

Stuffed: Senior Mitch Perlman gets a hand on the ball as Ty Eveleth goes for a lay up. The Seniors prevailed, 29 to 27.

Seniors pull ahead of faculty

by stephanie sapin

news editor

Seniors came back in the last seconds of Friday's annual senior-faculty game to win with a final score of 29 to 27. The game is put on by the senior class in order to raise money for their senior dues.

Recovering from a defeat by the faculty last year, the seniors reigned supreme. The last

seconds of the game proved to be highly controversial, with the seniors rising to their feet to protest the scoreboard being changed back and forth. When the game ended, the score read 27 to 27, amid boos from the senior class. Claiming unfair score keeping, the seniors got their victory when the scoreboard was changed to the true final score.

The game was arranged in

four quarters with each quarter lasting eight minutes. The seniors had four predetermined teams while the faculty members rotated, switching in and out when they got tired.

Any La Jolla High School senior was eligible to play as long as he or she was not on the school basketball team. The star players from the boys and girls

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Principal Peters?

Local Councilman is 'Principal for a Day'

by chris micheletti

news editor

Principal D a n a Shelburne had a follower last Thursday. Diego City Council president and District1 Councilman Scott Peters shadowed him for the day as part of the Principal For A Day program, which meant to build

a relationship between community leaders and principals.

"High schools are where the community comes together," Peters said. The city council does not have a major role with the San Diego Unified School District, but the city did assist with certain projects, like moving Fay Avenue to make room for the pool.

Peters spent the day touring the campus, including the aquatic complex and athletic field, visiting classrooms, and going a capital project fund raising

meeting.

Peters applauded plans improve the tennis court area into more of a tennis pavilion that could serve as a community center.

"This is a great facility and I think it's headed in a great direction,"



Principal Peters: District 1 Councilman Scott Peters shadowed Dana Shelburne for the day. He attended meetings and visited classrooms.

he said.

Peters said that this is his fourth year in the program, and he has been looking forward to coming to La Jolla High. Peters has already been principal for the day at La Jolla Elementary and University City High, among others.

Peters acknowledged the difficulty of his job as councilman, but admitted that being a principal is still harder.

Getting ready for the Mariners' Fashion Show

by katelyn calvelli

staff writer

This year's Fashion show will be on Friday, March 23 in the school auditorium. Mariners, the all-girls honor society club, is putting on a fashion show, using La Jolla High students and faculty as their models. The objective of Mariners is to serve the school community

proceeds of the Project Runway themed show will go to a scholarship fund program.

The club asked retail stores in La Jolla, including Bird Rock Bikini, LF, Go, Sun Diego and Nicole Miller to donate clothes for the night. There are choreographed scenes including evening,

and to get students more casual, formal and beach ware involved in the school. All the among others to display the wide array of outfits. The entire history department as well as a majority of the office staff will be modeling in the show, which many students and club members look forward to.

> "I love the fashion show because it is an exciting

> > Continued on page 6



Mariners: The all-girls club dedicated to serving the community is organizing a fashion show to benefit a scholarship fund.

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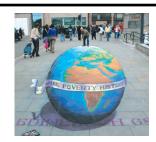
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$\begin{array}{c} {\rm The\ La\ Jolla\ High\ School} \\ High\ Tide \end{array}$



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News Editors Chris Micheletti

Chris Micheletti Stephanie Sapin

Opinions Editors

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Christine Jung

Copy Editor

Qing Yorkwilliams

PhotographerBrieanna Bates

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It's the love that counts

More teens seek plastic surgery, peer pressure cited

by chelsea zeffiro

staff writer

Plastic surgery is rapidly growing more popular among many people. Plastic surgery procedures for women alone have increased 40 percent. As procedures are further advanced, the costs go down and the surgeries are more accessible to more demographics.

Tummy tucks and nose jobs are becoming increasingly common among American women, and the average age for a woman getting surgery done is getting lower and lower with its growing popularity.

As plastic surgery is reaching more people, Americans are hiding under a pretense of false beauty that contributes to the scandalous republic that we live in.

More and more mothers are letting, or even suggesting plastic surgery to their daughters. As Nurse Lisa puts it, "Often the goal is for the person to feel better about themselves." Nurse Lisa is correct.

The desired outcome is

improvement in self-esteem. If one looks better, they are likely to feel better and more confident about themselves when engaging in social situations.

"I'm really happy with my stomach and I'm more comfortable in a bathing suit. It's really helped my self-esteem. I am more comfortable in my clothes, and in social settings," a local teenage dancer said of her own liposuction experience.

However, she clearly had mixed emotions.

"I did not go into it with the right mindset. I thought, 'If I do this and look different it will make my mom love me more.' After I got the surgery I went

through a time when I had to realize that my mother will never be happy and will always find faults with my body," she said.

Unfortunately, aesthetic beauty is what people in our society appreciate. Even parents are happy when their children 'grow out of their awkward phase' or lose a little weight.

Several cases have been reported of mothers not addressing their daughters' eating disorders because they were happy with their daughters' appearances. Other parents consider plastic surgery as a drastic option, but still a better alternative than an eating disorder.

Even the dancer admitted that she went into the surgery with false illusions. Though she knew it would help her career, she ultimately wanted acceptance from her mother.

What is the point in changing outward appearances to fit societies' standards when beauty is so subjective? Fads go in and out of style. One week the emaciated look is in, the next it's the curvy, voluptuous look that everyone wants.

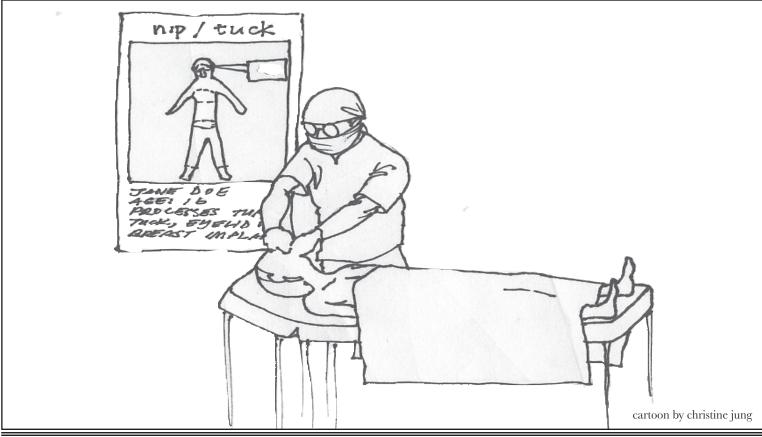
"I think anything having to do with a doctor rearranging your body is pointless," senior Victoria Phillips said.

If social opinions are so easily swayed, why can't individuals change society by staying true to themselves? In the dancer's case, it took a dramatic, lifealtering experience to make her see appearances for what they are.

Ultimately, comments on hair color and boob size should not affect anyone's self-esteem. One's perception of beauty is nothing more than an opinion, and should not influence the way people view themselves.

Acceptance and love comes from within.

Ultimately, comments on hair color and boob size should not affect anyone's self-esteem.



Public Opinion Poll: On a scale of one to ten, how would you rate this school year and why?



"Eight - I've had some good kids in class and there's been no problems."



"Nine - this year, there has been lots of freedom and no responsibilities. It's been nice."



"Nine - Sports have been really good. I broke the record for the 5K in cross country."



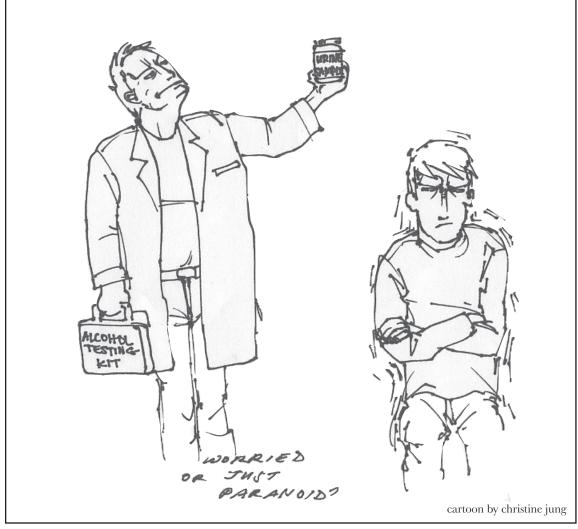
"Six - Classes are hard, I have no friends, and recently my hamster died."

- Coach Dave Ponsford

- **P.J. Woolley**, 12

- Courtney Avlampato, 10

- Peter Han, 11



Alcohol testing A real reason to hate mondays

by meghan barry student focus editor

The usual teen sleeps in for as long as possible on the weekends. On Monday morning, at six thirty, that alarm clock deserves to be chucked across the room. But now, New Jersey high school

students now have a legitimate reason to mope around school with a "case of the Mondays."

The Pequannock Township High School administration has put in place a system of randomly testing their students for alcohol content on Monday mornings by a simple urine test. For those

800 students and some other personal life. New Jersey high schools, Mondays have never looked so bleak.

The urine tests are randomly given Monday morning and can detect any alcohol that has been consumed within the past 80 hours. It tests for ethyl gucuronide, which is produced when the body metabolizes alcohol.

The administration realizes that many products contain ethanol, so small traces of alcohol do not show up. To test positive, the student must have had at least one or two beverages within the last three days.

School controls almost all aspects of a teenager's life. After all, half of his or

her waking hours are spent in school. Unless a student is attending a sporting event or school dance, the school's responsibilities end when that final bell rings on Friday afternoon. These alcohol tests completely exceed the authority of schools and are a total invasion of a student's

Schools need to mind their own business and focus on giving teenagers their education.

If schools begin to control students' weekend activities, what part of their life is their own? What part of their lives do their very own parents control?

It is the parents' responsibility to inform their children about the effects of alcohol, and how to deal with situations that adolescence brings. Teenagers' weekend activities should be regulated by their parents, not their school.

Advocates of the alcohol testing claim that these Monday morning tests give their students a reason to say no when offered alcohol.

The problem with this statement is that parents and administration make it seem as if students are dying to say no to alcoholic beverages, but lack a legitimate reason and thus give in to the infamous "peer pressure."

This statement could not be further from the truth. First of all, most high school students can handle saying no to alcohol if they wish, and

> secondly, peers will not ruin a teenager's high school life if he turns down a beverage. In fact, they're probably pumped that they have somebody to play D.D. for the night.

> Students spend about three years in elementary and middle school making lists of reasons to say no in programs like Lifeskills

and D.A.R.E,; they do not need more reasons in high

Schools may think they know what is in the best interest of students, but that is not up to them. There is a reason children live with their parents until 18 years of age. Students already have parents who are in charge of regulating their weekend activities.

There is no solid reason for school to exceed their responsibilities and intrude on that of parents. Schools' authority ends the second their students step off campus.

Schools need to mind their own business and focus on educating their students instead of giving teenagers one more reason to hate Mondays.

Public vs. private: the debate

by ilya altshteyn staff writer

The environment at a public school is very different from



that of a private school, and in many ways is much more difficult to handle on a dayto-day basis.

Both inside the classroom and outside of it, a private school such as La Jolla Country Day or Bishops has many advantages over a school like La Jolla High.

To begin with, the social environment is much more flexible and easy to deal with -- the entire size of the high school at a private institution might easily be smaller than just one grade at La Jolla

Although knowing everyone in your grade by first, last, and often middle name often proves to be an invaluable social resource, it does have its down sides- namely, the fact that at a small private school, there is no such thing as privacy.

"Everyone knows everything about everyone else; you know the personal lives of even those few people you've never talked to before," senior Miles McMillan, a former Country Day student, said.

This fact, however, is counterbalanced by people being (for the most part) very friendly, which result in fights being almost non-existent.



"I can only remember about two times there was ever a fist fight at C.D., and none of them resulted in serious injuries," reported

> Vivan Suri, another La Jolla High student who recently transferred from Country Day after three years of attendance.

The academic setting is also easy to manage. Rules are often bendable, extensions are handed out often, and there is no such thing as hall passes (during the most boring classes, students take almost daily "bathroom

breaks").

In terms of the level of education itself, private schools usually live up to their reputations- between Bishops and Country Day, over 98% of graduates attend a fouryear college or university.

The pleasant classroom environment may also be related to the low student to teacher ratios-8:1 at Bishops and 9:1 at Country Day, versus LJHS's 26:1.

Another convenient aspect of the curriculum is that

BISHOP'S SCHOOL

each class is held four days per week (with the exception of science labs at Bishops), so nightly homework load is reduced. Also thanks to this schedule, the order of classes is different each day of the

Perhaps the biggest problem with private schools is the cost, which currently costs over 22,000 dollars per year for both Bishops and La Jolla Country Day, although tuition assistance is offered through both athletic and academic scholarships. Not surprisingly, on-campus food is also grossly overpriced.

In short, the price one pays for a pleasant social and learning environment is about 22,000 dollars and a lack of privacy, but when properly examined, this compromise becomes a worthy investment.

Oh Baby!

On-campus day care centers give teen parents a chance to stay in school.

by amy twohig

staff writer

With the flash of a thin, pink line, a girl is suddenly forced to choose one of three horrifying options: abortion, adoption, or parenthood. Of the one million teens who become pregnant each year in the United States, nearly half choose motherhood. Unfortunately, this decision

often forces teens to forfeit her education.

Of the teens that become parents, only one third receive high school diplomas, and nearly eighty percent of unmarried teen mothers eventually end up on welfare. In response to these startling statistics, many high schools throughout the United States have established oncampus day care centers. These programs allow teen parents to

complete their high school educations without neglecting their children.

"[On-campus day care centers] allow students who wish to obtain an education but can't afford child care to do so," said Walter Fairley. "Obviously this program benefits students because promotes furthering education. There is a need for this kind of setting throughout the district because this situation arises everywhere."

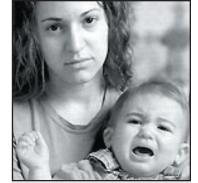
Adelante High School in Roseville, California, offers such a program. The school's website boasts that the school "provides a quality Infant / Toddler Center on campus so our student-parents are able to finish high school. We also help students with life-skills training for the future."

Instead of spending lunch time hanging out with friends or enjoying quiet time, many teen mothers throughout the country spend their lunch changing diapers and playing "Patty Cake."

"It would be so sad to have a baby at my age because I'm so young," sophomore Amanda Crab said. "My life would suddenly be centered around a little baby."

Some have worried that on-campus day care centers will result in higher numbers of teen pregnancies and will distract students. Others think that on-campus day care centers will simply provide necessary accommodations for young mothers working for a brighter future for themselves and for their child.

"Having a day care center at this school wouldn't encourage me to have a baby. Actually it would make me realize how difficult it would be to



It's a Hard Knocked-Up Life: A teen mother holds her crying baby.

take on the responsibility of parenthood at such a young age," said junior Sarah Wright.

Although the numbers of pregnant teens have gone down since the 1990's, teen pregnancy will never completely vanish from the high school scene. Luckily, school faculties have finally realized this and now offer teenage mothers an opportunity to finish their high school educations.

photos courtesy of www.prevention. state.mt.us, www.moderndaydad.com

Mr. Grant: The Man Beyond the Books

by sarah mook

staff writer

High Tide: Where were you born?

Steve Grant: I was born in Los Angeles but soon moved down to San Diego, so I would say I am really a San Diegan.

HT: Where did you attend school? **SG:** I went to Helix High School then to UCSD.

HT: What did you decide to major in?

SG: General Literature, I was pretty good at writing essays, and it seemed like the path of least resistance.

HT: What kind of jobs did you take to pay for tuition?

SG: I was a cook, a desk clerk, an apprentice carpenter, and a custodian.

HT: Anything particular about your college experience?

SG: I took a year off to go to Colorado to snowboard and I worked as a cook to support myself.

HT: How did you become the Library Media Technician?

SG: I first became an English substitute teacher for a year before becoming a full time English teacher and waterpolo coach at a junior high school. I taught at several school districts and eventually became the computer teacher there, creating all of the course work and systems, while also commuting up to Los Angeles every weekend to get a librarian'sdegreebeforecoming to LJHS as the Library Media Technician.

I get two
days off every
week and I also
get the summers off
which allows me to find
time for travel.

HT: What movies have you watched lately?

SG: Astronaut Farmer, it was diverting but not that great.

HT: Do you listen to any music? **SG:** I don't listen to music. I can't seem to find the time.

HT: What kind of hobbies do you have?

SG: I read a lot, and I used to surf all the time during college, but I rarely do it anymore because of all the work I have to do.

HT: How long do the textbooks last? SG: A college textbook wears in almost a year, but generally anywhere from one to two years. After rebinding them for \$7.50 each, they last about four to five years, but it is frustrating because a rebound book may only last two years.

HT: How long have you worked at L7HS?

SG: I have worked here for fifteen years and when I first started, Mr. Shelburne was an English and German teacher.

HT: Are you a part of any political movements?

SG: Yes, I am part of Americans for Department of Peace which is a bill in congress right now. It would allow for non-violent resolutions in international and domestic affairs. For two weeks

people can send postcards to Senator Barbara Boxer in order to help allow the bill to pass.

HT: It seems you have been a bit understaffed this year. What affects has this had on your ability to instruct students?

SG: Because there was no library technician all year until March, I was not able to teach incoming freshmen how to use the library.

photo by brieanna bates

FIREHOUSE REMODEL

by natalie reusser

staff writer

The usual digits typically associated with a fire station are 9-1-1, but the La Jolla branch is currently associated with the digits 375,000. As of now the community has raised 375,000 dollars for the reconstruction of Fire Station 13 located on Nautilus Street.

The fire station was built in the 1970's as a temporary unit, and has been in desperate need of a renovation for quite sometime. The local Sunrise Rotary Club has been fundraising for more than a year, and finally broke ground for a new station last month.

One of the members of the rotary club, Trip Bennett, is an architect and has drawn up the plans for the new station. Bennett is very proud of his club and community for all its efforts in the remodel, and gives all credit to the La Jolla

community.

"We're very proud of La Jolla and the number of people who contributed. It really is a project paid for by the citizens here, and that's what we've wanted to maintain," Bennett said.

La Jolla's Station 13 Captain Jim Palmer is grateful for what the community is doing. The fire fighters will no longer have to live three to a room, and cardboard will no longer be used to drown out noise between the walls. "They are treating us like royalty," said Palmer, who is so gracious for the remodel.

There have been over 200 donors for the renovation of the station and 100,000 dollars worth of labor and time donated to the cause. Another 50,000 dollars are in need for the remodel in order to finish details both on the exterior and interior.

The project is estimated to take roughly four months.



Ring the Alarm: The La Jolla Fire Station is currently undergoing restoration thanks to funds from the community.

figure to the

spend

working

leprechaun. I would describe

my style as involving offensive t-shirts and my masculine

physique. I owe my manly

hours

Guess Who

by ali cameron features editor

I am a junior, I am seventeen vears old and I just got my license. I have a nice sheepskin steering wheel cover.

I have many hobbies; I like to enjoy the aquatic life while riding with boards. I also dabble in the art of the piano-

I own a lot of random clothes meister. I am and I am best known for my on track; pantaloons. I enjoy dressing am a up and some of my past costumes have included captain planet, a ninja, Chewbacca, and a photos by lauren murray

sprinter. I am on the Improv team, so I guess that means I am pretty funny. I am also the master of Counterstrike. Peter Zhang is not.

March 16, 2007

I am a proud supporter of the Thundercats, Captain Planet, and Transformers.

and m ability ride unicycles.

I like to listen to techno music and occasionally something classical.

I am in Irish Club and I am actually Irish. I have never been to Ireland, but I am going this summer with

Irish Club. To celebrate St. Patrick's Day, I usually do a jig.

I have a large black standard poodle and her name is Camille.

My room is with covered music notes and contains many random objects.

I like to watch Family Guy and favorite movie would have to be Blazing Saddles.

When I grow up I would like to be a bounty hunter or a unicorn.

My idol is the recording artist Gunther.

I have a nickname so fill in the blanks: $most people\,know\,me$ as _-__ "Skeeolz"

The Guess Who contestant from last week was... freshman **Kimball Wing!**



Students struggle to find themselves amongst hectic schedules.

delaney maher staff writer

The schedules of high school students are jampacked. Between loads of AP homework, sports practice, studying for SAT's, volunteering at charity groups, attending club activities, and managing to get some shuteye, there's not a moment to

"I do jazz class, hip-hop class, National Charity League, piano, Junior Miss Beauty Pageant, and running. I have no free-time," junior Jennifer Huntley said.

People who have such schedules feel that they are on the right track and are

confidently college-bound. But the reality is, lifestyles like these can leave a student feeling more lost and befuddled than

Feats such as getting a super high GPA and achieving the title of MVP amount to nothing in the lifelong quest to find one's self.

People such as Siddhartha Guatama and Abraham Maslow devoted their entire lives to reaching selfactualization. With the drive for achievement embedded into high-school students' minds, their busy schedules leave no room for any alone time.

In many cases, seniors leave high school confidently, with

their resume in hand, a smile on their face, and no idea of who they are. Upon arrival at college, it seems to many that their life's achievements have amounted to a simple list. They are faced with the bold, harsh question: "Who am I?"

The more that people may strive for excellence, the more

unbalanced their lives become, and people tend to lose sight of their values and beliefs, or in other words, who they are.

Recently, the city of San Francisco cut back on the amount homework public schools assign their students. City officials say that valuable time is needed develop students' brains on aspects of

life that are not academic.

It takes a strategic balance between both to be successful.

"I think that some students are too focused on what they have to do to impress colleges that they forget

to have f u n and to enjoy

their time in high school," junior Sarah Shearer said.

Students are more susceptible to be confused about their identies when their busy schedules leave them with little time for themselves.

Students can develop their personality and decipher who they are, from sitting down to read a good book, to spending a day at the

cartoon by christine jung

beach alone. Either one of these can stimulate the mind and begin a train of thought that can inspire a person.

It takes more than these miscellaneous activities find one's identity. Time spent just thinking about one's life and one's surroundings can emphasize likes and dislikes, and therefore encourage the development of character.

If this surplus time were available to a students all over the world, the increase in an individuals' character and personality development would be immense.

Students who can effectively achieve time management will be better off in the long run. The time spent on school work and extra-curricular activities as well as free time substantially important in a person's development.



High school can be stressful so it is definitely important to have a balance between fun and school. I try to spend time doing things that are fun for me.

- freshman Kelsey Ryan - junior Daniel Gloven

I try to balance my social life with my academic life; I don't want to be a robot.



Perry helps PAWS

by abish simh

staff writer

Pets Are Wonderful Support (PAWS) is a non-profit organization that provides needs for pets that live with a low-income owner with a disease like HIV or AIDS. PAWS is a completely funded privately through donations and volunteering services.

PAWS gives its donators 11 choices in terms of choosing how to help. "People can start helping today, right in this school," Lisa Perry, La Jolla High's economics teacher said. PAWS allows donators to donate food, honoring a family member or friend, allowing PAWS to present the idea to your company employees. Many other ways are available, including donating a car or just by providing transportation to a local veterinary hospital.

PAWS provides many things due to the fact that they have clients who care for pets enough

to support the cause. "Even if students here donate a bag of dog food it adds up," Perry said. The program, being client based, provides services to low income people and includes emergency transportation, food delivery, foster care, people to walk their dogs, grooming and even adoption in certain circumstances.

An antique shop located on Girard Avenue is a client for PAWS and donates a lot and even helps contributing to adding 10-20 volunteers. "Yeah I've heard of it, its actually quite popular, I haven't volunteered myself but I would love to if I knew how," sophomore Dylan Boyce said. PAWS encourages people of all ages to come volunteer. PAWS can be contacted by phone, email or even stopping by there office. More information can be found by emailing info@pawssf.org or by calling (415) 979-9550.

Senior-Faculty

continued from Page 1



including seniors Pedowitz, Andrew Heap, Lizanne Koch, and Jack Peterson.

The seniors put on a great game, with Arrash Bahrololoumi showing freethrow talent and scoring points in the last quarter of the game. Ian Pearlman stood out in the first quarter when he continued to block the faculty's basket attempts.

The faculty team members really showed their skills with amazing shots by track coach Danny Kung, outfitted in 70's style basketball short-shorts. Both teachers Mr. A and Tom Atwell excelled, while Spanish teacher Claire Summer was seen leaping to the audience in an attempt to keep the ball in bounds.

Fashion Show

continued from Page 1

student body, administration and the community in a great dollars for the eight o clock cause." Mariner's President, show. Tickets will be on sale at senior Dallis Fox said.

Tickets for the six o clock week leading up to the show.

show are four dollars and six lunch on the quad during the

Question:

What do Rhodes Scholars do in July?

www.oxbridgeprograms.com They teach for us. :15wenA

Global Updates

by brie bates photographer

Zimbabwean leader freed from prison

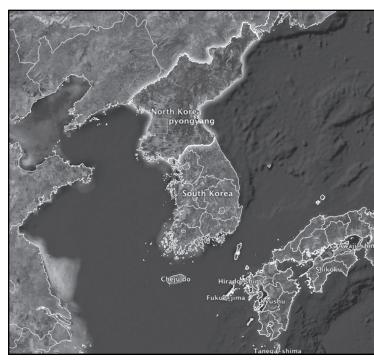


Morgan Tsvangirai, the Zimbabwe opposition leader, was freed from Zimbabwe police custody March 12th, and his court case has been moved to a later date. The Attorney general's office said it was not aware of any charges against Tsvangirai. Tsvangirai still remains in the hospital after being beaten and detained with fellow Movement for Democratic Change (MDC) leader Arthur Mutambara and National Constitutional Assembly leader Lovemorre Madhuk on March 11th. The Zimbabwe government forces have broken up a prayer meeting that the opposition leaders were having in the Harare suburb of Highfield.

North Korea wants back \$25 million to dismantle nuclear facility

North Korea claims it will dismantle its Yongbyon nuclear facility once \$25 million in frozen assets is given back. The United States Treasury Department has recently ended an investigation of a Macau bank that holds the \$25 million belonging to North Korea, and a portion of the money may be allowed to be sent to Pyongyang.

On Wednesday, the director of the United Nations' watchdog agency assured that North Korea is "fully committed" to shutting down the nuclear plant when financial sanctions are lifted and its funds are returned.



Cancer patient loses marijuana lawsuit





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A San Francisco Court of Appeals ruled against Angel Raich, a medicinal Marijuana user in Oakland, California, who takes the prescription for brain cancer and nine other medical conditions. The ruling states that persons who take medicinal marijuana to treat illnesses risk being subject to arrest and confiscation of their medication under federal law. Raich claims that the treatment is her "only viable option," and under California laws, doctors can legally prescribe medical marijuana for patients.

The Bush administration still sees the use of such medicine as illegal, and the three-judge panel found Raich's legal claims not strong enough to allow her to continue to take the drug as the case gets appealed to the Supreme Court again.