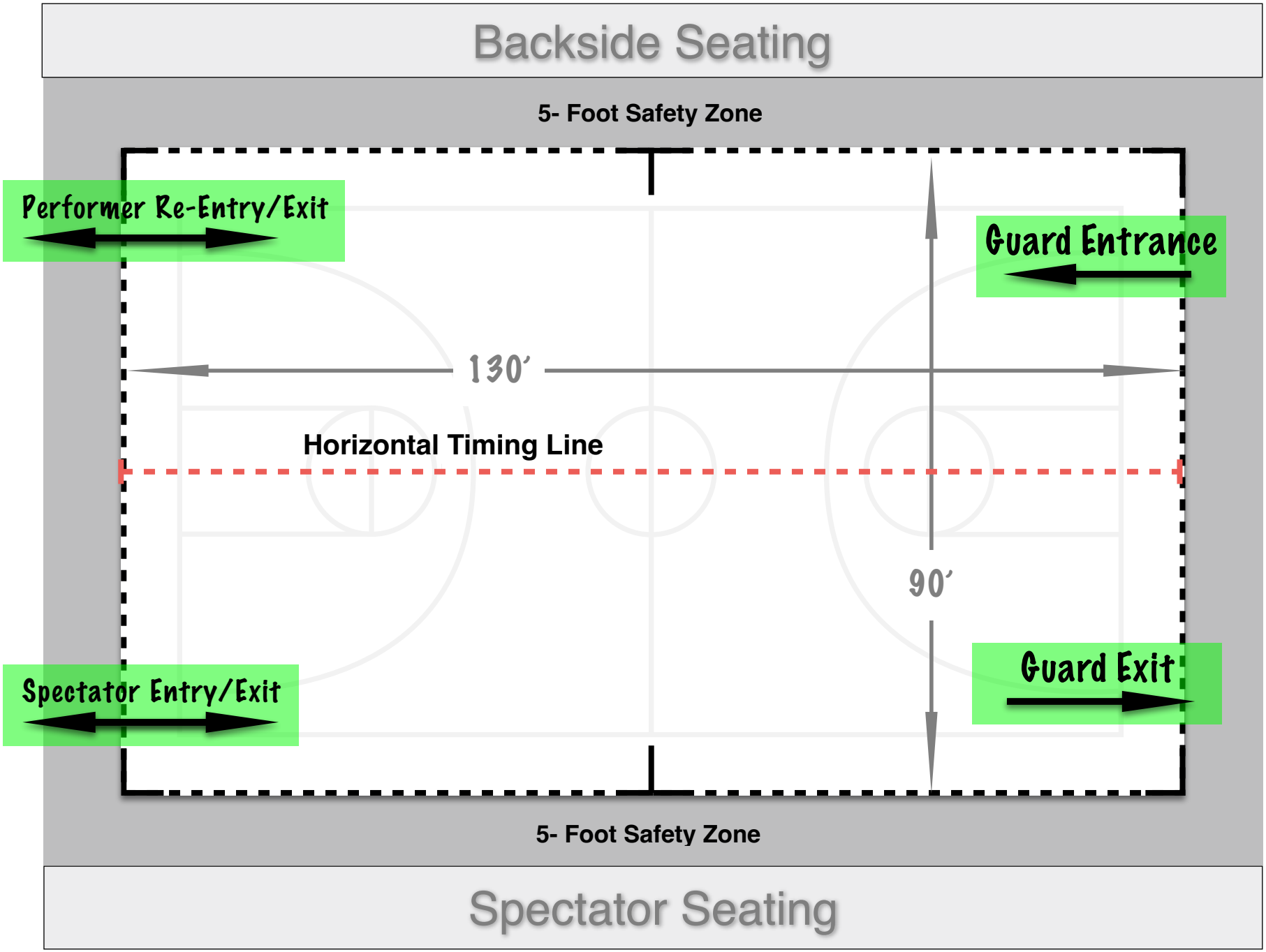Upland High School