

The Mental Health Benefits Of Spring Cleaning

Assistant Editor,
Kaylie Berry

Spring is considered the season of renewal and new beginnings. A great way to achieve the goal of new beginnings is to participate in spring cleaning. Many people do spring cleaning as a way to get rid of clutter, which also includes many mental health benefits to begin the season.

One of the biggest mental health benefits that spring cleaning brings is that it relieves stress. The article, “4 Ways Spring Cleaning Impacts Your Mental Health” from Acenda Integrated Health states that, “‘By constantly looking at everything that needs to be cleaned, you can induce stress without even realizing it,’ warns Bridget DeFiccio LPC. ‘So, if you minimize those visual cues, you can alleviate some stress.’” Cleaning allows the mind to free up space that is being taken up by the clutter and mess people have in their homes.

Angelica Dumasal, a Junior, said, “In

Psychology class, I’ve learned that having a clean space allows your mind to be clean and it can destress you, which will allow you to bring new things into your life.”

Another benefit people can get from spring cleaning is being able to better concentrate and focus. Junior, Isabella Castillo said, “We do spring cleaning in my house every year and it always helps me have a better mind space to focus on my schoolwork.” When someone has an organized area, it is easier for them to focus and concentrate on their work. The article “Spring Cleaning: 5 Health Benefits to Decluttering Your Life”

University found that people’s task performance increased in an organized versus disorganized environment. The study showed that the physical clutter in your environment

also give someone a sense of control in their life. An article titled “The Mental Health Benefits of Spring-Cleaning” by Lauren Valenti states, “For many people, cleaning one’s

space supplies a significant emotional health benefit—one that’s uniquely tied to a sense of control over one’s environment. [...] Potter explains.

competes for your attention causing decreased productivity and increased stress.”

Having an organized space has also been proven to help people sleep better. Mather Hospital said, “A sleep study by the American Academy of Sleep Medicine found that people who doze in cluttered rooms are more likely to develop sleeping problems and are at higher risk for developing hoarding disorder.” In addition to this, cleaning can

‘A lot of people, when they are faced with other problems that maybe they can’t address at the time, or they’re just kind of overwhelmed, they find that cleaning helps them restore a sense of control.’”

Spring cleaning is a very good way to clear one’s mind and get them ready to focus on schoolwork. Castillo said, “I would definitely recommend spring cleaning to people who want to have a fresh start and be able to think more positively in a clean space.” It helps many people feel accomplished and free-minded to start off the new season with a freshly clean space where they can start fresh.



by Mather Hospital states, “Neuroscientists at Princeton

Scottie Crossing



Health and Fashion

Spring Outfits

Staff Writer,
Chloe Arroyo

The transition of spring has arrived and the time has come to dress for the relaxing and fresh weather that is on its way. Through personal style interests, one can dress comfortably and fashionably at the same time. According to Vogue’s online article, “A Breath of Fresh Air: 8 Spring Outfits to Wear All Season Long” by Madeline Fass and Christina Holevas, it said, “A new season brings the opportunity to try out new looks... we’re on the hunt for sources of inspiration.” Through individuality, everyone has a vibe and style of their own. With a vast amount of variety of clothing pieces to choose from, one can build off the base of an outfit creatively and, most importantly, freely.



Although several brands of clothing can be pricey, many secondhand stores offer an expansive assortment of vintage, modern, and athletic clothing that can be worn fabulously. Some store brands to look out for during the spring season are H&M, Uniqlo, Cotton On, Hollister, Garage, and several more. The hottest trends are being set, it is time to dress to impress. Through social media platforms,

many trends are quickly initiated. An example of such is the “Coquette” style.

It is a style based upon elegant pieces, such as flowy dresses, tops, bows, ribbon, and lace. According to Who What Wear’s online article, “The Coquette Aesthetic Has its Hold on Gen Z – 15 Pieces that Define the Look,” published by Sierra Mayhew, “The coquette aesthetic

refers to a style that emphasizes a playful and flirtatious attitude, often characterized by dainty and delicate elements such as ruffles, bows, and pastel colors.” This style will definitely be a hit this season. With an addition, dresses and skirts will also be the pop of a feminine and graceful outfit, paired with a classic leather or denim jacket, and the popular “kitten heels.”

This look is quite related to the style of the character Lorelai Gilmore in the famous comedy-drama show “Gilmore Girls.”

There are days when finding outfits can be frantic, especially if one is behind schedule. However, owning wardrobe “staples” can make an easy and accessible difference. A few examples of spring timeless pieces include loose button-ups, trousers, basic tees, a reliable pair of shoes or sandals, and, of course, accessories. Whether it may be going to a flower garden, a

cafe, or a picnic date, a casual and stylish outfit will never go wrong.

Some fresh fabrics to consider are cotton and linen, two durable, breathable, and soft components to



add for the springtime. With that being said, it only makes sense that floral, sheer, and sequined textures and prints will find their way to the spring runway. According to Her Campus’s online article, “My Spring and Summer Predictions for 2024,” by Patricia Ortiz, it states, “There’s no right or wrong way of wearing a piece of clothing.” Rules do not exist in fashion and style; while it is quite amusing to follow the latest trends, embracing originality and self-expression is an important factor to keep in mind.

Why Are People Happier In The Spring?

Staff Writer,
Jasmine Perez

As winter transitions into spring, many people can feel the burdensome seasonal depression fading away into positive feelings of happiness and motivation. Potential reasons for this are easy to guess, like the higher amounts of sun exposure, spring cleaning boosting motivation, more social outings, etc. However, the scientific aspects of this phenomenon are less familiar factors. WorldCrunch.com’s Article, “The Science Of Why Spring Makes Us Happy” by Valentin Frimmer, sums it up perfectly, saying, “Thanks to the sun’s warming rays, many people are now in very good moods.



But while many believe the first warm days of the year simply feel good, spring euphoria is not an illusion — it can be scientifically explained.”

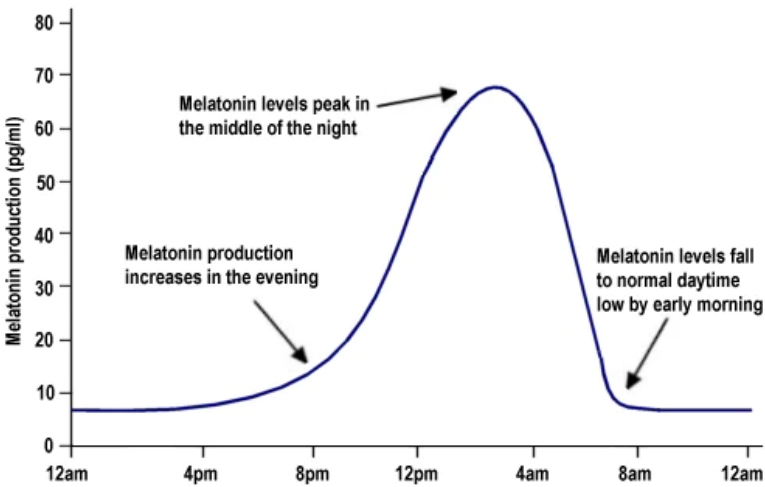
One of the biggest assumptions

that can be inferred has to do with the spring season being warmer and brighter. As winter comes to an end, plants which have died and lost their color begin to bloom and the green in their leaves brighten. As a result, many feel a sense of optimism spreading toward their personal lives. Although this is easy to assume, it can be backed up by the opinions of psychologists. Frimmer confirms this by saying, “Human beings are programmed to rest when it’s dark, and to be active and in high spirits when it’s light.” As Peter Walschburger, professor emeritus of biopsychology at the

Freie Universität Berlin put it, “We react massively to light, so conscious experience and human behavior change radically on fine spring days.”

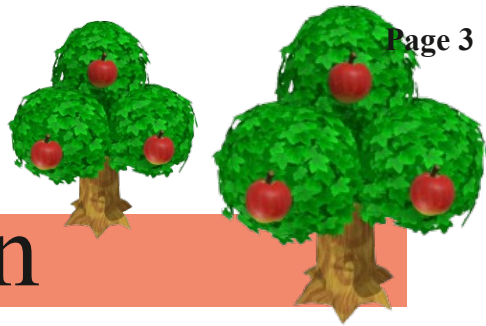
Not only that, the days begin to get longer and summer inches closer, making many inclined to go out and do fun activities with family & friends. While this can easily be assumed, it can be backed up both psychologically and endocrinologically. It is a chain reaction of more people going out, which in turn causes even more people feeling inclined to go out. Not only this, but there is also the decrease in melatonin production, which motivates many people’s activity throughout the day, and many become more lively day to day.

Furthermore, as the melatonin levels are decreasing, there is an increase in the brain’s biggest contributor to people’s happiness, serotonin. Frimmer says, “At the same time, serotonin increases in the body when it’s sunny, and with more of the happiness hormone in our blood, our moods improve.” As he continues, Frimmer explains



that the warmth is another contributor; this effect is similar to how the cold contributes to the encouragement of more remote activities. Aside from the strictly scientific aspect, the sociological perspective also comes into play. As the daytime is longer, the sun and its brightness evoke optimism in the majority of people, which will increase the desire for many things. This will ramp up the desire for food and other desirable things, such as outings, which can act as a cause for positivity.

Although it may come across as coincidence, or rather a placebo, that spring contributes to the increased happiness in one’s life, this is far from so; it can be confirmed by scientific and empirical evidence.



Editorials

Spring Is The Worst Season

Assistant Editor,
Lianna Smith

Spring is commonly referred to as the best season for its change – blossom and rain showers that bring beautiful flowers to life and bugs and animals out of hiding. Bringing individuals comfort with its pretty flowers and colors, a seemingly beautiful and fresh change from the cold and gloomy winter.

Spring, as beautiful as it may seem, is a disguise to all of its victims. This season may bring beauty but with the cost of swarms of bugs, clouds of pollen, and showers that won't seem to end. Just when



one thinks the year will get better with winter's retreat, leading them to think they can bathe in the sun and just relax, all the animals and insects that come out of hiding think this as well. Spring is a lovely season for bugs to wage their reign of terror upon humans, with mosquitos lurking at the entrances to everyone's homes, waiting to enter and leave bites on them as a gift for when they awake. Though, sure, there are ways to work around this issue (like bug spray and nets), the hassle on its own should be enough to bring the favor of spring down when compared to other seasons. Now, some may be thinking that

they can get behind the "slight" discomfort that is bug bites, but for many around the world, they cannot escape the pain that is allergies. With everything now in blossom, pollen and dust are all around the air, ready to make lives miserable. Giving symptoms of constant sneezing,

headaches, throat pain, and so much more. One cannot escape allergies as efficiently as mosquitos and bugs putting them in pain till the season ends. If leaving individuals with endless running noses and pounding headaches isn't enough to realize how terrible this season is, then I don't know what is.

Allergies will plague a large majority of the population with its symptoms, leaving only the hope that something will come and wash away all their pain and suffering. Luckily for them something will: spring's wonderful showers. Now, these showers won't be saving those from their discomfort, just replacing it. Want to go out and enjoy the air and sit in the sun, or maybe go for a walk in the park? Oh, how about going to the beach? Sorry, it will be raining all week with terrible winds that move even more pollen around than before, as well

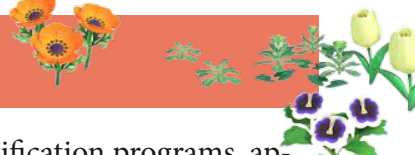


as dropping temperatures. Plans can be almost impossible around this time of year, seeing as how most of it is taken up with long and hard rain showers.

The joy of spring is a scam fabricated by those trying to make light of the situation they have been placed in. There are too many overpowering cons for the pros of pretty flowers and cute animals to ever outweigh. If this still isn't enough to emphasize the terror that is spring then I leave you to enjoy your gloomy days filled with bug bites and running noses.



Is Higher Education Worth It?



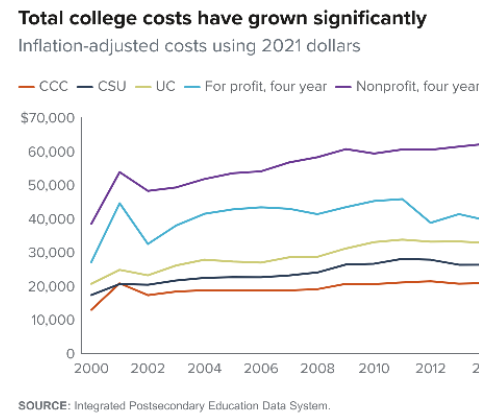
Copy Editor,
Evelyn Cruz

Choosing whether or not to attend college is one of the most important decisions anyone will ever have to make. Higher education has been an unquestionable value for many years, a path to success, prosperity, and an acknowledgment of intellect. Just as the field of education and work changes, so does the dispute over whether going to college and obtaining a degree is worthwhile.

Higher education advocates claim there are many more advantages to attending college than disadvantages. They highlight how much more money college graduates can make in their lifetime than someone without a degree. The U.S. Bureau of Labor Statistics has said that people who have completed their

them with financial stability, perks, and room for advancement, plus they frequently have access to a wider choice of job opportunities.

Aside from the fact that a college degree can be beneficial for one by earning more money, a college education can be life-changing, promoting critical thinking, curiosity, and even one's personal development. It provides a forum for students to investigate other viewpoints, have insightful conversations, and



affordable due to increased tuition costs, which worsens economic disparities and feeds into the cycle of inequality. The amount of debt from educational institutions has

skyrocketed, leaving loads of graduates with decades of debt that needs to be paid off, which can then interfere

with other aspects of life, like saving for homes and retirement.

Additionally, the nature of employment has changed due to the speed at which technology is developing, making some traditional degrees obsolete while simultaneously increasing the demand for new competencies and skills. In the current gig economy where working remotely and freelance is more common, the usefulness

of a conventional four-year degree is being questioned. Many may contend that more affordable and effective options exist for obtaining the necessary skills and breaking into the workforce, such as

online certification programs, apprenticeships, and technical training.

The decision to pursue higher education is obviously not one that fits all people, especially with all these difficulties. Instead, it depends on unique situations, objectives, and desires. With its well-rounded curriculum, robust network, and sense of achievement, college may still be the greatest option for certain individuals seeking fulfillment. Others who may want to start a business, learn a trade, or pursue a creative field may find that taking a different path is more practical for their goals.

In the end, the value of a college education goes beyond financial considerations. It includes the intangible advantages of social mobility, intellectual stimulation, and personal development. In a time of unpredictability and fast change, it is crucial to weigh the advantages and disadvantages of a four-year degree and look into other options that might better suit one's goals and circumstances.



bachelor's degree make much more money overall compared to those who only completed high school education. Furthermore, college graduates are more likely to work in professions that will provide

establish enduring relationships. Furthermore, attending college gives individuals access to vital life skills like communication, problem-solving, and time management, all of which are beneficial in both personal and professional settings.

On the other hand, critics of the traditional college paradigm have major questions about its applicability, affordability, and relevance in the modern world. Many students do not find higher education





Feature Spring Bucket List



Staff Writers,
Zoe Panos & Molly Rhodes

Have you ever made a Spring Bucket List? If not, this is your sign to make one! Spring is the season to try new things, make fun memories, and enjoy the beautiful weather. If you're having trouble making your list, here are some suggestions that could help you.

Spring is a season of rejuvenation and renewal that provides many opportunities to embrace the beauty of blooming landscapes. An ideal destination for your Spring Bucket List could be Lake Tahoe.



Lake Tahoe is beautiful year 'round, but especially gorgeous during spring. According to thetravel.com,

"Visitors enjoy a wide range of activities in Lake Tahoe, including skiing, snowshoeing, swing rides, camping, watersports, hiking, and even nature walks." Marlee Young, a freshman, says, "I hope to visit the lake this spring." Young already has many ideas for her Spring Bucket List. In her household, they celebrate Easter. A personal memory that highlights her springtime is going on Easter egg hunts. An Easter egg hunt is a perfect activity to add to a bucket list because it's a way to create memories with your family by having fun!

Speaking of Easter, spring is also a good time to enjoy some favorite treats. We all remember those moments of cracking open plastic eggs, hoping to find our favorite candy. Young is counting on some peanut butter cups in her basket this year. To sweeten the season, add "try new candy" to

your Spring Bucket List.

The items on your list don't necessarily need to be something new to put some "spring" in your step; we live in an amazing region where we can enjoy many locales, sometimes on the same day! Lauryn Leon, a freshman, says that she is looking forward to hitting the beach and going shopping. Here in SoCal that's easy to do! We have various beaches less than an hour away. Newport, Laguna, Redondo, and others are easily accessible. And shopping? There's Victoria Gardens, and if you want to be bougie about it you can take a quick trip out to Rodeo Drive. If you want it, SoCal's got it.

Spring Bucket Lists can also include staying home, and what is great about staying home? Watching your favorite movies! 2024 is the year many new movies have been released. Young says, "I want

to watch 'Anyone But You.'" "Anyone But You" is an edgy comedy starring Sydney Sweeney and Glen



Powell. Not only "Anyone But You," but many other popular movies have already been released this year. Among them are "Spaceman," "Damsel," and (of course) "Anyone But You."

Whether it's trying something new or enjoying an old favorite, springtime is a great time to do it. The weather here is beautiful and everything is within reach. From watching movies at home to going shopping, there's always something for everyone to enjoy. So, get out there and enjoy the beautiful season!

National Craft Month

Staff Writer,
Nikolas Segovia

Crafting is unique to each person. It is a way to express yourself and share your creativity with others. This can come from the type of material you use, techniques incorporated, and the type of equipment with which you are working. All these things can make each craft different but they are all connected by one thing: passion.

Our first type of crafting involves scrapbooking. In thisprucecrafts.com's online article, "What is Scrapbooking" by Rebecca Ludens, it said, "Scrapbooking is popular because it lets people document their families' lives and socialize with others while crafting." This makes it one of the more popular crafts during March. Ludens said, "Scrapbooking as a hobby has been around since the 15th and 16th centuries. In its early stages, scrapbooking was simply a collection contained in a book. These collections could include recipes, greeting cards, snippets



of paper memorabilia, tickets, or playbills." Some examples of scrapbooking are a family book, timeline book, or a special event book. The second type of crafting involves crocheting. In mycrochetspace.com's online article, "Crocheting: Turning Yarn into Fabric" by Olga, it said, "While crocheting, not only are you creating fabric, but you're also shaping it into something beautiful and useful!" Some things that you can make from crocheting are beanies, gloves, cup holders, socks and the list just keeps on going.

Olga said, "When crocheting, the fabric is created by using a hooked needle to pull loops of yarn or thread through other loops. The basic process involves inserting the hook through a loop in the fabric, and then using the hook to pull a new loop of yarn or thread through that loop. This creates a new loop that is then worked into the fabric by repeating the process." People have said that this is one of the favorites during March for its versatility and usefulness across the



household.

The third type of crafting involves knitting. Knittinginthepark.com's online article, "What is Knitting?" by Maggie Schott, states, "Knitting is a series of loops, called stitches. These loops are worked in a series of rows or rounds, resulting in the creation of a fabric. We call these 'live loops' or 'live stitches' because if they are dropped off of the knitting needle, they'll unravel."

Schott said, "The basic tools for knitting are needles, needles come in a variety of options. Beginners commonly

start off using straight needles. These are a pair of two needles made of wood, plastic, or metal. One side is tapered or pointed and the other features a flared end or stopper to prevent stitches from slipping off of the needle." Some of the different types of needles for knitting are metal, plastic, bamboo, and darning. There are still many more types of needles out there, each with its own specific purpose.

All of these crafts have different material and equipment requirements needed. In the end they all turn out the same, yet unique in their own way. All one needs is the drive to try it.





Features

Easter Traditions

Staff Writer,
Aileth Caceres

During the Easter holiday, it is known to be a day for the family to get together and enjoy quality time. Different festivities are held in different households during this day. Food might be different, the Easter eggs might be hidden a certain way, and how the day goes might vary. Nothing is completely set or the same as how others celebrate. As the Easter Bunny hops around, it learns some things about how some decided to enjoy his arrival.

Andrew Huertas, a senior, said, "For the past couple years I've gone to my sister's boyfriend's house and made tamales." It's something he really enjoys doing as his day plays out and fun memories are being made. On that note, Huertas shares an Easter Day memory he really enjoyed. He said his favorite was, "Probably when me and my best friend had a little barbecue together." Huertas also mentions wanting to pass this fun tradition down to his future kids because it's a lovely way to enjoy time with those he feels are significant to him. So it goes, Huertas also said he really likes spending Easter with one of his friends, Greg. One way to make Easter even better is to join with those they care for while enjoying the sweet holiday. Although there are some things he would like to do, such as Easter egg hunts, Huertas truly expressed how fun this day is for him.



Kayla Ragaza, a junior, has a different way of spending her time that is just as fun. Ragaza said that when it's Easter, "I wake up, check that it's Easter for sure, pick out a cute outfit maybe, if I'm feeling up to it, and then follow whatever my parents want to do for the rest of the day." Ragaza mentioned taking a more religious version of her Easter, going to church in the morning and then hanging out with her family as they look for Easter eggs. She even mentioned one Easter that is unforgettable to her and said, "When my grandma and dad hid eggs around the house one Easter and then me and my brother went around to look for them. We couldn't find one egg so we



let it go and five years later we found it in the pantry in some container. There was a Ninja Turtle egg. Weird candy in it, I never opened it." A fun story to share about good memories I had during a day of fun. She does say it's a meaningful day for her family, as she said, "They're religious but I think they use it as an excuse to get together." Although her day is already fun, she would not object to trying the waxed

eggs method one Easter. This is where you wax the egg and carve designs after each layer.

Dulce Vasquez, a senior, has the most traditional one of all – having her day at the park and picking eggs with her family. Vasquez's Easter is filled with amazing and delicious food. As she said, "I eat, like, hamburgers and hotdogs. The basics." Vasquez enjoys spending the day with her family and creating memories she can later look back to and



when my kids were little and I would take them on Easter

Day hunts. We also did an Easter Day hunt for the temple I used to attend, so we would do that for the kids. I know a little bit about the Easter Day stories and how this came to be but I haven't attended a service or anything so far.

I would like to if I had a chance, but yeah." Easter is still something new so one can imagine how fun it is to learn about it and jump into making your own tradition for this day. Mrs. Sharma mentions her love for chocolate, it being her favorite treat of the day and how there has not been an Easter she has not enjoyed. Mrs. Sharma also shared how she came to learn more about Easter and its traditions. She said, "We don't do traditions anymore since my kids are grown

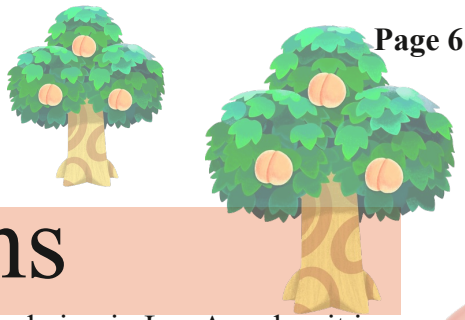
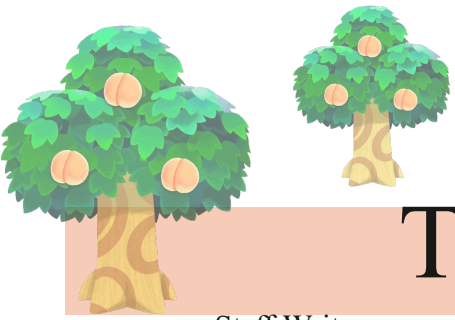
up but I learned it because at their schools, they went to public schools, so their schools would do certain events and that would kind of educate us about the Easter holiday." For her and her family, she enjoys seeing people and how they celebrate to maybe add some things into her Easter Day.

Each family has a different way of celebrating but that doesn't necessarily exclude fun. All enjoy their moment and create memories to have with them for a lifetime, maybe to pass down to their future kids and so on. The Easter Bunny has gained its knowledge and now it's time for it to go.

cherish. The eggs she looks for when on the hunt are mainly filled with money. Vasquez does recommend something for the following Easter as she says, "Put more money in the eggs. Put a hundred dollars." This is something every child ever could agree on, for finding money rather than chocolate is a real treat. Vasquez also mentions she will be passing this tradition down to future generations.

Mrs. Sharma, math teacher at Upland High School, also shares what her Easter Days are like. Sharma said, "I came over here when I was about 25 and I did not grow up celebrating Easter, so that was a new thing for me to learn when I got here. I did enjoy it





Feature

The Best Bontanical Gardens

Staff Writer,
Sofia Roa

Now that Punxsutawney Phil has announced that spring has sprung, it’s time to use it toward our advantage. With all the rain that has come and gone, it is the perfect opportunity to spend some quality time with nature. These next botanical gardens are located within Los Angeles County, varying from Japanese Gardens to museum grounds to a library ground.

The first garden would be Storer Stearns Japanese Garden in Pasadena. With adult tickets being \$15, this garden showcases Japanese plants, beautiful bridges, and walkways. This 1930s built garden takes you back in time to the Japanese architecture of the time. The location also offers an intimate setting for events and weddings. This garden location is located about 47 min-

utes away from Upland. The Getty Center is a museum located in the heart of Los Angeles. This museum showcases art varying from BCE to modern



times. Not only is The Getty an art museum but it’s also home to

a winding botanical garden that leads one to a water feature in the center. The Getty offers free admission with the purchase of parking; however, one would

need to reserve a date ahead of time for admission. With The

Getty being in Los Angeles, it is about an hour and thirty minutes away.

The Huntington Library in San Marino is not only a library as stated, but it also has a botanical garden, making it one of the most famous libraries within Los Angeles County. With the purchase of a \$25 ticket, one can view the library, art museum, and botanical gardens, making it a perfect place to spend an entire day. The commute from Upland to San Marino is 31 miles, making it roughly a 45 minute drive.

These botanical gardens offer a full-day experience that is within Los Angeles County. Whether it’s for graduation pictures or something else, these affordable tickets offer amazing views and photo opportunities for any occasion. Hopefully you will use this spring to your advantage and seize the opportunity to enjoy nature.

Irish American Heritage Month

Staff Writer,
Alexandria Franklin

When people think of the month of March, they often think about green, or gold, or dancing leprechauns chasing the rainbow. However, people don’t often talk about the adventures of Irish Americans and how they came to live in the U.S. How much knowledge do people in America have of the Irish besides the Potato Famine briefly spoken about in history?

Senior Mya Johnson said, “If I knew more about Irish people and how they came to be, I would be happy and excited to celebrate the month of March.” Johnson’s knowledge of Irish people and their culture does not extend much past the basics most know. To celebrate, she is usually seen in green to recognize St. Patrick’s Day and spends the day doing something enjoyable with her friends. March tends to give Johnson a feeling of extra luck



and brings the joy of the beginning of Spring. Johnson said, “If I got to celebrate the holiday with Irish Americans, I would try their food and celebrate the way they do in Ireland... perhaps even learn some new things.” Johnson wishes she would get to learn more about Irish culture during her schooling, as she feels it would help her connect better with people in public. Jacob Carrillo, also a senior, feels the luck that comes with the month is a “mixed basket.” Carrillo said, “The only person I knew of that is Irish is Mr. Pish, who has disappeared from the school.” When it comes to celebrating, Carrillo isn’t willing to go out of his way to celebrate other than “an ungodly amount of green,” however he is fascinated by the history and America’s involvement. If he had to put a face to the holiday, it would be the great You-

Tuber Jacksepticeye. Carrillo said, “ My way of celebrating the holiday other than green is pinching my buddies.”

In the article from www.history.com, “ St. Patrick’s Day: Parade, facts & traditions,” by History.com Editors, it said, ““The original Irish name for these figures of folklore is Lobaircin,’ meaning ‘small-bodied fellow.’” The month of March is filled with parades, clovers, green, gold, and drinking. Clovers were used to represent the Irish’s heritage when America started to expand westward. Before America’s expan-

Irish, as they would pass down stories through songs or just by talking. One of the most popular dishes eaten on St. Patrick’s day is corned beef, usually enjoyed at a gathering with beer or whiskey. One of the stories passed down from the Irish is how St. Patrick, with his wooden staff, banished all snakes from their island.

Overall, the Irish hold much history by their clever stories and catchy songs. It would be a challenge to become bored talking to an Irish person, especially a native of Ireland. If you ever get bored, take a day with the Irish to find that pot of gold and maybe a free meal.



Feature Earth Day

Staff Writer,
Aneeka Clark

The annual event of the year is on its way! Earth Day takes place and is celebrated on April 22nd. This day is extremely special for so many reasons. The thought of bringing awareness

to our beautiful planet heals the soul. The significance of it all is supposed to bring attention to the matter that we should all support the Earth for environmental protection. The year of 1970 changed everything, because now there is a day when we bring honor to all the beautiful creations that were brought to existence. Today, the Earth Day Network (EDN) brings together more than 20,000 partners and organizations in 190 countries as well as supporting the Earth Day mission year-round, according to the online article, "Earth Day" by National Geographic.

Spring Equinox has its very own history. Equinox means "the time of equal days and nights." A solar equinox is a moment in time when the Sun crosses the Earth's equator, which is to say, appears directly above the equator rather than north or south of the equator. An online source from Wikipedia, "Earth Day" states that, "The equinoctial Earth Day is celebrated on the March equinox (around March 20) to mark the arrival of astronomical spring in the Northern Hemisphere, and of astronomical autumn in the Southern Hemisphere." It has been said that in most cultures, the

equinoxes and solstices are thought to start or separate the seasons, although weather patterns evolve earlier.

The first Earth Day proclamation was issued by San Francisco Mayor Joseph Alioto on March 21, 1970.

The aforementioned online source at Wikipedia put it this way: "Earth Day is the first holy day which transcends all national borders, yet preserves all geographical integrities, spans mountains and oceans and time belts, and yet brings people all over the world into one resonating accord, is devoted to the preservation of the harmony in nature and yet draws upon the triumphs of technology, the measurement of time, and instantaneous communication through space." Earth Day is nature's birthday



celebration in a way. Taking time out of your day to appreciate all that is around you might make you have a different perspective on life.

The future generations are in our hands; we are capable of making change. Our actions can preserve the Earth, while our words hold meaning. National Geographic's online article, "Earth Day," talks about the lead up to the education of Earth Day, stating, "With the help of Denis Hayes, a graduate student at Harvard University, Nelson organized the first Earth Day on April 22, 1970, educating participants in the importance of environmental conservation. Attended by 20 million people across the United States, the event strengthened support for legislation such as the Clean Air Act (updated in 1970) and the Endangered Species Act (1973)."

The world's major concerns should be global warming and renewable energy. With focus on these main topics, the world can achieve something extraordinary. It has also been said that supporters work to try to reduce the amount of waste that people produce and increase the amount that we recycle and reuse. For instance, there is a Beach Bunch Group of Brunei that organizes beach-cleaning campaigns. When working together to impact the environment, it creates beneficial stability all around. Good things like community service can multiply all around the world and people will follow one another, taking a stand once they start to see change for the better.

Once people have a better under-

standing of how fast the Earth can go from thriving to decaying, maybe there will be a higher chance of saving all of life's creations that there is to offer. Conserving Earth's natural resources

such as plants, water, air, soil, minerals, animals, etc. can easily make the future more renewed. The National Geographic online article, "Conserving Earth," communicates that, "People often waste natural resources. Animals are over hunted. Forests are cleared, exposing land to wind and water damage.



Fertile soil is exhausted and lost to erosion because of poor farming practices. Fuel supplies are depleted. Water and air are polluted." This means that, because people can be greedy, there isn't enough power in this world to make a greedy person completely satisfied. Hope can replenish all throughout the world and the saving of the Earth can begin.

Beauty lies within and in the depths of the surface. Taking care and nurturing the core of the Earth can help make the surface seen and appealing. April 22nd and any other day throughout the year can be the start of something new. Small changes can lead to extensive changes, all with the help of others. Being creative in a positive way can change the world, so share those thoughts and think before making certain decisions.

Friends Of Upland Animal Shelter

Editor-In-Chief,
Alessandra Sandoval

The Friends of Upland Animal Shelter is a nonprofit organization that is focused on providing a high quality of animal care and finding homes for as many animals as possible. Being an open intake municipal facility that cannot turn animals away, the shelter operates under a "no kill" rule in order to save every life that enters their system.

As the only shelter in Upland, it is always filled with animals looking to find their forever homes.

The shelter is operated by a group of volunteers that is dedicated to supporting Upland Animal Services through time, talent, and fund-raising activities. During August of 2011 the shelter was recognized as a member organization of the Upland Commu-

nity Foundation, which allowed them to formally be considered a nonprofit organization and gain tax exempt status in 2013. Currently the shelter operates in partnership with the City's Animal Control Officers to ensure adoptable animals

find a new, forever home. With the help of over twenty employees and several volunteers the shelter focuses on operations, fundraising, and its 2nd Chance Thrift Shop.

Looking to expand their operation, in October 2015 the shelter began the 2nd Chance Thrift Shop in order to provide funding. Behind the main building containing the thrift store is a FURNiture & more store, which has larger furniture, art, discount clothing and shoes, garden items and tools, as well as sports equipment. Not only benefiting the environment

by reducing waste in landfills, this store helps support the community by allowing the animals within it to remain in good health.

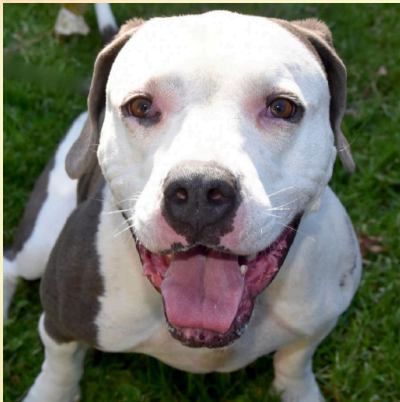


Senior Matthew Guizar volunteers at the Friends Of Upland Animal Shelter due to his love for all kinds of animals. When volunteering Guizar said, "I mostly

take care of the cats. I walk some dogs, which I've started to do more. I like taking care of the cats, making sure they have water and food. Sometimes I do dishes, laundry, and clean." Through volunteering Guizar has supported his community along with finding himself a furry friend, recently adopting a cat from the Friends of Upland Animal Shelter. Guizar said, "I had adopted another cat at first but it died while getting neutered... we were going to get a refund but a cat kept jumping at

the kennel, so we ended up meeting him and taking him home." Although adopting can have its hardships, at the end of the day it's worth the risk in order to find an devoted friend who will be there for you no matter what is happening.

Whether it's adopting an animal, donating unused items, or volunteering time, the Friends of Upland Animal Shelter can always use more support in order to accomplish their goal of finding homes for as many animals as possible. Through the leadership of their all-volunteer Board of Directors, this shelter has become a vital part of the community and helped hundreds of families find a furry friend perfect for their household.



Feature

Spring: The Season Of Rebirth

Staff Writer,
Ace Davila

As winter's grasp begins to loosen, nature starts to awaken from its slumber and the world starts to transform into a vibrant tapestry of colors. Spring, with its gentle breezes, blooming flowers, and the sweet melody of birdsong, emerges as the season of rebirth. This period of renewal symbolizes hope, growth, and the promise of a fresh start.

Spring officially arrives with the equinox, bringing longer days and shorter nights. The warmth of the sun pierces through the lingering winter chill, coaxing dormant life to emerge. Trees bud, flowers blossom, and animals awaken from their hibernation, creating a harmonious symphony of life. The landscape, once desolate and gray, is now adorned with an array of colors as nature rejuvenates itself. One of the most enchanting as-



pects of spring is the blossoming of flowers. From the delicate petals of cherry blossoms to the vibrant hues of tulips and daffodils, the earth becomes a canvas painted with the brushstrokes of nature. Gardens

burst into life, displaying a kaleidoscope of colors and fragrances that captivate the senses. The blooming flowers symbolize resilience, beauty, and the nature of life. Spring is not merely a change in weather; it carries symbolic significance. Across cultures and religions, the season of rebirth is often associated with renewal, fertility, and the triumph of life over death. In various traditions, spring festivals celebrate the awakening of nature and the renewal of the human spirit. These festivities serve

as a reminder that, like the natural world, people can also experience growth, transformation, and a fresh start.

Spring embodies the cyclical nature of life, reminding us that every ending is a start to a new beginning. The barren landscapes of winter give way to lush greenery, illustrating the resilience of life in the face of adversity. This cyclical rhythm invites personal growth, self-discovery, and the opportunity for positive change. Spring encourages us to shed the old and embrace the new, just as nature sheds its winter coat for a vibrant spring wardrobe.

As the external world undergoes a transformation, spring serves as an inspiration for personal growth and renewal. It is an opportune time for self-reflection, setting new goals, and embracing positive changes in

our lives. Just as the flowers bloom after a period of dormancy, we too can experience a revitalization of our goals, aspirations, and relationships.

Spring, the season of rebirth, unfolds as a testament to the beauty of renewal and the endless possibilities that come with it. The world transforms into a living canvas, reminding us of the cyclical nature of life and the continuous journey of growth and renewal. As we witness the blossoming of nature around us, let us take inspiration from the season and embark on our own journey of personal rebirth, embracing the opportunities for



growth and positive change that spring brings.

Global Warming

Staff Writer,
Bella Ehelnburg

Everyone thinks global warming is just an overexaggerated claim. However, many studies and observations indicate otherwise. The state of the world isn't getting any better and has been declining over the years. It is only going to worsen in the future. Global warming isn't something that should be the cause of Earth's demise. Throughout history, global warming has never been viewed as a major issue, but recently people have noticed its effects and started reflecting on the bad treatment they are causing on

emissions over the world, which has affected many humans and the balance of nature. It causes pollution all around the world, therefore making it harder for people to breathe, especially those with medical conditions such as asthma or other respiratory issues. Whilst some people have to worry about breathing in general, they also have to worry about not catching diseases caused by fossil fuels and other manufacturing companies.

Even a multitude of species are being harmed from global warming, varying from bumblebees to polar bears. According to ifaw.

caring about themselves. Many videos have gone across social media portraying the homes of wild animals being taken or destroyed. The polar bears' ice caps have melted, while flowers may change their scents causing bees, butterflies, and other flying insects to become stressed and lose more and more of their population. These species are not the only ones affected by climate change, but rather a couple of the hundreds being lost by humans' careless actions.

10,000 years ago we had 6 billion hectares of trees (equivalent to 57% of Earth's surface) and 42% wild grasslands and shrubs. The last record of how many hectares of trees there are was in 2018, which found 4 billion hectares (approximately 38%) were left. ourworldindata.org had many helpful resources and documents. The amount of trees

lost is causing a decline of habitats for wild animals. Since almost 70% of animals and plant species live in forests, this is resulting in many fatal things happening to those animals due to the loss of cover and homes that trees provided for animals in forests and rainforests. pachama-ma.org also provided helpful information on the deforestation topic.

In the next couple of years, the world is going to change... for better or for worse. Us humans must band together to fix this dying planet before it's too late. There are many corporations accepting donations to help Earth be restored and fight climate change. Our air quality, our animals, and our forests should not have to suffer due to our harmful actions, so it is time to mend what we have broken. Open your eyes and fix your actions before it is too late.



Earth.

One of the many major causes of global warming is fossil fuels. According to unitednations.org, it has caused over 90% of greenhouse gas

org, around one million animal and plant species are being faced with extinction due to the acts of humans being careless and only

Arts And Entertainment

Exciting Spring Activities

Staff Writers,
Taylor Jones & Sylvana Mendoza

As most may know, spring is the season of blooming flowers and brighter colors. It is only necessary to find activities that are fitting of these lively changes to our environment. Of course, it isn't always easy to find affordable or accessible activities to participate in during spring, so the suggestions presented here can help to illuminate your troubles.

With spring comes many new opportunities to participate in different activities. Being that most kids and teachers, along with some parents, get time off in the peak of spring, now is the best time to go take part in new ventures. Such ventures include visiting flower fields. Flower fields hold many new hobbies people may enjoy, ranging from gardening to picking.

Additionally, flower fields offer a peaceful environment to just enjoy all the seasonal differences spring has to offer. The allure of spring



flower fields has captivated many people; one of them is junior Ayana Campbell, who stated, "I would love to go to a flower field and run in it." Evidently, flower fields are the place to go for a new activity. Furthermore, spring break offers many activities to do throughout the month to express the coming of sunny days and nice weather. History, P.E., and Psychology teacher

Travis Hills has said his spring indicator would be playing basketball at a college event. "There is a college basketball event that me and my buddies always get together for and we usually go out of town for a weekend. ' Hills sees this as a spring indicator as he and his buddies do it every spring, so it'd be no doubt that it's seen as a spring starter. Hills has also indicated that another spring identifier would be spring football, considering he's a P.E teacher so he's involved in such physical activities. One activity that Hills would like to do this spring that he hasn't done before would be going up to NorCal, specifically to Monterey Bay. He said, "Me and my girlfriend usually go south to San

Diego but this time I'd like to go north. I know there's a bunch of others up there." Hills has described his ideal spring break as "going down to the beach and getting poke with my girlfriend, and different things to go and try to get away and do something different." Clearly, outdoor activities can provide a good use of the time given by spring.

Spring is the season of blooming flowers and opportunities in people's lives. For example, junior

Brooklynn Guerrero has said that she does spring cleaning during spring, which initiates a fresh new start. Activities

don't need to be expensive but instead can be affordable and spent with ones' loved ones.



Spring Movies To Get Rid Of Winter Blues

Staff Writer,
Dianeicus West

As the first spring flower blooms, one may still have the winter blues. This is despite winter having a positive effect due to it being known as the holiday season with Christmas and the New Year. After those have passed one is forced to live with reality. The days being darker and the rain interfering with social life may cause one to experience pensive sadness. Though spring is bright and sunny, one may need an extra push to get into the spring season. Only the best spring movies will serve as a way to cure a case of the winter blues.

According to cosmopolitan.com's article "The 23 Best Spring Movies to Get Rid of Your Winter Blues" by Chaise Sanders, "Queuing up a nice spring movie kinda sorta has the same effect as seeing sunshine after a gloomy week." Through the different perspectives of others, one can determine what movies to watch during this season.

Senior Aranza Silva said, "I like action movies, something that keeps me on the edge of my seat and can keep me entertained throughout the whole movie." Finding the right genre to watch can boost one's mood. More often than not people spend more time trying to figure out what to watch than actually watching a movie. Silva said, "My ideal movie night would be with a bunch of friends

with lots of snacks, and we have junk food in the center and make jokes, because I don't like talking too much throughout movies but I like making jokes and talking with each other." Silva added, "A movie is good when there's a storyline you can follow and it is very interesting. Sometimes when there's a plot twist that isn't obvious." Furthermore, Silva said, "I think the biggest transition would be school because that's when every-



thing from college starts to come to life, a lot of fields, and overall it's a big transition where things are getting serious." It's no surprise that we can fall behind on practicing self care and doing things that we enjoy while being faced with more responsibilities. Additionally, Silva said, "I like watching movies I know by heart."

An article by Emily Bashforth,

"Why do we find it comforting to rewatch our favourite movies?" states that one reason why you might enjoy watching the same thing over and over again and quoting every line is because repetition breeds affection. Known as the "mere exposure effect" by scientists, this explains that familiar things are easier to process and we have a tendency to develop preferences for things if we've already been exposed to them. In a similar

statement of support junior Baz Burnett said, "My comfort movie is

'[The] Nightmare Before Christmas.' It's been my favorite movie since I was three, and I pretty much have the entire thing memorized. It just makes me feel really comfortable."

Additionally, Silva said, "I think the movie 'Flipped' gives spring vibes, where she fell first but he fell harder." If you're into romance, "Flipped" is a wholesome movie with two young teenagers

who learn to navigate their feelings for one another regardless of what their peers think.

Burnett stated, "People get the winter blues because of the weather and the lack of sun, because of vitamin deficiencies," then added, "My favorite kind of spring/summer movie is 'Call Me by Your Name,' even though it is very sad there's a specific spring aesthetic that I think is very warming." To make watching movies feel more comforting Burnett said, "I prefer to watch movies by myself or with my friends, because sometimes I feel like my family doesn't really get it; I like to talk during movies." Aside from two student perspectives, The Plaid also offers some additional movie recommendations. "10 Things I Hate About You" is a 2000s rom-com with spring sports and events such as prom that features iconic stars such as Julia Stiles, Heath Ledger, and Gabrielle Union. There's also "A Bug's Life" which, although it seems like a random movie to watch, shows the hardship bugs face without them being portrayed in a negative light.

Though the winter blues are a hard feeling to shake, watching movies to get you in the spring mood is a great way to overcome them. This doesn't merely happen overnight but it is good to focus on the little things that can make you happy.



Arts and Entertainment

Spring Horoscope

Staff Writer,
Qimora Atkins Beason

During the time of spring the zodiacs are very mysterious. With the help of these three articles it will help you figure out what your spring is going to be like.

Aries: ♈

Aries, you have a lot of work ahead of you and lots of problems, as well as some financially bad choices you've made. You will find a lot of peace and prosperity during the month of April and the season of spring.

Taurus: ♉

Taurus, you have a busy schedule ahead of you because, during the time of spring, you will spend lots of time with your loved ones. So, clear your schedule and make way for family because you are going to spend lots of time with them.

Gemini: ♊

Gemini, during the month of April your mind will be very flexible. Your mind will be open to new things. You will be very adventurous and explore

new areas you haven't before.

Cancer: ♋

Bundle up, Cancer, because you will spend most of your time inside chilling. Due to the weather change all you want to do is stay inside and bundle up. You will also go through a growth month and experience emotional growth.

Leo: ♌

Your creative abilities and leadership will help you in all the areas in your life. You will have tons of growth during the period of April/spring. Stay strong, Leos!

Virgo: ♍

Hi, my fellow Virgos. During spring/April we will go through stability and tons of transformation. The time of April is hard and we will go through a lot of challenges. Just hang in there and strive on. You can do it.

Libra: ♎

Greetings, Libras! A blend of things will come for you during April or spring. Like the others you will en-

counter some challenges along the way, but in the end you will be fine and have a great month or season.

Scorpio: ♏

You will go through changes because of your sign's solar eclipse. You will go through unexpected changes. So, during the whole month of April you will experience a ton of unexpected things. That's the month of April for you. You can do it.

Sagittarius: ♐

Sagittarius, your April and spring bring courage and passion along the way. It will help you achieve your goals during the April spring season. Although you will become very bossy and impatient, overall you should have a good month.

Capricorn: ♑

Capricorn, you are in for a treat.

The month of April will go smoothly for you, as you have determination and are confident. You will have

a smooth April. Your luck is outstanding until Pisces messes it up and you're stuck facing challenges.


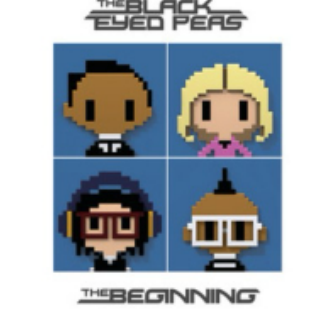


Aquarius: ♒

You will have great progress during spring and April, so look alive Aquarius and have a good month!

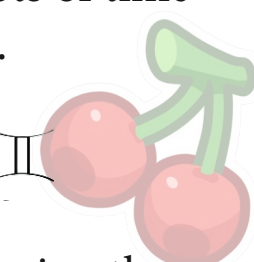
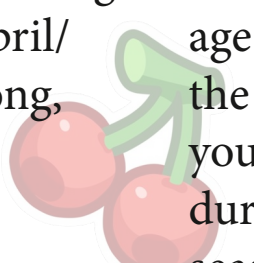
Pisces: ♓

Hello, Pisces! Your spring and April are all about your character. During April you will experience new creative ideas and random changes in your thoughts. You will also clash a bit with your partner if you have one. You will also want to talk a lot with your older friends to clarify anything you feel is wrong.

Spring Break Playlist









Sports

Baseball Season



Editor-In-Chief,
Sofia Erskine

Bringing in the spring season, the UHS baseball team is coming in with high hopes for this year. For some players, this season will be an opportunity to expand on their skills. However, for seniors, this season will conclude their high school baseball career. With this thought in mind, they wish to show the best of their team during this spring season. "As a team I hope we make it to the playoffs and just do our best," says senior Noah Garcia.

Senior Carlos Arteaga echoes Garcia's hopes. "I want to accomplish getting CIF and just making it there for our season," says Arteaga. "And that really is our main goal." The team will continue to work together to achieve their shared goal through interdependence, communication, and teamwork, key

factors that the players believe are necessary for their success. "There are nine players on the field, and one person isn't the deciding factor of the game,"



says senior Jacob Moreno. Not only is it important to the play-



ers that the team works together, but also that they possess the

necessary qualities that make a successful athlete. "Be consistent, don't quit, and just work hard," says Garcia.

His skills are a result of these beliefs that he has carried with him throughout previous seasons. "I would say obviously putting in more work and just being aggressive swinging at fastballs has improved my batting average."

Senior Ryan Marquez naturally shares these habits and has applied them to his on and off-season conditioning. "I started going to a hitting coach and just putting more swings every day," says Marquez.

Every player upholds their respective role on the team. In return, some hope to continue their career beyond high school.

"I'd like to play somewhere in college," says senior Martin Hernandez.

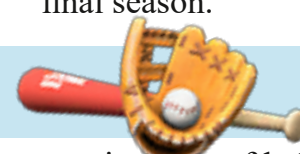
Others have different goals



but remain ambitious. "I'd like to hit .400," says Moreno. Regardless of where each player hopes to end up after high school, they share one common value. "Just spending time with the guys, messing around is important, and then just coming together when the game comes," says Garcia. Having spent years on the team, baseball has become an inherent part of the players' school life. They will move forward by performing to the best of their abilities while enjoying the moments of their final season.



Softball Season



Staff Writer,
Jacob Oscar De Leon

As Girls' Softball season starts in mid-March, some varsity softball players shared their thoughts and experiences about being with the team.

Maggie Cahueque has prepared for her softball junior season by participating in Cross Country. Cahueque is the varsity Girls' Softball starting pitcher. During her freshman year, she had already made her

academic weapon, schoolwork doesn't overwhelm Cahueque, as she has lots of downtime with her softball schedule. As a junior, Maggie has enjoyed softball because it has brought joy into her life. Cahueque does want to take her talent to the next level by playing in college. At the moment, a top choice for Cahueque is Saint Mary's College, which is up north near San Francisco.

During her time off, Cahueque and some of her teammates go to softball camps, especially at Saint Mary's College. Cahueque enjoys the fact that her team always has high energy at both games and practices. Honorable mentions have to go to senior Phebe Rodriguez and junior Gianna Lomeli. Both

of these players always bring lots of energy to the team. This team bonds more with each other by sharing meals during lunch and carpooling. Cahueque encourages people to join the softball team because she has gained good friends, has good memories, and loves the environment around her. She believes others could have this same, if not better, experience by joining the softball team.

Due to participation in other sports like water polo and training during the offseason, Jillian Bock says it is hard to manage both school and sports, but she has learned the importance of time management through softball. A junior, Bock has played softball since she was four years old and developed a deep and strong

passion for softball. She plans to attend Embry-Riddle in



Prescott, Arizona and continue her softball career there. Bock will also study at the university to become a commercial airline pilot. She enjoys being a part of the team and making friends. With high school practices to help her with her skills. Bock also participates in travel softball for the West Coast Dukes. She recommends that people join softball so they can have friendships with their teammates on and off the field.



way to the JV team. The following year, Cahueque made varsity as only a sophomore. As a multi-sport athlete and

Sports

Boys' Tennis

Staff Writers,
Alejandro Rafael & Yareli Mata

The high school Boys' Tennis team is a bunch of talented individuals. They went to the CIF championships for Division 2 and won. The boys have performed beyond expectations and these interviews show how they did so well.

The first player interviewed is a senior named Travis Margono. Margono has been playing for the high school team since his sophomore year. He was inspired to play after seeing and playing badminton. When asked why he joined tennis Margono said, "I saw tennis as a great way to stay relatively fit and a great way to stay involved with the school." Margono always wants to learn something and gain new life experienc-

es. He said that tennis has taught him self-control and how to stay under control during times of adversity. When Margono was asked about his favorite game he said it was when he played against West



Torrance High School. "I played the last match. If I did not win then our team would place second. I did not want that to happen." During this match, Margono said that he was playing the best he could. Since he was able to perform so well he won the match. This then let Upland High School be in first place and win the tournament.

The next interview conducted was with sophomore David Jaramillo. When asked

how Jaramillo handles pressure during a match he said, "I tell myself that I have no control over the previous points, but I do have control of how

the next point goes. I try not to dwell on past points, but instead [to] look for another opportunity to score the next point." When asked which tennis brand he tends to buy more from he said that he likes to buy rackets from Yonex. "I specifically buy the Yonex

Vcore 100 that my coach recommended to me. It helps with my play style and I can generate more spin on the tennis ball as well as accuracy." When asked about how he tries to manage to be a student-athlete, Jaramillo said, "I do not have a job so I only have to worry about managing school, tennis, and extracurricular activities like choir and debate. I try my best to stay off my phone and not do anything. There is always something to do."

The last interview conducted was with sophomore Jacob Vasquez. Vasquez joined the tennis team



because of his grandpa. "My grandpa was really into tennis as a kid. Through him, I was heavily inspired to play tennis." Vasquez's favorite game was when he played on varsity for the first time. "After playing on JV, I could feel the intensity and the higher level of tennis skills compared to JV." Vasquez enjoys the higher level of competition that is not normally found on JV. Since Vasquez is a student-athlete, he has to make sure his grades are excellent. "I try my best to finish all my assignments in class, but since tennis lasts until 6, I can finish any assignments I was unable to finish in class."

The Boys' Tennis team proves that they can be great on and off the court. They have gained many life lessons and skills that will help them beyond tennis and school.



Colorguard

Staff Writer,
Mayte Pompe Guerrero

Although color guard may not be a sport for everybody, for the senior captains of 2024 it was a safe space to grow and find themselves within a family of fellow dancers. Color guard consists of choreographed routines alongside marching bands. The routines include marching with flags, rifles, sabers, and other props. Senior Alondra Hernandez describes color guard as, "something different than other sports; it's very eye-opening for many people and there's different skills you can improve on while you are in it." She added, "I chose to join the color guard because my sister was in it when she was in high school and I also grew to love it. My favorite thing about it was performing and the costumes." For Alondra, color guard allowed her to learn with different people



and see how everything processes for everyone differently. For her, it was very out of the ordinary to see a sport with flags and guns going into the air. "I ended up really

liking it and it gave me the ability to figure out how my body moves," she said. The color guard team is in comp season and Alondra said her favorite comp was Manhattan Beach.

Apart from this, sophomore Bella Rodrigues said, "My favorite thing about guard is going to different places. Comp days are really fun and it has taught me responsibility and time management because we are everywhere all at once." Bella continued, saying, "During my first year I was really struggling with

singles, but with the help of my captains, my section leaders, and my coaches – they were all super nice and understanding – they helped me a lot and now I can even do doubles." For Bella the 2023-2024 season was her first and her last. "I had a really good experience and I may come back for my senior year," she said.

Additionally, Senior Captain Carolina Hernandez described color guard as, "A sport that is also a form of an art because you are not only dancing but also physically working out your body." She mentioned that she was very proud of herself for being able to have the ability to do color guard. "Color guard has definitely taught me to be really patient



with myself and not become frustrated when I don't get the grasp of something the first time." She added, "I was intimidated at first because it seemed really hard, but now looking back I have improved

a lot." Finally, Senior Captain Kaylani Huiswood said, "I wanted to do something different. I was a very sporty kid and color guard was something I saw my freshman year and I never left." Huiswood described her team as her family. "Even when we don't have practice or competitions I'm always with them," she said. For her, being captain gave her more responsibility and made her want to work harder, not only for herself but for the team in general.



Sports

Cheer Team

Staff Writer,
Madison Vencill

Upland High School is more than just cheering from the sidelines; it's a journey filled with team spirit, growth, and unforgettable experiences. Pep Commissioner Brooklyn Bowman, a senior, and Varsity Cheerleader Juliet Anguiano, a sophomore, agreed to share their insights and thoughts on the UHS cheer team. From sporting events such as football and basketball games to school events, UHS Cheer spreads joy and support throughout UHS's community. Through spirited chants and synchronized routines, they elevate the atmosphere and unite students, teachers, and fans alike in a sense of pride

and excitement. Bowman, who brings a wealth of experience to the team having cheered almost her whole life, shared the following: "I have been competing pretty much all my life



on a Pop Warner team, so now that they started here I was so excited to try it out!" With nine years of cheering and a background in gymnastics, Bowman thrives on the thrill and adrenaline of competitive cheer. Her passion for the sport shines as she encourages others to join, saying, "Everyone is always welcome to join the sideline or competitive cheer team. It's a great way to get connected with new friends, learn how to cheer, and get involved with our school." Anguiano reflects on her journey and encourages others to

join the team by saying, "I would recommend anyone thinking about joining the team to give it a try." She added, "Cheer has introduced me to numerous new acquaintances and experiences. Cheerleading is a great chance to step outside of your comfort zone." Anguiano brings her perspective to the team and says, "I joined sideline cheer because I'm naturally extroverted and enjoy the camaraderie of teamwork." Despite only being in her second season, she has already found friendship and happiness within the team. She reflected on her recent season and said, "Being involved

one of the best decisions I've made, it's like having a second family." This season hasn't been without its challenges, but Bowman, Anguiano, and her teammates have faced them head-on. Anguiano said, "This season has put us through many obstacles, yet as a team, we've persevered and always managed to find joy and make the most out of each event." From stretching and warmups to perfecting routines for rallies, their dedication to their sport is unwavering. At Upland High School, Cheerleading isn't just a sport; it's a community that encourages friendship, growth, and a shared passion for spreading school spirit. Through teamwork, dedication, and a whole lot of spirit, the UHS Cheer team embodies the true essence of the meaning of being part of a vibrant



and supportive community. With leaders like Brooklyn and Juliet, the UHS Cheer team continues to inspire others to join them in creating teamwork, perseverance, and unforgettable memories.

Staff BOX

Advisor

Stacy Little

Editor-In-Chiefs

Alessandra Sandoval

Sofia Erskine

Assistant Editors

Kaylie Berry

Lianna Smith

Copy Editor

Evelyn Cruz

Chloe Arroyo

Qimora Atkins Beason

Aileth Caceres

Aneeka Clark

Ace Davila

Jacob De León

Bella Ehlenburg

Alexandria Franklin

Mayte Pompa Guerrero

Taylor Jones

Yareli Mata

Sylvana Mendoza

Zoe Panos

Jasmine Perez

Alejandro Rafael

Molly Rhodes

Sophia Roa

Nikolas Segovia

Madison Vencill

Dianeicus West