

# The Plaid Apple ~The apple of your eye ~

June 2, 2023



## From teacher to principal

*By Nahim Silva*

Mr. Gillespie will be the principal of Highland High School next year. He has been the CWI/ World History teacher for several years. He coached the boys' Basketball, cross-country, and track.

Mr. Gillespie said he was very honored to be entrusted with this privilege and responsibility of being the principal. The things he says he is looking forward to are to attempt and make the school better than it already is and hopes it has a positive impact on the lives of all the students and staff members.

When asked what he was going to do to prepare, he said lots of planning and prioritizing because he wants to start the year with a clear message and direction.

Mr. Gillespie also shared what his future struggles might be. He said prioritizing because there is only so much time in a day. He also said having to adjust to a new daily routine because of how different it's going to be from teaching.

Finally, for the last question, what motivated you to go on and apply for the principal position? He responded to say that it was a tough decision because not only does he have to leave the classroom but he has to leave coaching, but he is confident that he can do the job well and serve the community in a new way.

## Highland soccer takes third!

*By Valery Magallon*

Highland soccer took home a third place trophy from state for the second year in a row.

The district champions went undefeated in league. They outscored their opponents 106-20 with 11 shutouts.

The team's leading scores were sophomore Jose Perez with 20 goals and senior Miguel Romero with 18 goals. Rudy Silva, Jose Perez, Francisco Silva leads the team in assists.

The boys' soccer team includes Freshmen Chase Conolly, Ruben Trinidad, David Pacheco, Sophomores Bryan Soto, Francisco Silva, Jose Perez, Juanluis Gonzalez, Jorge Lopez (Captain), Leonel Garcia, Juniors Yahir Castro Albert Magallon-Reyna, Angel Garcia, Rudy Silva (Captain), Mario Garcia, David Vazquez, Seniors Heber Zarinana, Gabriel Garcia, Brian Romero, Alejandro Silva, Miguel Romero (Captain), Jesus Esquivel, Alexis Perez (Captain).



District Champs

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## Not so sweet

By Zulema Guerrero

Sugar has many harmful effects that can be detrimental to one's health

According to an article written by Harvard Health reports, too much added-sugar intake can cause obesity, diabetes and heart disease.

In addition, a high amount of sugar can overload the liver and turn into fat. The other side effects of a high-sugar intake diet are high blood pressure and increase chronic inflammation.

For women, a healthy amount of sugar is 24 grams, and for men, it is 36 grams, both close to the amount of sugar in a 12-ounce can of soda.

A high sugar intake, if in fruits or vegetables, can reduce the risk of diseases like diabetes, some cancers, and heart disease.

An article by Health Day Today, said that some good sugar alternatives are coconut sugar, raisins, maple syrup, and Rapadura which is the pure juice extracted from sugar cane.



These foods = 167 grams of sugar

## Moving up with Upward Bound

By Thomas De Bord and Zulema Guerrero

Upward Bound is a program that provides opportunities for participants to prepare for college and college-related programs.

There are meetings once a week every Wednesday after school in room 109. Upward Bound provides scholarships and other unique opportunities for students.

Some Upward Bound opportunities include: theater showings, college tours, and the most recently announced trip is a summer academy that allows students to spend 5 weeks at two separate colleges: WSU and YVC.

The participants then will get to spend one-week studying marine biology at the Olympic Peninsula. After the week, they can choose a week-long trip to Washington D.C. or they can return home.

These trips are all 100% paid for by Upward Bound including room and board, transportation, and classes.

Students can reach out to Upward Bound director Rhonda Gardinier by email at [rgardinier@earlyoutreach.wsu.edu](mailto:rgardinier@earlyoutreach.wsu.edu) for next year's program.



An Upward Bound student explores CWU

## Character, scholarship, leadership, service

By Nahim Silva

National Honor Society, otherwise known as NHS, is an organization for students with a 3.5 GPA or higher. This year's induction ceremony for new members will be on June 6<sup>th</sup> in the junior high gym from 12:00 – 12:30 PM.

The first requirement for membership is a 3.5 GPA. Then Ms. Williams, the advisor here at Highland, will invite the students to fill out an application to join NHS.

The application to join consists of 6 categories, each needing to be filled out. The three main categories on the form are leadership positions, community service, and involvement in school like extra-curricular activities like sports and clubs.

President of NHS, Carol Govea, said her application process was stressful because she was worrying about having everything filled out in time to turn it in, but other than that it wasn't that bad.

Govea also says that as President she really likes it because she communicates with all members, the advisor and she also plans stuff for the group.

Judith Silva, NHS Vice President, said her induction process wasn't all that great since it was during the covid days. Also, her way of finding out she got in was a little on the boring side because her sister Lupita had written her poem at home during quarantine.

As Vice President, Silva is responsible for coordinating the Adopt-a-Highway service project.

Other current members include: Ernesto Parra, Jazmine Sargent, Leslie Flores, Maria Jacobson, Brian Romero, Vanessa Ceja (Secretary), Kendall Rosenkranz (treasurer), Paola Anguiano, Andrew Benicio, Enrique Hernandez, Rhiannon James, Rachael Keller, Anelsy Lopez, Olivia Long, Emily Lozano, Caitlyn Myers, Fabian Pacheco, Ivan Rydberg, Natalie Sausedo, and Geraldine Tavira

## Scotties who serve

By Zulema Guerrero

Students of the Month are HHS students that are recognized for their tremendous efforts and exemplary work. Criteria include: Scottie pride, leadership, involvement, and Scottie spirit.

The Student of the Month for February was Paola Anguiano. She was recognized for her efforts in Band, Leadership, and National Honor Society as well as for putting effort into the rest of her class/activities. Paola was described by the nominating staff member as “a Scottie who does all she can to support her school and strives every day to make it a better place.”

The Student of the Month for March was Vanessa Ceja. She was recognized for her participation in color guard, band, leadership, and NHS. The nominating staff member wrote the following words about Ceja: “She is NHS Secretary, Color guard captain, member of the band, and leadership. She was also involved with Top Scot. She always shows her Scottie pride, and she is committed to making HHS a better place.”

Additional Students of the Month for the 2022-23 school year (recognized in previous *Plaid Apple* editions) include: September, Natalie Sausedo; October, Geraldine Tavera; November Alexis Perez; and January, Carol Govea.

Students are nominated by teachers and staff and then a vote is conducted. They receive a parking spot near the school for a month, recognition on the reader board, a certificate for their portfolios, and an invitation to an evening of excellence where they receive a plaque.



Front row parking

## Weed that bees need

By May Journalists

Apples could become extinct without bees. Bees are responsible for pollinating 1,000,000 species of plants, including apples.

According to a USDA report, bee colonies add “at least 15 billion to the value of U.S. agriculture.” A University of Minnesota study of 130 farms in North America showed that smaller bee colonies lead to smaller crop yields.

Dandelions provide good early spring food for bees. When bees come out of hibernation, they need to find food easily, and dandelions are one of the first pollinating plants to appear in the Yakima Valley climate.

Many people view dandelions as weeds and use pesticides on their lawns to eradicate them. The Environmental Protection Agency has published that pesticide use could be one of the factors leading to Colony Collapse Disorder (CCD). CCD is when the worker bees die so that Queen is left without food to care for the larva. This leads to the colony’s downfall.

Besides providing pollen for bees, dandelions can be used for human consumption. For example, dandelion teas, salads, and vinegars provide vitamins A, C and K.



Collecting nectar for the queen

## Here comes the sun

By Zulema Guerrero

It is now spring going into summer, so the weather is getting hotter and hotter. This can cause heatstroke, dehydration, and heat exhaustion.

Dr. Rakshith Bharad says Heatstroke is when your body overheats; if untreated, it can cause damage to the heart, brain, kidneys, and muscles. Some symptoms of heatstroke include dizziness, headache, nausea, confusion, agitation, disorientation, delirium, rapid or fast breathing/ heartbeat, and muscle weakness or cramps.

Heat exhaustion is a condition caused by dehydration and exposure to heat/high temperatures and is less severe than heat stroke. Some symptoms for heat exhaustion are Dizziness, Headache, Muscle cramps, Extreme thirst, Excessive sweating, Dehydration, Fainting, Nausea, Vomiting, Weakness, and Decreased urine output.

Dehydration is when the body does not have enough intake of water. Some symptoms for dehydration are muscle fatigue, dizziness, confusion, thirst, infrequent urination, and dry mouth.

All these can be prevented by drinking lots of water. If you are feeling hot, find some shade, take breaks when doing strenuous activities in the heat, use sunscreen, and wear loose-fitted light-colored clothing.



# Scottie Life



## Journeying through Queer Identity in Yakima County

*By Thomas De Bord*

Yakima County, nestled in the heart of Washington State, is a place of scenic landscapes, bountiful orchards, and a vibrant community. Amidst this idyllic backdrop, a lesser-known narrative unfolds—a story of resilience, identity, and the pursuit of acceptance within the queer community.

In recent years, Yakima County has witnessed a gradual shift towards inclusivity, driven by the efforts of local activists, organizations, and individuals who refuse to be silenced. Behind closed doors and within supportive circles, conversations about queer issues have gained momentum, fostering a sense of unity and change.

One such catalyst for progress is the Yakima LGBTQ+ Alliance, a grassroots organization that advocates for equality, provides resources, and creates safe spaces for LGBTQ+ individuals. This collective of passionate advocates has been instrumental in bridging the gap between the queer community and the wider Yakima County population.

However, progress does not come without challenges. Yakima County, like many other rural areas, grapples with deep-rooted traditions and conservative ideologies. Breaking the chains of prejudice and fostering understanding within such an environment requires immense courage and perseverance.

The queer community in Yakima County extends its reach to the youth who often find themselves navigating the complexities of identity amidst societal pressures. At the Yakima Pride Center, LGBTQ+ youth find solace, guidance, and a sense of belonging. Here, they can share their struggles, find support networks, and participate in empowering programs that promote self-acceptance and resilience.

While Yakima County has made strides in accepting queer individuals, there is still much work to be done. Acceptance is not uniform across the county, and discrimination persists in various forms. However, as the voices of the queer community grow louder, so does the call for change.

Local businesses have also joined the movement, recognizing the importance of inclusivity. From the rainbow flags displayed proudly outside storefronts to inclusive hiring practices, these businesses strive to create safe and welcoming spaces for everyone. Their efforts have helped foster a sense of community, empowering queer individuals to embrace their authentic selves without fear of judgment.

Yakima County, though a place of rich agricultural heritage, is increasingly becoming a beacon of hope for the queer community. The journey towards acceptance and equality may be long, but the growing support, combined with the unwavering spirit of individuals and organizations, signals a promising future.

As the sun sets over the picturesque Yakima Valley, the colors of the rainbow illuminate the horizon—a symbol of unity, resilience, and the power of collective action. The queer community of Yakima County is on a transformative journey, challenging stereotypes, advocating for change, and rewriting the narrative of acceptance for generations to come.



135 ft flag marching down Yakima Ave

## Unmasking the phobia struggle

By Thomas De Bord

In the vibrant city of Yakima, a silent battle wages on against the formidable adversaries known as phobias. Behind the scenic landscapes and bustling streets, many individuals silently grapple with irrational fears that impact their daily lives. Today, we delve into the untold stories of courage and resilience, shedding light on Yakima's phobia struggle.

Meet Christian De Bord, a 23-year-old Yakima resident, who has long battled with a fear that seems inconspicuous to most - agoraphobia, the fear of anywhere outside of their home. For Christian, even stepping outside for 10 minutes triggers an overwhelming sense of anxiety and disgust. She shares, "It's challenging to explain to others why something seemingly harmless can cause such intense emotions. People often dismiss it as a mere quirk."

Fortunately, Christian found solace in online spaces for those suffering with phobias that have quietly emerged. These gatherings provide a safe space for individuals to share their experiences and find comfort in the knowledge that they are not alone. Participants come from all walks of life, bound together by a common thread of phobia-induced struggles.

Yakima's medical community has also stepped up to combat the invisible barriers imposed by phobias. Local psychologists and therapists provide evidence-based treatments such as exposure therapy and cognitive-behavioral techniques, tailored to the individual needs of their patients. Through these interventions, many Yakima residents are taking significant strides towards reclaiming their lives from the clutches of fear.

The medical community has discovered that phobias affect 12.5% of adults in the U.S. with acrophobia being found in 6% of them. While that may not seem like a lot, that's 32,159,931 people (about twice the population of New York) with phobias and 1,929,595 people (about twice the population of South Dakota) with acrophobia.

As the sun sets on Yakima, its residents continue their daily battles, both seen and unseen. The struggle against phobias may remain largely hidden, but Yakima's unwavering empathy and understanding shows us that anyone can live happily and healthily, even while battling with their mental health.

## HHS's ticket to San Francisco

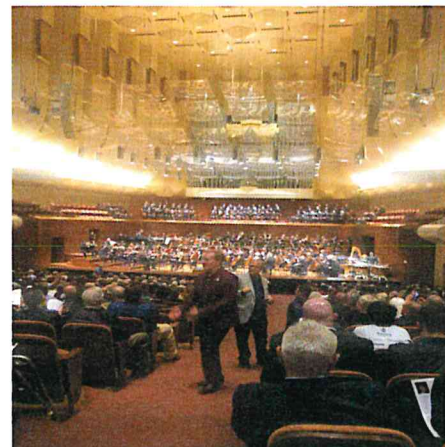
By Aylin Rodriguez

The Highland High School band took our very first adventure in years down to San Francisco during from May 18-22. An experience that has been long awaited, the last long trip being back in 2016. Every four years the Highland Band would take a trip to venues like Disneyland. In the year 2020, the next trip was bound to take place...before the COVID 19 outbreak.

On the trip, the Highland Band got to walk through an audio tour of a famous prison, Alcatraz. In the tour it gave in-depth details, even voices of the prisoners themselves of what life was like in Alcatraz. It was an educational and entertaining walk around the premises of the building. Junior band member Adan Romero said, "Looks just like the *Call of Duty* map." The audio tour showed the different cells of inmates and what would have been in the cells at the time. Another student who was present on the trip, Alondra Bahena said, "We finished the tour like you asked!" After going ahead of the group with another classmate when they finished the tour ahead of time.

Our Highland Band got to immerse themselves in music played by the San Francisco Symphony, held in Davies Symphony Hall, with high ceilings and intricate light fixtures. The band even was given the opportunity to play on the U.S.S Hornet. A famous aircraft carrier in World War II, it now doubles as a museum. Providing a unique participation for all the students involved the privilege of being able to go to Oracle Stadium.

Fundraising allowed the band to participate in all of these fun events. The fundraising came from selling candy apples to car washes and yard sells. Being able to raise money for such a big trip gave the students the motivation to raise as much as they could in order to be able to experience San Francisco and its wonders.



## Good bye HHS, hello Costa Rica!

*By Vanessa Williams*

Mrs. Hill will be leaving HHS at the end of the school year to begin her well-deserved retirement after teaching for 27 years.

Before coming to the high school, Hill taught at Tieton Intermediate School and Highland Junior High. She has taught Math, Language Arts, Science, Social Studies, and PE. For the last several years she has taught sophomore and junior social studies.

The students and staff of HHS will be missed by Hill, but she is looking forward to traveling across the United States to visit all of the National landmarks.

One of her biggest goals is to buy property in Costa Rica.

We wish Mrs. Hill luck and health as she begins this next journey. We look forward to seeing her as a substitute teacher and as a supporter of the senior class during the annual Senior Auction.



Mrs. Hill's last school picture

## Summer vacation begins June 23!

*By Thomas De Bord*

As the sun shines brighter and the temperatures rise, the summer season beckons with open arms, promising a world of excitement and adventure. Whether you're seeking thrilling escapades or relaxing respites, the summer months offer a myriad of fun activities to enjoy. So, gear up and get ready to embark on unforgettable journeys that will create lasting memories.

1. **Outdoor Exploration:** Embrace the great outdoors and embark on thrilling adventures in nature's playground. From hiking majestic trails with breathtaking views to camping beneath the starlit sky, there's no shortage of opportunities to connect with nature's beauty. Explore local parks, venture into nearby forests, or discover hidden gems in your own backyard. Nature's wonders await your discovery!

2. **Water Wonderland:** Dive into refreshing waters and make a splash this summer. Head to your nearest beach, lake, or swimming pool and revel in the joy of swimming, sunbathing, or building sandcastles. If you crave more excitement, try thrilling water sports such as kayaking, paddleboarding, or jet skiing. Cooling off has never been this exhilarating!

3. **Cultural Immersion:** Enrich your summer by immersing yourself in the vibrant tapestry of art, music, and culture. Attend local festivals and street fairs, where you can indulge in tantalizing cuisine, marvel at captivating performances, and dance to infectious rhythms. Visit museums, art galleries, or historical landmarks to explore the stories and heritage of your community. Let the summer be a celebration of culture and creativity.

4. **Unleash Your Inner Adventurer:** For those seeking an adrenaline rush, the summer presents countless opportunities for heart-pumping excitement. Try your hand at zip-lining through lush canopies, rock climbing on rugged cliffs, or conquering thrilling amusement park rides. Embrace your adventurous spirit and let the thrill of the ride electrify your summer days.

5. **Culinary Delights:** Summer is the perfect time to tantalize your taste buds with seasonal delicacies and refreshing treats. Savor the flavors of juicy fruits, indulge in ice cream sundaes, or fire up the grill for a mouthwatering barbecue with friends and family. Explore local farmer's markets, sample unique flavors, and embark on a culinary journey that will ignite your senses.

6. **Creative Pursuits:** Unleash your imagination and delve into creative endeavors this summer. Whether it's painting, writing, photography, or learning a musical instrument, channel your inner artist and let your creativity soar. Take part in workshops or join community art projects to connect with fellow enthusiasts and unleash your hidden talents.

7. **Relaxation and Self-Care:** Amidst the excitement, don't forget to carve out time for relaxation and self-care. Set aside moments to unwind with a good book in a hammock, practice yoga in the park, or take leisurely walks along scenic trails. Pamper yourself with spa treatments, indulge in a movie marathon, or simply savor moments of tranquility and reflection.

Summer is a season of endless possibilities, where laughter, adventure, and exploration intertwine. So, seize the moment, embrace the sun-kissed days, and let the spirit of summer guide you on a journey filled with joy, discovery, and unforgettable experiences. The canvas is yours—paint it with the colors of pure summer bliss!



# OPINION



## Give us a break!

By Zulema Guerrero

Brain breaks instead of block schedules. Block schedule classes have many downfalls. For instance, since classes on Thursdays and Wednesdays are blocked, they're longer and students are focused on the same subject for an hour and a half which could cause them to act out during class.

Classes during the block schedule are longer and some students find it difficult to focus for that long. When students have difficulty focusing, they may not be able to capture all the information they need to. When students can't grasp all the information, they need they could have trouble with upcoming tests or quizzes. This can significantly impact their grades or cause them to have to study more than they should have.

To resolve this issue, we could change the block schedule to a normal schedule. Or we could keep the schedule and provide brain breaks for students to help them focus on the subject their studying for longer.

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## Stop the cheating pandemic

By Thomas De Bord

Academic integrity is the bedrock of a well-functioning education system, promoting fairness, personal growth, and the acquisition of genuine knowledge. However, the advent of advanced technologies has given rise to a disheartening trend—high school students resorting to cheating on their SBA (Smarter Balanced Assessment) using ChatGPT. In this editorial, we delve into the implications of this alarming phenomenon, explore its root causes, and propose strategies to address it effectively.

High school represents a critical stage in a student's life, where academic achievements lay the foundation for future opportunities. However, some students have succumbed to the allure of using AI-powered tools to cheat on their SBA. Several factors contribute to this troubling trend:

1. **Technological Advances:** The rapid advancement of artificial intelligence and its increasing accessibility have made tools like ChatGPT readily available to students. These tools offer instant answers, the ability to generate content, and even aid in plagiarism, tempting students to bypass the learning process in favor of shortcuts.

2. **High-Stakes Pressure:** High school students face immense pressure to excel academically, whether to secure college admission or meet parental expectations. The fear of failure and the belief that cheating will

guarantee better grades lead some students to resort to dishonest practices.

**Lack of Ethical Guidance:** While academic institutions often emphasize the importance of integrity, the specific challenges posed by AI-powered tools are often not adequately addressed. The lack of explicit guidelines and discussions on the ethical implications of using such tools creates a moral gray area that some students exploit.

Cheating not only undermines the educational system but also hinders the holistic development of students, leading to dire consequences for individuals and society as a whole.

1. **Devaluing Genuine Learning:** Cheating erodes the essence of education—learning and intellectual growth. By relying on AI tools to produce work, students miss out on the opportunity to develop critical thinking skills, creativity, and independent problem-solving abilities. Ultimately, they are ill-prepared for the challenges that lie ahead in higher education and the professional world.

2. **Loss of Personal Integrity:** Engaging in academic dishonesty damages a student's character and personal integrity. Cheating perpetuates a mindset of entitlement, where success is measured solely by external validation rather than personal growth and achievement. This compromised ethical foundation can have long-lasting repercussions in various spheres of life beyond academics.

3. **Erosion of Trust:** Cheating undermines the trust between students, teachers, and educational institutions. It disrupts the level playing field, creating an unfair environment where hardworking students are penalized for their honesty. Trust is fundamental to the smooth functioning of any educational institution and must be protected.

Combating the issue of high school students cheating with AI-powered tools requires a multifaceted approach involving all stakeholders in the educational ecosystem.

1. **Raising Awareness:** Schools must actively engage in comprehensive awareness campaigns that educate students about the risks and consequences of cheating with AI tools like ChatGPT. Open discussions and ethics-oriented workshops can help students develop a strong moral compass.