings in your life. A good way to do this is writing down the things for which you're grateful and just really appreciating the positive aspects of your relationships, experiences, and even those big accomplishments.

Overall, whether you're spending Valentine's Day with a special someone or enjoying it solo, remember to always embrace the love around you, practice self-care, and spread kindness no matter what!

Health And Fashion

What does Hollywood Teach Us About Love

Staff Writer,
Zoe Panos

Are you spending your Valentine's Day with a significant other? If not, this is for you! Galentine's Day means Valentine's Day with your "Gals." It is a day to celebrate your girlfriends instead of a lover. Galentine's Day originated with a very popular TV show called Parks & Recreation. On episode 16 of Season 2 you see the main character, Leslie Knope, celebrating by having dinner with her girl friends. The name "Galentine's" later grew in popularity and is now celebrated by many girls around the world. If you think you will end up feeling lonely on Valentine's Day, call up your girl friends and make some plans!

There are many great ways to spend Galentine's Day with your friends. Myli Butler, a freshman, says, "I'm probably going to hang out with my friends and eat candy." Candy and chocolates are a very

budget friendly gift on Galentine's Day. According to capitalone-shopping.com, the top three most popular candies are Conversation Hearts, Heart-Shaped Boxes of Chocolates, and M&M's.

An activity to do while with friends that includes gifts such as candy and other things on Galentine's Day is making gift baskets. It shows them you care by giving cute, fun, and thoughtful gifts! Flower arrangements are also a great and very popular gift around this time of year. Butler says, "I like peonies." Flower sales throughout the year increase and decrease around certain holidays. Valentine's Day is the Number One holiday that gets florists the most sales. According to the website safnow.org, "In 2022, 22% of Americans bought fresh flowers or plants as gifts for Valentine's Day. Roses, sunflowers, tulips and many more are gifted around the world to significant others, but your friends need love, too!

Another fun way to celebrate this holiday is to get dressed up and go to dinner. Veronica Santiago, a proctor, says, "I don't plan on going out, but I guess I would probably be getting together with friends and having dinner." A place celebrating Galentine's Day this year is The Heights Restaurant and Bar in Upland. They are hosting a dinner called "Pamper and Luv with your Galentines." It's an event where you bring your "Galentine" and have a good time.

On the other hand, many may not like being social and going out. There are still numerous great ways

to celebrate your friends without having to deal with social phobia. Santiago says, "I would rather stay in than go out."

Having alternative ways to celebrate with your friends always feels good mutually. Staying in and playing games, watching movies together, and making Valentine's Day-themed treats are all great ways to spend time together at home.

In the end, the girls love being able to express their love to their favorite friends on

Galentine's Day. From staying in and watching movies to going out and getting dinner, there's always a way to cherish your incredible friendships. Enjoy the love!



Fun Galentine's Day Ideas You And Your Friends Will Love

Staff Writer,
Zoe Panos

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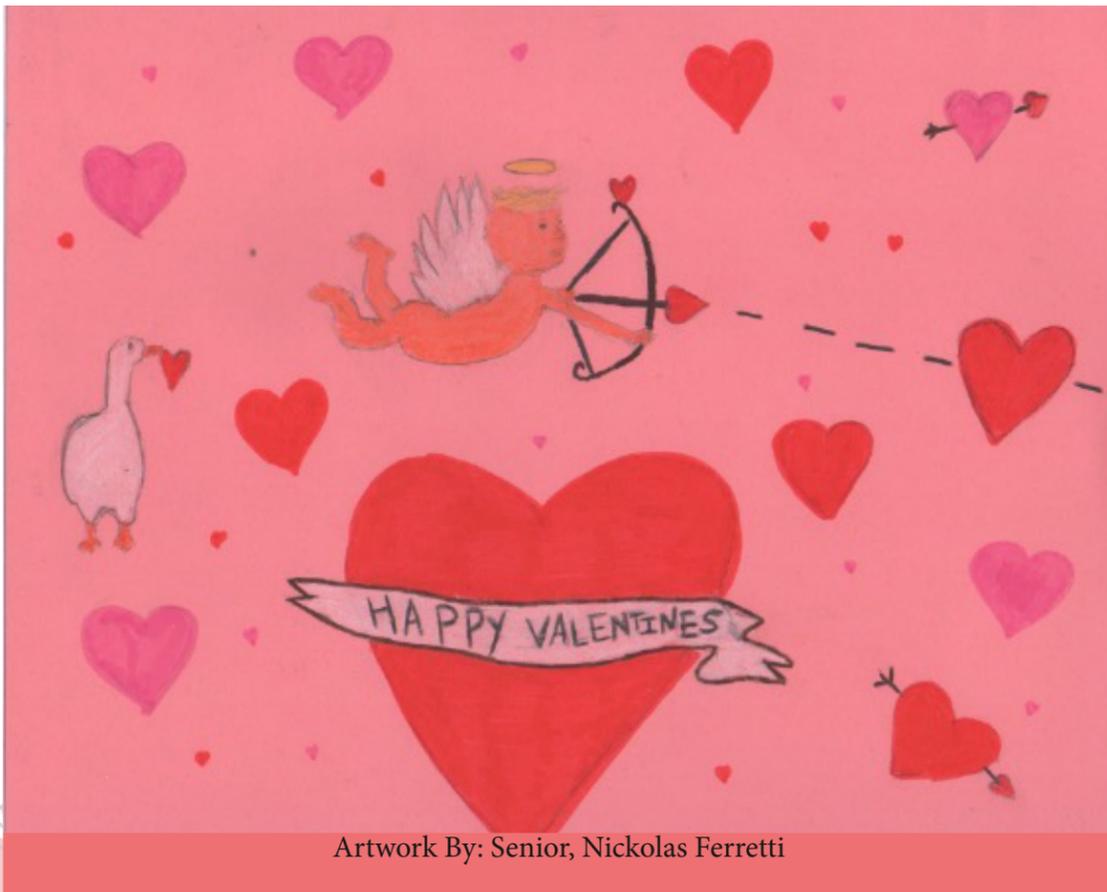
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Artwork By: Senior, Nickolas Ferretti

Sports

Girls' & Boys' Basketball Season



Staff Writer,
Madison Vencill

The court at Upland High School is alive with the echoes of passion, dedication, and a desire for excellence as both the boys' and girls' varsity basketball teams embark on the 2023-2024 season. With experienced coaches and inspiring team leaders guiding the way, the Upland Highlanders are aiming for success. Head Coach John McNally, a major figure in the UHS basketball program, has extensive knowledge and a philosophy based on fundamental values. Coach McNally reflected on his coaching history and said, "I started coaching here in 2001-02 and returned three seasons ago. My idea is to play hard, make less mistakes, play terrific defense, and have fun. We work on player development every day, concentrating on life qualities like collaboration and punctuality." The team's current record is 16-7, and Coach McNally is optimistic

about the season's progress. He said, "If we get into the playoffs, I think we have a chance to make a run towards a championship." Head of the girls' varsity team Ashley Valencia, said this when discussing her journey and coaching philosophy: "I've coached at other schools and have always seen the caliber of players Upland has produced. I wanted to be a part of the previous success that has occurred here," she explained. Coach Ashley also said, "As a coach, I want to make sure my athletes are ready to leave high school. I try to teach them life skills through basketball." Girls basketball has had a season filled with trials and successes. Coach Valencia reflected on her team's success, saying, "Our

and performance. Senior Baraka Ogot, boys' team captain, revealed his appreciation of the game with a cherished memory when saying, "I've liked basketball since I was a child, and in my elementary years, I would come down to the high school to see the team play. Since then, I've looked forward to hooping at the University." When reflecting on his job as captain, Baraka stressed positive communication and teamwork. Baraka said, "I contribute by discussing with my teammates what we are strong at and how we might



in the game. I prepare physically by stretching and getting a good night's sleep the day before the game." As captain TaNiyah emphasized the value of trust and teamwork by saying, "The relationship with my coach contributes to the team's success by knowing my coach trusts me to bring the ball up and believing in me when I don't, while pushing me to be my greatest on and off the court." With this TaNiyah explained her strategy for balancing academic and athletic pressures in student-athletes' life. "I balance it by having time management and putting my academic work first before anything." The basketball court of Upland High School is more than just a place to play – it's a place of personal growth, leadership, and a desire to succeed. As the season unfolds, both the boys' and girls' varsity teams are making their mark on Upland's basketball history, demonstrating determination, teamwork, and a desire for growth.



season has been full of ups and downs. We're still a young team that's learning to play together. There has been significant progress this season and the players are developing confidence as individuals and as a team." Team captains play an important role in developing the team's atmosphere

be better. When on the court, I strive to bring out the best in all of my teammates by passing the ball and chatting constructively." Sophomore, TaNiyah Purnell, girls' team captain, joined basketball for her love of the sport and to carry on a family legacy. TaNiyah explained her game preparation method and said, "I mentally prepare for the game by listening to music and imagining what I will do



Girls' & Boys' Wrestling Season

Assistant Editor,
Kaylie Berry

Girls' and Boys' wrestling is almost over as they are approaching their postseason. Although they had a rough start in the beginning with their coaching, both teams had a wonderful season. Many of their wrestlers placed at tournaments throughout these past few months and have improved their skills overall. There were complications at the beginning of the season, as one of the head coaches of the program left. However, the current head coach, David Moran, found a way to get past this issue of being understaffed and made it work for the team. Coach David said, "As a head coach, it does require a lot of responsibility and time since there is a lot of paperwork that we have to do in the office, as well as the more upfront work like actually being in the room coaching the wrestlers."

As the head coach, Coach David put on the biggest annual tournament of the season. Blackwatch is a very big part of the season for the team, as it is the only home tournament that the team has put on every year for the past 53 years. Coach David said, "I think Blackwatch went great, it went really well from issues we had last year to some changes I made this year. Blackwatch ran a lot smoother, and there was a lot of feedback I had from coaches and wrestlers who loved how smooth the tournament ran." In addition to this, senior Andrew Huertas (who is one of the Boys' team captains) said, "As a team, I think we did pretty good at Blackwatch; we had five people who made it to Day Two and we all fought really hard." As a whole, the team can improve on many things for next season. Avril Loza, a sophomore who has

been on the team for two years now, said, "I think we can improve a lot on our general skills as a whole team, especially with certain moves that we can learn to help us in competitions." Improvement, however, takes a lot of hard work, Coach David said, "I am planning on helping to improve their wrestling by taking them to off-season tournaments, making them wrestle more, and sending them to camps to make them active during the summer as well. Also, I want to get a lifting program in during the off-season, and have more of an off-season program than we did last year." Although there are many improvements to be made, this season went well overall. Huertas said, "I think, as a team, this season has been pretty good so far. Everyone has been working really hard in the room and I think we have made a big improvement in our wrestling." In addition to this, Loza said, "I think that we had a really good season. Our coach

helped us a lot to improve our skills, and it worked out well in the end since we had more people placing at tournaments." With their season ending and the postseason approaching, Coach David said, "I expect the postseason to be better than last year, I expect to be making the Masters trip for both boys and girls, and I expect to get somebody to State." Overall, this season has gone pretty well for both the Boys' and the Girls' wrestling teams. Blackwatch was a success and the team seems to have improved a lot this year. With the postseason right around the corner, they will continue to work hard and hopefully succeed at the larger tournaments coming up as well.



Sports

Boys' & Girls' Soccer Season

Staff Writer,
Alejandro Rafael

The boys and girls soccer season has been very eventful and exciting. Both teams have performed to the best of their abilities and have gone above and beyond to grow in their sport. Here are some of their accounts about which games were their favorites.

match is to put on music to calm me down and to just drink water and take deep breaths to relax my mind." It is very important for Delgado to do this so he can stay focused on the match and not worry about anything else. During games there can be a lot of pressure, especially when winning depends on scoring one goal. When asked how he

deals with the stress during a match Delgado said that all he does is to try his best. Delgado likes soccer and enjoys watching games in his free time. When asked why soccer was his first choice for a sport he said, "I choose soccer because it

point and tie with Alta Loma. The next interview was conducted with a soccer player on the girls team. Aubree Romero has been with the high school soccer team for a while. When asked what position she plays she said, "I play Right Back. The main thing I do is help the goalie by defending the goal and not letting anyone score against us." When asked how she performs under pressure Romero said, "I perform better under pressure. When I am under pressure I focus more and it makes me focus about the match and nothing else. I use pressure to my advantage to perform better." Romero's favorite game was when she and the team played against Rancho's soccer team. "We won 3-1. We thought they were going to give us a tougher challenge, but we were able to win without much difficulty." When asked how Romero and her team deal with a loss she said, "We like to rap on the bus back home. We don't do any particular song. We rap whatever we want. This always cheers us up and lifts our spirits." Both soccer teams performed very well and are proud of how their seasons turned out.



The first player to be interviewed was a Senior who plays Left Back named Joseph Delgado. This position involves a lot of running since they play both offensively and defensively. When asked about how he prepares for a match, Delgado said, "The only way I prepare for a

is a good way to block out any problems and it gives me the opportunity to grow as a person and as a player." Delgado's favorite highlight was when he and his team were playing against Alta Loma. His team was losing by one point but Delgado was able to score the tying



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