

Piercings

By Anton Swain-Gil
Staff Writer

Piercing is an interesting form of body art. It involves creating a hole in some fleshy part of the body for jewelry to be fitted into. Many ancient cultures have histories of body piercing. Different cultures were specialized in piercing different parts of the body and for different reasons.

Nose Piercing: Nose piercing was first recorded in the Middle East about 4,000 years ago. It was even mentioned in the Bible. Nose piercing is a popular form of body art today. Though popular with both men and women, it is particularly trendy for girls to put studs on the side of the nose. Artists like Leonardo DaVinci said that a face's character was made by the nose and a nose ring is a powerful way of accentuating that feature.

Tongue Piercing: Tongue Piercing originated in the Americas with special popularity among the Aztecs and Mayans. It was originally done as a religious ceremony, an offering of blood to the gods. Today tongue piercing is a popular and attention getting form of body art. It is seen as risqué and is prevalent in youth and subculture.

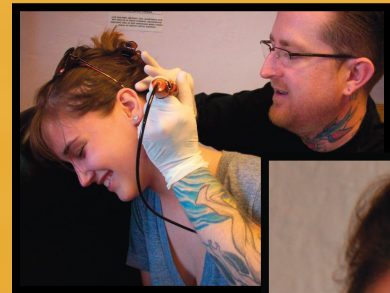
Ear Piercing: Ear piercing is the most mainstream and popular form of piercing and body art in general. This was probably the first form of piercing in human history. A frozen mummy, believed to be over five thousand years old was shown to have an ear piercing. Ear piercing has been a popular body art form for both men and women and even the late great Julius Caesar had his ears pierced. Some popular earrings are dangling jewelry, studs, and plugs that stretch out the earlobes.

Navel Piercing: Navel Piercing has not been recorded as present in ancient cultures but with the invention of the bikini and popularity of showing off midriffs, navel piercing also gained popularity. In the 90's, navel piercing became mainstream as some female celebrities began toting bellybutton rings. Nowadays it is a popular body art form among young women.

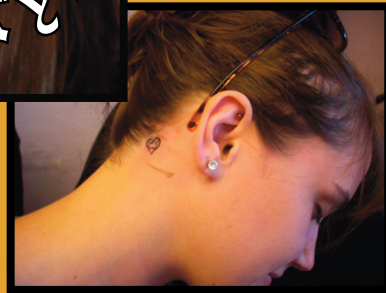
Nipple Piercing: Nipple piercing used to be practiced by women in a native American tribe in Texas, and is still practiced by women in a group of nomads in the mountainous region of Algeria. In western culture, nipple piercing was briefly popular in Parisian fashion circles but died out. In modern culture, nipple piercing has made a resurgence and is popular for both men and women alike.



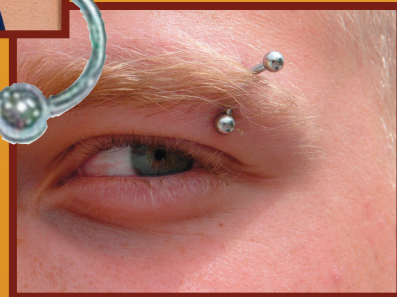
Freshman Jasmine Thomas got her bellybutton pierced at the age of fourteen. She is one of the only girls to have her piercing on the bottom.



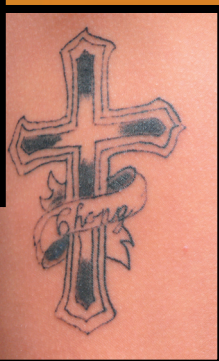
Senior Bryn Nau has the initials C.J. tattooed on her neck in memory of her younger brother Christian John Nau.



Sophomore Spencer Berke once had fifteen piercings, but currently has only one. His eyebrow piercing is not only original, it is also a bold fashion statement.



Senior Randolph Chong's tattoos all focus on his personal life. He got them to represent his family, faith, and most of all, his birthplace, Sacramento.



La Jolla High School's students flaunt their edgy tattoos and piercings. The HighTide takes La Jolla High students on an exclusive, inside look at the student's tattoos and piercings and the stories behind them.

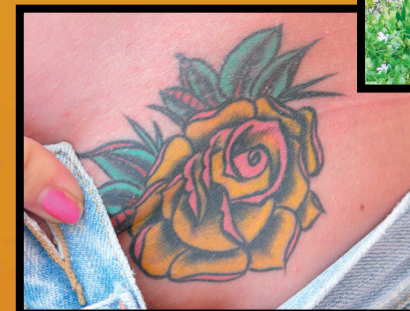
Senior Yizel Morales' half skull half dragon tattoo, designed by her, represents Yizel's love for dragons and her mother's love for skulls.



Senior Citlali Herguera-Acosta has many piercings. Her bellybutton was pierced for pleasure, and her tongue piercing was done to rebel against her parents.



Senior Diane Earl's yellow rose tattoo was done at age 17. Yellow roses are personal and meaningful to her. Earl feels that they are feminine and cute.



Senior Lexi Damon's tattoos have prominent meaning. The Christian symbol on her ankle represents faith for Christianity. The butterfly tattoo has been an ongoing tradition passed down by her mother.



Tattoos

By Carrie Lowe
Staff Writer

Imagine walking down a street anywhere in San Diego and suddenly, a tattoo parlor, with its walls covered in designs, comes into view. Most people imagine getting a tattoo and consider what design they are going to get, but never take the plunge and permanently ink their skin. A tattoo makes most people think twice about their actions, contemplating whether or not it is worth it and if it will affect their social and work lives.

"I think tattoos are okay if they are cultural but they are at the same time kind of 'disgusting,'" freshman Marissa Rauthause said.

However, in other countries, tattoos are not something vulgar and disgusting, but often culturally significant. The word tattoo comes from the Polynesian word 'ta' which means 'striking something' and the Tahitian word 'tatau' meaning 'to mark something'. Despite the Asian influence of the word, tattoos are a part of the history of almost every culture in the world.

Tattoos have a long history. They have been found on Egyptian and Nubian mummies which date back to 20,000 BC. Ancient Romans tattooed their prisoners and slaves. Even after the beginning of Christianity when most Europeans forbade tattoos, many parts of the Middle East and Asia still kept them within their traditions. In America, many Native Americans along the west coast and in Alaska mixed color with pricks to create simple markings. The Polynesian culture places great significance on their tattoos and have what are considered the most intricate and skilled tattoos in the world.

The Western cultures have adapted their own connotation of tattoos since the 18th and 19th centuries. Prisoners in the United States and Britain were identified by tattoos and places such as Siberian prisons and Nazi concentration camps similarly marked their victims. A certain stereotype has also stemmed from the tattoo, such as sailors and prisoners having the clichéd anchors, snakes and names inked on their arms.

In recent years, tattoos have become steadily more popular among the American population. "In 2006 36% of all 18-25 year old Americans have at least one tattoo and 83% of them do not regret it," Pew Research Center reported. Pop culture has also been a fixed influence towards the tattoo industry. Within the last 30 years, tattoos have been adapted and shown off by many well-known celebrities. In the 1970s, it was rock stars who put tattoos on the social map and since then, everyone from the guy next door to Mick Jagger to Angelina Jolie flaunt tattoos.

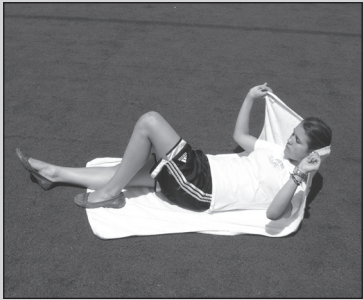
By Kelsey Pouk
Staff Writer

Starting an exercise routine a few months before summer will not only tone all the previously-clothed La Jollan limbs, but also boost metabolism and all-over well-being. Exercise, when made fun, doesn't have to mean a six-pack and ripped biceps, but rather a happier, more energetic being. Combined with water, nutritious foods, and a cardio workout, these exercises will pump up every girl.



ABS
The Beach Towel Belly Blaster

A common beach towel combined with the right moves means a better bikini body. Simply lay on the towel lengthwise, hold the top two corners up to cradle the head and support the neck, sort of like a hammock. Pull the navel towards the ground to engage the core and bend the knees. Straighten one leg on an in-hale, and pull it back in on the exhale. Repeat with other leg. As with most exercises, quality reigns supreme over quantity.



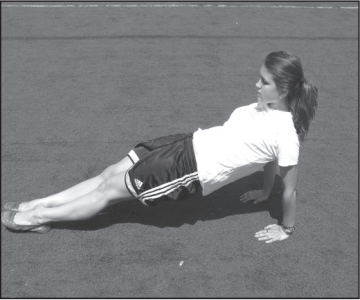
BUM
The Shaper Squat

The traditional squat is well known as a form of torture, but this one targets the booty and the inner thighs. With legs in a wide stance, turn out the toes like a duck. Then hold a dumbbell, or other cylindrical weight, between the legs. Bend knees while tucking in the pelvis and keeping arms still. Taking it slowly means more burn, and better results.



ARMS
Upper Arm Activator

Sit with legs out in front. Hands go palm down on the floor right behind hips with fingers facing toes. Point the toes, pull the belly button towards the spine, and straighten arms, lifting hips off the floor to create a sort of plank. The body should be straight from the toes to the head, with hands directly under shoulders. Hold, then repeat. However, don't overdo it since shoulders tend to get strained very easily.



By Cassandra Cook
Business Editor

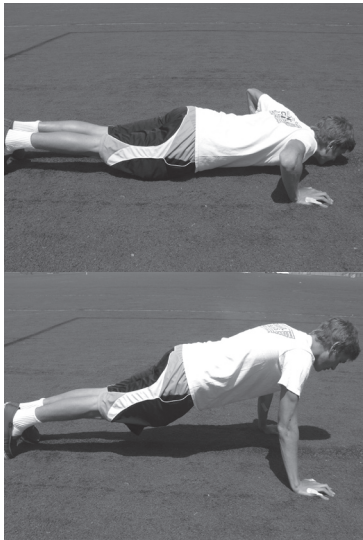
It's that time of year again where shirts become optional and you are ready to take it off. However, you might want to tone it up a bit just to guarantee 100 percent satisfaction for the ladies, so here is an easy workout routine to help shape you up.

Before you begin you are going to want to do a few simple stretches just to get you loose and ready for action.



ARMS
Pushups

First, you are going to do some classic pushups, so assume the position: straight legs with the body parallel to the ground. Make sure you don't thrust your hips up or down, they need to be in a straight line with your shoulders and knees. Then you are going to bend your elbows until your chest reaches the floor. Then push yourself back up until your arms are fully extended. Do 15 reps.



LEGS
Lunges

To start off, you are going to place your hands on your hips and feet together. Take one giant step forward. Next, dip down until your back knee is hovering above the ground and your front thigh is parallel to the ground. Then return to starting position. Do 7 reps per leg.



LEGS
Squat Jumps

For this exercise, squat down towards the ground until your knees are at a 90 degree angle. Then spring up, using your arms for added momentum. To make this exercise harder, extend your arms all the way up. (Looks kind of ridiculous but definitely effective) Do 15 reps.



B

O

Y

S

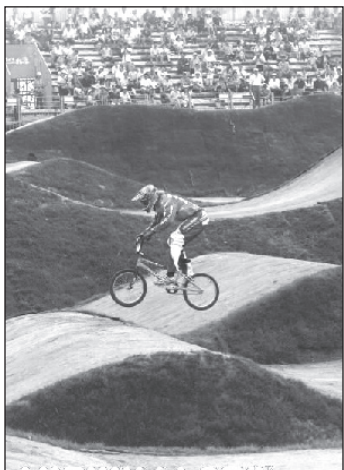
Now it's time for the cool down. Just do a few more stretches or perhaps some cardio, or even just meditate and channel your positive energy. You will not only look great, but feel great. After doing this routine a few times a week you will be in 'Ladies can I show you which way to the beach is' shape in no time.

2008 OLYMPICS PREVIEW

By Sarah Wright and
Dario Aharpour
Staff Writers

This year, China will hold the most prestigious gaming event in the world: the Olympics. The two cities where the games will take place are Beijing, and Quingdao. Beijing is the nation's capital located in northern China, and Quingdao is located in a province of Shandong in northeast China.

There will be a total of 28 sports represented and 302 events will be held, just one more event than the Athens 2004 Olympic schedule. Of these events, 165 will be men's, 127 women's, and 10 mixed gender events. Overall, nine new events will be held including BMX, steeplechase for women, and table



tennis for men and women in teams. In addition to adding new events, two new National Olympic Committees have been found in Montenegro and Tuvalu. These committees are responsible for organizing their country's participation in the Olympic games.

There have been many concerns voiced about whether the Beijing Olympics should occur at all. Beijing's pollution is five times higher than the level that the World Health Organization has standardized. Beijing has a blanket of carbon monoxide, sulfur dioxide, and nitrogen dioxide smothering the city like a grimy cloud. This immense cloud of pollution will put a serious strain on athletes who will attend the Olympics during the summer. The pollution is so intense that athletes are forced to train in different countries such as Japan and South Korea because of the long-term damage that may affect the athletes. Some athletes

may even be using gas masks or other respiratory aids to further facilitate their breathing and performance.

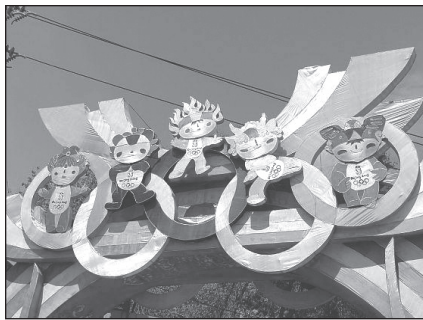
"The games should be moved to somewhere with air quality that is safe for the athletes, otherwise it will lower the performance of the competitors," freshman Michael Peterson said.

Although this air quality could recede, it is not likely for the area to be safe enough for the air quality to not effect athletes competing. Beijing is still working on the environmental safety by getting rid of cars and buses and other components to the air pollution. The Beijing Organizing Committee has said they are hoping to get the air quality cleaner before the games start.

Boycotts have been made at past Olympics, usually against the host country or other participating nations. No state has mentioned boycotting the 2008 Beijing Olympics, but there are some who create their own campaigns to protest the Olympics or components

of the Olympics.

There have also been problems involving the timing of the broadcast schedule for which NBC has offered to



pay 5.7 billion dollars. Many swimmers and other likely competitors have showed their dissatisfaction with the International Olympic Committee's decision made for this scheduling, which may cause more boycotting from the athletes themselves. Although the IOC only granted the request for gymnastics and swimming and not for the request of track and basketball, athletes are still upset by the change in timing for the competitions.

Although there are many controversies, the summer 2008 Olympics is sure to be a

Photos courtesy of www.olympicsbeijing.com

TEAM TERMINOLOGY DIVING

Forward dive – the diver faces forward and rotates forward away from the board.

Backward dive – a dive in which the diver begins with their back toward the water.

Inward dive – the diver begins facing backward on the board and rotates in toward the board.

Reverse dive – the diver faces forward and rotates backward towards the board.

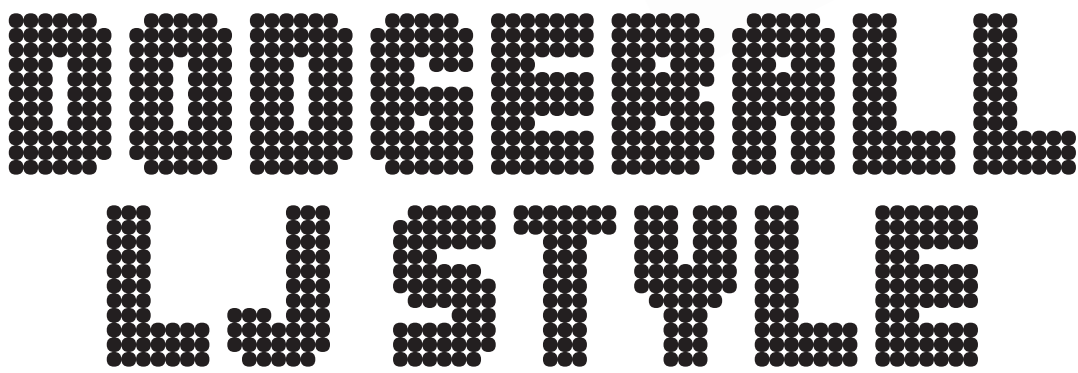
Twisting dive – any dive that includes a twist, whether forward, backward, reverse or inward.

Tuck – a position in which the diver bends their knees, bringing or 'tucking' the knees and thighs closer to the chest and heels toward the buttocks.

Pike – the diver bends their body forward at the waist. The legs are straight and the toes are pointed.

Straight – a position in which body is straight from head to toe with the feet together.

Terminology courtesy of www.realbuzz.com



La Jolla High students have a blast playing with balls

By Kyle Loomis
Staff Writer

Back in the old days, dodgeball was everyone's favorite recess activity. Some things never change.

On Tuesday, April 1, students of La Jolla High School participated in a dodgeball tournament, the very first in school history.

Organized by LJHS's Associated Student Body, the tournament consisted of over 20 teams of six or more players.

Being either a player or spectator was free of charge, so the purpose of the tournament was just for entertainment.

"It was just for the people," ASB co-Commissioner of Spirit and Activities Kevin Miller said.

The rules were the same as traditional dodgeball rules. The six players on each team play with six balls, throwing the balls at the other team. Being hit by a ball thrown at you results in leaving the game

unless you catch the ball, in which case the thrower is out.

Also, when the ball is caught, a teammate on the receiver's team is allowed to return to play. The first team to have all their players out loses. If the time limit is reached before a winner is decided, the team with less people in the game loses. As the tournament continued, the level of intensity escalated.

Some matches were dramatic upsets, including the Girls Basketball team beating team 1337 Haxor Asian Ninjas. Surprisingly, two teams of mainly sophomores played in the final match to determine the champions of the tournament. Team Aim Low and Los Seis Panchos played each other in a contest that required three matches to establish the winner.

After three close matches between the two teams, Los Seis Panchos came out on top and claimed a spot in LJHS history as the first official school dodgeball champs.

"I was really excited. Winning is everything to me in life, especially in dodgeball," sophomore Andy Gibbs said.

Gibbs, a member of Los Seis Panchos, delivered the final blow to Aim Low by eliminating their final member in the third and final match.

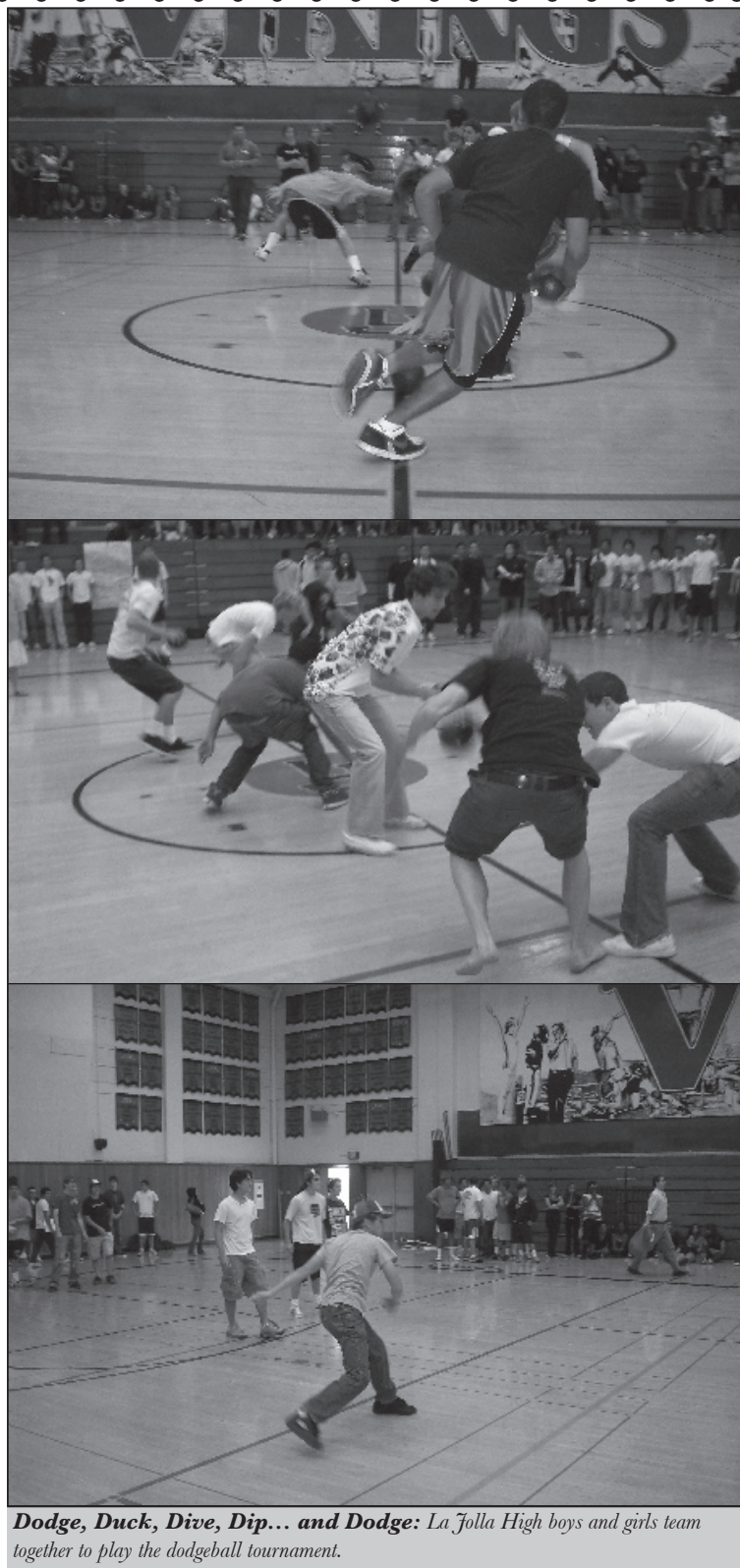
Team Aim Low was disappointed to say the least, but they're still convinced that they should have won.

"We would've won if we cheated like the other team did," sophomore Cameron Holmes bitterly said.

While there was no tangible prize for first place in the tournament, Los Seis Panchos believe that bragging rights are more than an adequate reward for their hard work and excellent play.

Attracting the interest of more than 100 players and hundreds more spectators, the amount of fun and competition in this year's dodgeball tournament set the precedent for future years,

Photos courtesy of Associated Student Body.



Dodge, Duck, Dive, Dip... and Dodge: La Jolla High boys and girls team together to play the dodgeball tournament.

Junior Theatre presents:

Joseph and the Amazing Technicolor Dreamcoat

By Molly Salas
Opinions Editor

Where can you find cowboys, envious brothers, thievery, famine, and polygamy all in the same place? All of these and more are a part of San Diego Junior Theatre's next production, *Joseph and the Amazing Technicolor Dreamcoat*.

Playwright Andrew Lloyd Weber interpreted the Biblical story of Joseph and his eleven brothers exactly forty years ago. From the mind that brought *The Phantom of the Opera*, *Cats*, and *Jesus Christ Superstar* also comes the story that follows Joseph, the prodigal son of Jacob, and his eleven envious brothers. The siblings detest Joseph's favored-status with their father, his ability to interpret dreams that tell the future, and the magnificent multicolored coat Joseph receives. The brothers plot to

capture him and sell him into slavery, unaware that Joseph's unique abilities will get him far, and that they will need him in the end. The whole story is set to a multitude of song genres including country, calypso, French ballads, and Elvis, among many more. "I am really excited to see Joseph and the Amazing Technicolor Dreamcoat. It has a couple kids from our school in it and I think it will be pret-

ty entertaining and original," said sophomore Jane Yoo. Since the play has no dialogue whatsoever, three narrators harmoniously sing the story of Joseph and his

dreams. An ensemble cast of more than sixty kids ranging from ages eight to eighteen is essential to make the narrator's story come to life onstage. This is done through back to back energized dance numbers that keep the actors exhausted by the end of the show. "It's interesting because it's unconventional in that the whole

story is told through song and dance, with as little dialogue as possible. Even though it's not true to form for most musicals, all of the music and dance add a little spice to it. Not only is it fun to be a part of, it is fun to watch," junior and cast member Philip Greenberg said.

Director and choreographer Holly MacDonald demands a lot from her actors. She holds rehearsal ten hours a week. When rehearsals move to the theatre space at the Casa del Prado Theatre in Balboa Park, rehearsals will be extended to four hours a day. However, the strenuous rehearsal schedule is worth it to produce a fantastic show by opening night.

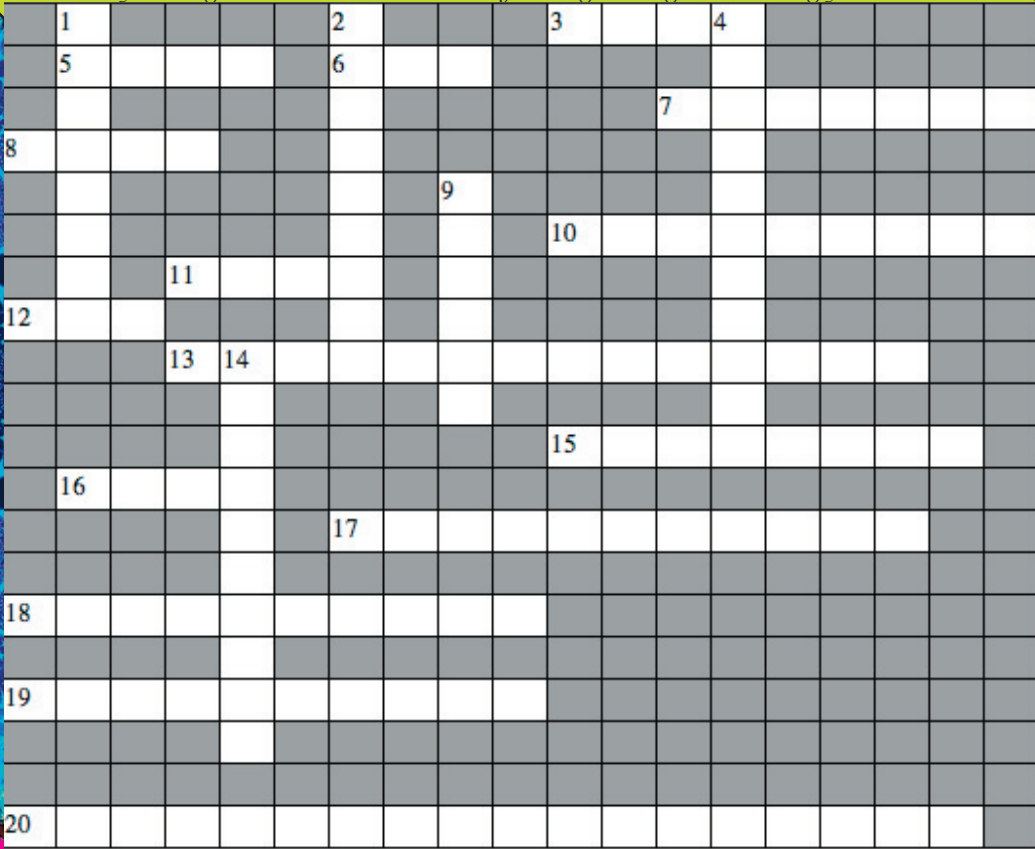
Starting April 25, Joseph and the Amazing Technicolor Dreamcoat runs for three weekends in Balboa Park, until May 11.



photos courtesy of Molly Salas

Across

3. Lead singer ____ Graffin of Bad Religion
5. "If I Had ____," the single from Jack Johnson's latest album 6. ____ DeLonge, lead singer of Blink 182
7. Indie rockers with hit single "When You Were Young"
8. ____ Murray, Scarlett Johansson's co-star in *Lost in Translation*
10. Movie version of a popular musical, featuring John Travolta in drag
11. Name of Natalie Portman's character in *The Other Boleyn Girl* 12. Acronym for the most popular "massive multi-player online game"
13. Former child star who made headlines recently by shaving her head 15. Beatles album featuring the song "Eleanor Rigby"



16. Lead Singer of U2 and part-time political activist 17. Hannah Montana's real name
18. Name of Paris Hilton's Chihuahua 19. ____ Lovesound, JT's last album

Down

1. Latest Will Ferrell movie, also starring Woody Harrelson 2. Keira Knightley's last film, based on a novel by Ian McEwan
4. Video game that judges sills on a common six-stringed instrument 9. Hit Broadway musical ____ Boys, which originated at the La Jolla Playhouse
14. Rock group behind the March release "Consolers of the Lonely"

COACHELLA FESTIVAL

By Zach Clemente
Staff Writer

To most people, the Empire Polo Grounds in Indio, California are just stretches of dirt and grass with nothing interesting to boast. However, they retain a semblance of an annual event that shakes the green grass down to its roots. The occasion is the Coachella

Valley Music and Arts Festival, which returns this year

where the main entrance is located, the tents are barely visible over the merchandise and



supply booths, selling all sorts of goodies (shirts, bags, and scarves) and necessities (water, headache medicine, water, and more water). The size of the grounds itself is vast, with the Coachella/Main Stage and Sahara/Dance Tent being on

opposite corners, the barely manageable walk from

one to the other is infinitely extended by the unyielding crowds. The feeling

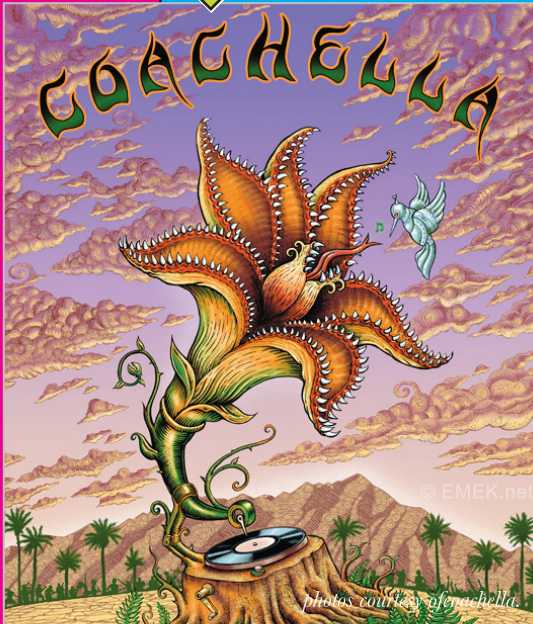
of overwhelming independence really starts to catch on

after seeing two or three vastly different performances, and it starts to take its toll. One must bring a well-stuffed wallet, for the food, while astoundingly tasty, is quite expensive; and when in waves of heat and night exhaustion, it ends up being hard to know when to stop buying. One very peculiar aspect of the experience is the complete lack of needing to relieve oneself. No matter the amount of water consumed, it will all be sweated out.

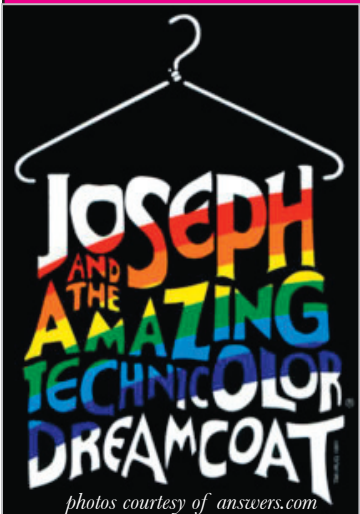
Not only are there differing food stalls separated by region and live performances to visit, there are always an amazing display of sculpture to examine, or at night, lounge by, waiting for the headache to subside, including a giant wall of protruding light-emanating dots, a tri-jointed tesseract, and twin Tesla coils that jettison lighting at each other.

Coachella is a magnificent occasion, manifesting three days out of the year; the rest is just memories and the calm fluttering sound of the electric windmills stationed nearby, waiting for the next musical festivities to begin.

From one corner,



Coachella: The legendary Roger Waters (top right) and an intriguing poster (above)



photos courtesy of answers.com

Taste the rainbow: The official poster (above) and the Joseph character in his coat (top center)

Flight of the Conchords

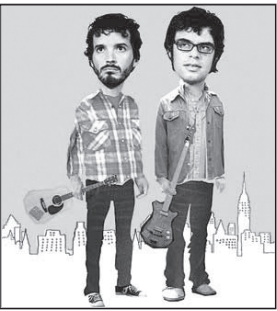
By Molly Salas
Opinions Editor

Just signed for a second season of laughs, music and New Zealand accents is HBO's hit series, Flight of the Conchords. Starring New Zealand natives Bret McKenzie and Jemaine Clement, the show focuses on the duo's band and their tribulations of trying to be successful musicians in New York City.

Originating as a musical group whose base was in parodies, the Conchords became the theme of a BBC radio series before breaking out in the United States in June 2007. Grammy winners for Best Comedy Album this year, the band Flight of the Conchords not only has hilarious, catchy songs, but they have genuine musical quality.

In the series, the band has one manager, Murray, (Rhys Darby), who also works for the New Zealand consulate. The band has also secured a fan base of one married woman, Mel, who has a creepy fixation with Bret (often regarded as the shy, confident one) and Jemaine (the ladies' man likened to an ogre that works in a library).

The show frequently has spontaneous bursts of songs that tie in with the plot of the episode, as well as many 20th century rock references. When Bret experiences a bout of low self-esteem, he is visited



by an ever-changing David Bowie who gives him fashion suggestions and advice.

Internal monologues as well as dialogues are also expressed through song, like Jemaine's "Bret, You've Got it Going On" where Jemaine assures Bret, "Why can't a heterosexual guy tell a heterosexual guy that he thinks his booty is fly? Not all the time obviously, just when he's got a problem with his self-esteem." Other favorites, such as "Business Time", "Albi the Racist Dragon", and "If You're Into It" make Flight of the Conchords an uproarious comedy.

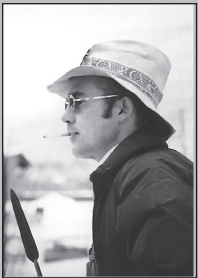
Mixed with impulsive music videos and winning charm, the Conchords have secured their place on HBO,



Business Time: Jemaine and Bret in a couple of classic poses

Qing YorkWilliams
Staff Writer

Original Gonzo journalist and legendary author Hunter S. Thompson begins his off-the-wall account of the time he spent with the most infamous motorcycle gang in history like this: "California, Labor Day weekend . . . early, with ocean fog still in the streets, outlaw motorcyclists wearing chains, shades and greasy Levis roll out from damp garages, all-night diners and cast-off one-night pads in Frisco, Hollywood, Berdoo and East Oakland, heading for the Monterey peninsula, north of Big Sur. . . The Menace is loose again." And without skipping a beat, the reader is sucked into 1964, a world of marauding, pillaging and raping, allegedly.



In his usual irreverent and wholly unique style, Thompson tells the stories of the Hell's Angels, describing who some of the men were, their lives in and out of the world of "chopped hogs", and the impact their eventual friendship had on his life (Thompson was evicted several weeks after he began receiving his new leather-bound friends at his San Francisco apartment.)

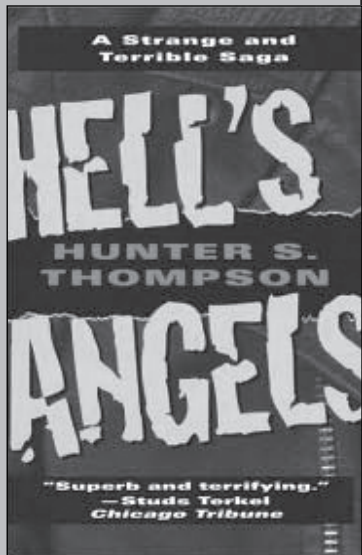
From the start he addresses some of the most notorious reports of Angel debauchery, including their 1964 Labor Day Run that ended in Monterey after two young girls reported to police they had been gang raped by multiple members of the club. From there Thompson describes everything, their rise to outlaw stardom, and more personal accounts of his interviews with the likes of long time Angels president "Sonny" B a r g e r .

Thompson tries to write an honest record of Angel activity and motivation, but it is apparent to any reader which side of the law he has more sympathy for. He speaks about the charges against the gang he got to know so well as though they are to be taken with more than a grain of salt, including numerous gang-rapes, and acts of wanton violence and destruction. To be fair, the Lynch report that he so often quotes is almost laughable at times. The report, compiled by the then new California Attorney General Lynch, lists page after page of alleged offenses committed by the gang, it's size, and consummate threat to society. According to the report, the 450 members of the club had a record of 874 felony arrests, 300 felony convictions, and more than 1,000 misdemeanor convictions. While these and other statistics pre-

sented by the report are hard to believe - Thompson and Barger claim the club never grew past much more than 100 members - it is sometimes hard to believe the flippant tone he uses to address the crimes the Angels committed.

Hell's Angel's explains itself from the beginning, as a self-proclaimed "Strange and Terrible Saga". Those men were not "monks" as one journalist so aptly pointed out, they were a mean and dirty band of brothers atop chopped Harley 74's. Even after Thompson was "stomped"(beaten to a pulp) by several Angels after a year in their company, he maintained an affection towards those highway hoodlums, writing about them with sincerity and depth.

photos courtesy of www.amazon.com



Angels or Demons?: The book cover(above) and Hunter S. Thompson(top left)

By Kelsey Pouk Staff Writer

American Idol

With Jordin Sparks singing alongside Chris Brown and Grammy-winning Kelly Clarkson churning out hit after hit, American Idol has become a television phenomenon. In its seventh season, Idol still sparkles and has solidified its place in American culture.

Simon Cowell's biting remarks, Randy Jackson's ever-enthusiastic presence, and Paula Abdul's entertaining antics have the American public hooked as they vote on the next vocal star.

"I usually just watch the show for Simon's criticism, but this season is actually kind of interesting," said freshman Bruno da Matta.

Seventeen-year old David Atchuleta from Utah has proven himself to be consistently enjoyable to watch.

Atchuleta arrived on the show and immediately rocketed to the top. While some of his dance moves may be questionable, his voice definitely is not and the American public continue to shower him with text message "vote kisses."

Also among the Season 7 Top Ten is Syesha Mercado from Florida. Inspired by Whitney Houston, Zap Mama, and Lauryn Hill, the singer may have a more rollercoaster performance record, but seems to have a charisma that translates on screen. While her personality seems to switch drastically between episodes, her voice salvages all



Funny Face: Simon Cowell shows off his famous criticism with a facial expression

trust lost in her appearance.

Some contestants are more promising than others, but those reppin' the big SD receive a few extra credit points. Saving the (geographically at least) best for last, the contestant previously know as Carly Hennessy bounds onto the show to try her chords and hopefully rebuild her image

after her first amateur album sold only around 300 copies.

Now known as Carly Smithson, she is seen as one of the strongest female voices on the show, and her appearance certainly reflects that. With tattoos snaking up her arm, she flaunts her Irish roots, as well as her San Diego residence. The 24-year-old draws inspiration from fellow artists like Annie Lenox and Aretha Franklin. Smithson stresses her hard-working personality, considering she had tried out for the show before.

"Carly's the gal to beat this season," said Gary Dinges on the blog Idol Chatter. Making it into the Top Ten, her March 26th performance was lackluster compared to her others, but bloggers and viewers alike have faith in her ability.

The Season is not yet over, and the fight for stardom remains passionate. How it will all play out, one can only guess, but another star is on the horizon. So as America programs their TiVos and DVRs, one lucky singer's dream will democratically come true.

SUDOKU

	7	4			9			6
	3	1	8					
		9				2		
	1			4	6			
	9		7		1		2	
			9	3			4	
		3				8		
					8	4	5	
7			6			9	1	

photo courtesy of www.dailysudoku.com

Hair By Shari Cottrell



\$20 Student Haircuts
By Appointment Only

858.361.5321