


Single and Loving It...

By Sarah Wright

Staff Writer


Valentine's Day is a day for couples to share their love, buy candy, and give into the Hallmark industry. This is why single people should replace Valentine's Day with singles day on February 14th. There are many things single people can do on Valentine's Day and still have fun.

Rock Climbing




While most people will be sitting at home eating the chocolate they got from their valentine or out on a big dinner date, one can opt to exercise with a friend in a fun way. Take a friend rock climbing for the holiday and get in shape while strengthening the friendship at the same time. Solid Rock, 2074 Hancock St., is an indoor rock climbing gym in San Diego that has great prices, \$12 for one day, and has a variety of walls to climb. Everyone else will be jealous when they gained five pounds in chocolate while you are toned and fit. "This is a phenomenal idea because its adventurous and anyone could enjoy rock climbing," senior Danny Breslow said.

Movie Marathon



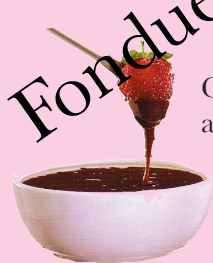
Movies are something that most people do on a weekly basis, but make this a movie marathon. Save up some money and go see all the movies that one's friends have been wanting to attend. Stay away from movies that involve romance and try to see comedies. Turn the night into a game, every time someone talks about hating Valentine's Day or wanting to have a valentine, have a funny consequence. For example, do a dare or something embarrassing, but harmless, so they will focus on just having fun with the group. This will keep everyone laughing all night long. "I love this idea. I go to the movies a lot but this would make the experience so much more memorable. My friends and I also like to throw popcorn at all the couples," freshman Aoife Collins said.

Bowling




Although bowling is a good couples activity, it is even better to go with a group of friends. Take a group of six or more midnight bowling. Having no school the next day makes Valentine's Day the perfect opportunity to have a gathering like this. Once everyone is there together having fun they will forget the fact that they are wearing used shoes, and will be thinking about how many strikes they have gotten.

Fondue




Gather a group of friends who don't have Valentine's and use the money saved from not having a Valentine, to treat the group to a nice fondue dinner and dessert at Forever Fondue in downtown La Jolla, 909 Prospect St. The restaurant has a great atmosphere, providing friends with a place to have fun and get together without feeling left out on this day of love. "A fondue party is great because chocolate is a natural aphrodisiac and that's exactly what you need on Valentine's Day," senior Valerie Benner said.

Camping




This year, we are fortunate enough to have Valentine's Day fall on the Thursday before the Presidents Day holiday weekend. This gives you the opportunity to really wow your sweetheart and extend the valentine magic for longer than usual. Use this opportunity to spend a relaxing weekend camping. Not only is it romantic, it is loads of fun and relatively cheap. Encinitas has great beach side campsites, nice restaurants and shoreline to explore. Another beautiful place to spend this four-day weekend is up in the mountains. Although temperatures may be low, the romance is sure to heat up.

Keep it Simple




For the busy couple, an easy and casual date is the best. If you cannot get together until later at night, a date in front of the fireplace is ideal. Kick your parents out of living room and cook your date their favorite dessert. Cooking for your date, especially their favorite treat, tells them you care and will impress even the hardest to win romantic prospect.

Explore the City



Use Valentine's Day as an excuse to escape the familiarity of La Jolla. Our great city has plenty of places and attractions that soften the heart. Take your date down to Balboa Park. Walk through all the wonderful plazas and gardens until you get to the Japanese Tea Garden. Enjoy an elegant lunch and after that, a short walk to the Zoo, where you can satisfy your intellectual, as well as the romantic, interest. End the date with a ride on the Zoo's Skyfari, maybe stealing a kiss as you look over the park.

Buy a Star



Buying a star, and naming it after a special someone, has been a popular gift for a long time. Have a star officially named after your significant other. Then, after dark, take them for a romantic stroll on the beach. Point out their star and relish in their delight and appreciation for your thoughtfulness.

That Lovin' Feeling

Why We Love...

Why We Hate...

Valentine's Day

By Angie Rosal-White

Staff Writer

To many people, Valentine's Day can be expressed through a box of chocolates, a dozen roses, or simply a homemade greeting card. However it is undoubtedly linked to feelings of romanticism and time spent with loved ones. Regardless of the interpretation of this special day, it is considered to be a day of love. Valentine's Day gives secret admirers a chance to reveal themselves to that special someone. A friendly valentine can express one's affection to another person. Whether one chooses to stay up the night before Valentine's Day baking cookies for friends, or crafting the prefect decorated hearts made with love, Valentine's Day is a perfect day to celebrate any relationship.

For some people, the perfect Valentine's Day date has been in the making for weeks. Senior Alex Abbott wants Valentine's Day to be a special day to spend special time with his special someone. "I want to take my girlfriend to the children's pool and watch the waves break, then I'm hoping to read a love sonnet to her, and show her our unique love by giving her a cardboard cutout of me so she won't ever be lonely," Abbott said.

There is no right or wrong way to celebrate Valentine's Day. For some couples a casual stroll on the beach is ideal, while others enjoy the elegance and charm associated with this holiday. Junior Samantha Esperaza wants to keep Valentine's Day simple but memorable too. "I'm hoping this Valentine's Day will be surprising and fun with my boyfriend, even if it's just a nice card. Just as long as I know he thinks of me on such a special day," Esperaza said.

Valentine's Day is a time to express one's love and appreciation through creativity. Not only is Valentine's Day a sappy holiday on which love is expressed, it can also be viewed as a day to show one's appreciation towards another. Whether it is the appreciation of a simple friendship, or an appreciation for one's well being, there is no doubt that hearts will be warmed this Valentine's Day. Valentine's Day is the only holiday where the phrase "be mine" is acceptable and not awkwardly said, so take advantage of it and make this Valentine's Day something to celebrate.

It is easy and very common to get caught up in the business of weekdays, so Valentine's Day is the ultimate opportunity to focus solely on a loved one. Escape the hustle and bustle of every day lives, stop taking lovers for granted, and dedicate February 14th to giving a valentine the best Day possible.

This "Hallmark Holiday" can be cherished and memorable for everyone. Valentine's Day gives an excuse to wear as much pink and red as possible, be crafty and unique, eat as much chocolate as your stomach can take, and experience a warm, tingly feeling inside when receiving a special something from a special someone.

By Lena Rothstein

Editor-In-Chief

Every year when February 14th rolls around, Americans nationwide are forced to face the reality that they are alone for yet another Valentine's Day. Gone are the years of decorating heart shaped boxes and dropping a special card onto each classmate's desk. In high school, teens begin to realize the pressures of this Hallmark holiday and start to stress over a day that should never be recognized in the first place.

The concept of Valentines Day is sweet; appreciating that special person in one's life by showering them with flowers and chocolate. However, the demands of this holiday distract from the real purpose of the day, and can end up being detrimental to oneself and possibly even the relationship.

For people in a relationship, Valentine's Day leads to certain expectations, even if they are subconscious. When these expectations are not met one places blame on his or her significant other for seemingly trivial reasons. The day also causes substantial amounts of unneeded pressure. Many guys stress over finding the perfect gift and creating a lasting impression, which ends up distracting them from the real reason for the day, showing appreciation for one another.

"Since Valentine's Day is on a weekday it is hard to do stuff for it. People make a big deal out of it but there are a lot of other ways to show the person you care about how you feel" senior Jake Lambert said.

Some students even believe Valentine's Day is a way to try and make up for a lousy relationship. "All Valentine's Day really is, is a way for guys to get out of the dog house for all the mistakes they have made in the relationship over the past year," senior Bryn Nau said. Living in a nation where 45.8% of marriages end in divorce, teenagers are faced with the reality that love does not conquer all, and Valentine's Day can be a harsh reminder of that.

Another negative about Valentine's Day is the sense of loneliness it brings to single men and women. The day gives off the vibe of love and happiness, which leads many people into a depression over something they wish they could attain.


Many singles spend the day eating massive amounts of chocolate, and crying over a sappy movie. A poll done by MSNBC showed that 15% of American women send themselves flowers on Valentine's Day to compensate for their lack of love life.

"I usually just end up asking someone for some of their Valentine's candy," junior James Giammona said.

In the end it is simple, Valentine's Day is an unnecessary holiday that takes away from the many joys of being single, and brings unneeded complications into the already difficult world of relationships.


Live In Love

Meredith & Tyler




Sporty juniors, Meredith Green and Tyler Woods will engage in a romantic dinner after returning from competitive sport practice.

Callan & Jake




Beach lovers, sophomore Jake Shwisberg and freshman Callan Parra take it breezy and easy by having a picnic at their favorite beach.

Tony & Sandy



Sophomore Tony Murillo is taking his girlfriend of three years, Sandy Barbosa, to a romantic dinner, along with giving her a special gift.

Bridgette & Reno



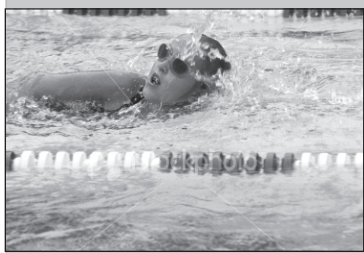
Junior Reno King plans on buying his girlfriend Bridgette Souza a Tiffany's necklace to match the earrings he bought her for her birthday.

Spring Sports Lineup

By Kyle Loomis
Staff Writer

Tennis:

Not much needs to be said about the LJHS tennis team, considering they have won CIF eight years in a row and a total of 41 times, which is a state record. However, nothing is guaranteed, especially since last year's CIF final versus La Jolla Country Day was very close. Behind senior Kyle Van Buskirk, the Vikings will be the premier team of San Diego and will very likely do well in the playoffs.



Swim:

Look for this year's swim and dive team to be the premier team in San Diego. LJHS is fortunate that many of its star swimmers, are returning including Allie Knight and Kelly Wahl, who won CIF last year. The boys also have returning key swimmers Tyler Woods and Jake Allen, who both competed and placed well in

CIF finals. Coronado and Cathedral have been consistent rivals, as well as Mt. Carmel High School being a constant threat to the CIF Championship.



Boys Lacrosse:

Last year's successful season will carry over for this year's boy's lacrosse team. The seniors this year are ready to step up after many of last year's starters graduated. Key players will be seniors Drew Newberry and Daniel Gloven, leading the rest of the team to victory over big rival Bishop's.

Girls Lacrosse:

Last year, the girl's lacrosse team made it to the CIF quarterfinals. Expect them to have an equally exciting season this year. Led by senior Mia Cohen, LJHS will put up a good fight against rivals like Poway and Cathedral. This year's team is young, but very capable of matching last year's success.

Softball:

Each year the softball team looks more and more impressive, but it will take a lot of work and dedication to make up for the loss of crucial players last year. Junior Jenny Russell has emerged as the star pitcher, and the Lady Vikings could easily surprise the rest of San Diego by doing well in league play and possibly making the playoffs.

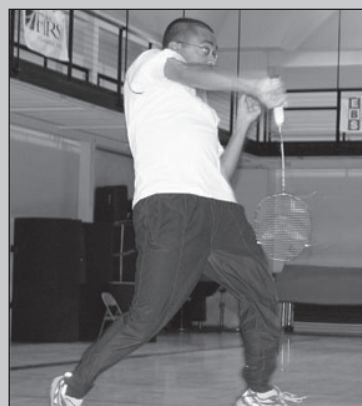


Volleyball:

After a close loss in the CIF finals last year, the volleyball team hopes to redeem themselves by winning it all this year. With many key returning players like seniors Matt Jones and Kevin Leyva, this goal is likely to be fulfilled. Matches against Cathedral Catholic and Scripps Ranch are sure to be close and fun to watch as the Vikings dominate Western League.

Track:

The LJHS Track team anticipates repeating its impressive year last year under Coach Danny Kung. Last year they won Western League and did well in CIF's, and they have high expectations about this year as well. "We aim to win Western League again," senior John Jackson said. Jackson, last year's team MVP, leads the Vikings along with a strong corps of seniors. Their biggest rival is St. Augustine's High School. Both the girls and boys teams will be fun to watch and will hopefully bring the CIF title back to La Jolla.



Badminton:

Badminton goes highly unappreciated at LJHS, but this year's team will surprise any

doubters that think this sport is not fun to watch. With seniors Michael Rutgard, Forrest Zhang, and Whitney Wing, the LJHS badminton team will do very well this year, putting up a strong fight for Western League.



Baseball:

After a memorable 2007 season, expect the LJHS baseball team to improve even more this year. The Vikings are led by many senior players, including returning starters Trent Jemmet and Peter Sefton. Junior pitcher Patrick Christenson is expected to play a key role in the team's success as well. LJHS beat cross-town rival Bishop's last year 11-4, so this year should be just as spectacular as the Vikes attempt to go far in the playoffs.

Photos courtesy of www.sporticons.com

PARENT PARANOIA

Carey Kennedy
Staff Writer

While standing on the sideline during a game, the sound of screaming parents and the sight of stressed out kids is becoming an increasing trend. Over the years, parents have pushed hard in order for their child to succeed, whether it is for college or to live up to a high expectation and high school students are finding it very demanding.

One La Jolla High student reminisces over her past experience. "My mom would go to every game. Always lecturing me on what to do when I was playing," an anonymous junior said. Although she enjoyed the sports it soon became stressful during every game. "It came to the point where it wasn't about me playing, it was only about winning," an anonymous student said.

Today 30 million students play organized sports according to the National Council on Youth sports. Although some parents may be extremely competitive, there are still plenty of parents that are constantly encouraging their child's decisions.

"My parents come to my games and support me as I play. They don't force me because it is my choice," sophomore Cami Felt said. Felt explains that even though her dad loves active sports, he only cheers her on to try her best.

One of the reasons sports were created was for pleasure and well being. Bruce Ward, San Diego physical education and athletics director, has his own opinion.

"They're talented, terrific, players, but I don't see the joy. They look tired. They've played so much year-round, they are like little professionals," Ward said for a La Jolla

Country day conflict. Obviously, competitive sports are taking a toll on the lives of many young students.

"I used to play soccer for a while and my dad was my coach. It was a lot of pressure since I was the coach's daughter," an anonymous freshman said. Many students tend to play a sport to make their parents happy. Parents often live vicariously through their child by pushing them to play a sport that they did not have the chance to participate in.

Remarkably, the competitive environment is turning into a zoo. Parents can get angry at almost any time interrupting their child's performance during the game. However, it is important to realize that putting in your full effort and meeting new people is what it all comes down to. Hopefully, par-

ents and students will discuss whether or not the sport is something that they would enjoy.

Photos courtesy of www.madangle.com



TEAM TERMINOLOGY BASKETBALL

Alley-Oop Pass - A pass thrown with a high arc near the basket so a teammate can make a leaping catch and score in a single motion.

Backcourt - That half of the court that is the farthest from the offensive basket. Also, the position played by the guards.

Back-Door Cut - A cut behind the defender and toward the basket.

Bank Shot - A shot that hits off the backboard and then rebounds into the basket.

Fade Cut - A cut used by an offensive player coming off a screen when the defender is in a sagging position.

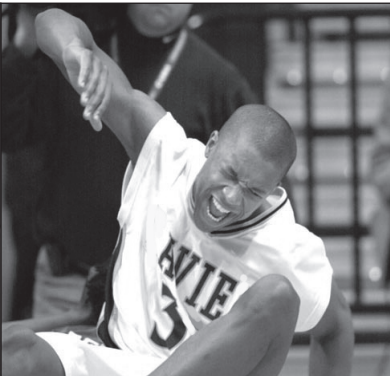
Full-court Press - When defenders guard the offense in the backcourt.

Power Lay-up Shot - A lay-up used when closely guarded.

Rocker Step - An offensive move consisting of a jab step followed by a step backward; the player can either shoot or drive, depending on the movement of the defender.

Top of the Key - The semi-circle that extends beyond the free-throw line.

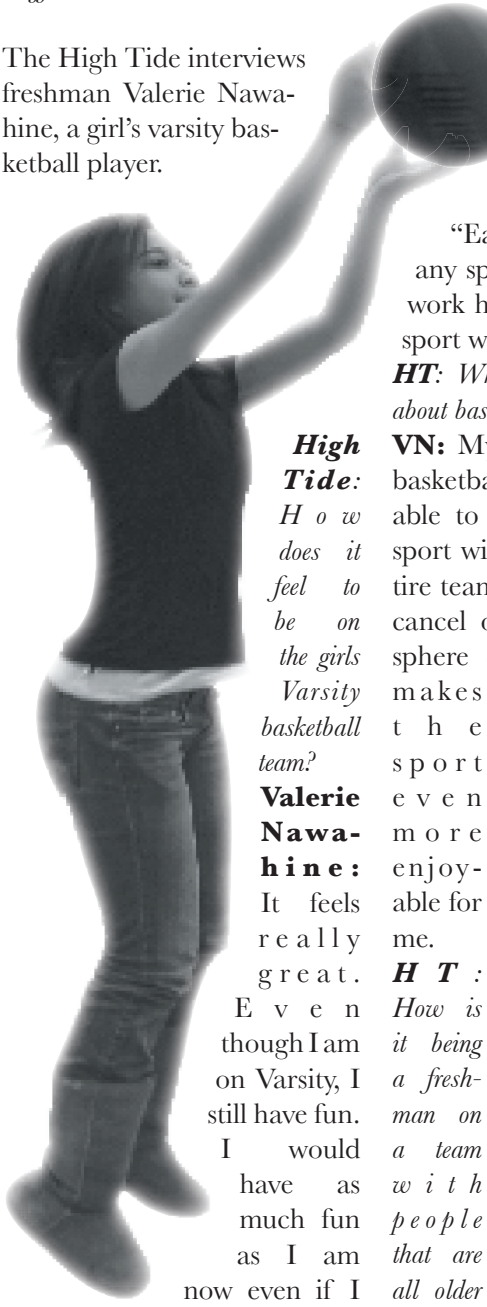
www.basketball-plays-and-tips.com



Standout Athlete Valerie Nawahine

Dario Aharpour
Staff Writer

The High Tide interviews freshman Valerie Nawahine, a girl's varsity basketball player.



High Tide: How does it feel to be on the girls Varsity basketball team?

Valerie Nawahine: It feels really great. Even though I am on Varsity, I still have fun. I would have as much fun as I am now even if I

were not on Varsity.

HT: Do you think that basketball is easy at a Varsity level?

VN: I believe that there are not any sports that are easy.

"Easy" is a misnomer for any sport; one always has to work hard in order to play a sport well.

HT: What is your favorite thing about basketball?

VN: My favorite thing about basketball is the fact that I am able to play such an intense sport with fun people. My entire team is able to completely cancel out the intense atmosphere of our games which makes the sport even more enjoyable for me.

HT: How is it being a freshman on a team with people that are all older

than you?

VN: There is no a difference at all. My teammates do not look down upon me just because I am a freshman, we are all on the same level and we act that way. I am friends with the entire group and I am glad that I can be on the same team as them.

HT: On the team, what position do you play and how is it?

VN: I play point guard. It is a very important position but I have a lot of fun.

HT: At games, do you ever feel intimidated by other teams?

VN: I get pre-game jitters, but everyone gets those. I try not to get so worked up about the games; I do not want anything

to affect my performance. Honestly, all I do to calm myself down is take a nap.

HT: What is your inspiration?

VN: My inspiration is to be able to be on top.

I want to be the best I can be, I want to be able to beat any opponent I play against.

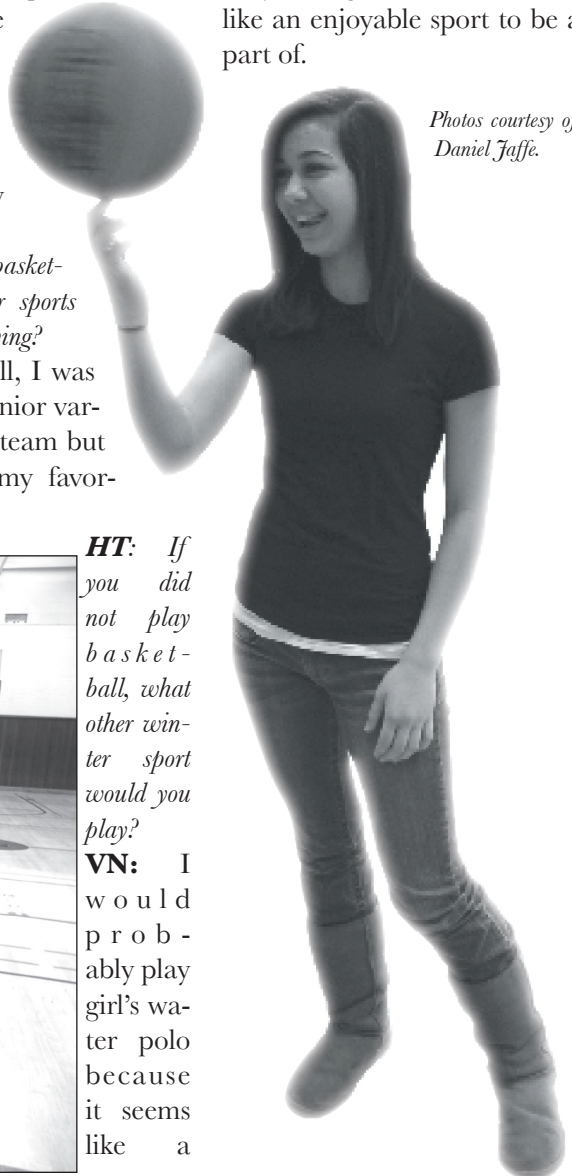
HT: Besides basketball, what other sports do you enjoy playing?

VN: In the fall, I was on the girl's junior varsity volleyball team but basketball is my favorite.

sport that would be very competitive yet still fun.

HT: Are you planning on participating in a spring sport?

VN: I am thinking about possibly taking on track, it seems like an enjoyable sport to be a part of.



Photos courtesy of Daniel Jaffe.

HT: If you did not play basketball, what other winter sport would you play?

VN: I would probably play girl's water polo because it seems like a



PRO BOWL 2008: HAWAII

Charles Zuo
Staff Writer

The 2008 annual Pro Bowl arrived this past Sunday, February 10th. Hosted in Hawaii, the Pro Bowl invites 84 NFL players, 42 on each team, to play on the team representing their conference. These players are not drafted or traded but instead are voted in by fans, players, and coaches; it is essentially an all-star game. With this system, certain stars on struggling teams can still make it to the Pro Bowl, such as Ray Lewis who played for the 5-11 Baltimore Ravens. With the best players in the NFL forming two teams and playing against each other, the Pro Bowl is an incredible



Faceoff: The NFC and AFC start the first quarter.

showcase of talent.

Sunday's game was a spectacular high scoring match between the two teams. Starting out strong, the AFC scored 17 points in the first quarter. This included a touchdown run by Lorenzo Neal from the San Diego Chargers. Then, two more touchdowns by Cincinnati's TJ Houshmandzadeh and two field goals by Tennessee's Rob Bironas. In the first half, the AFC looked like they had already won the game. However, the NFC began its comeback towards the end of the first half. Down 27 to 14, they began their unlikely, but amazing comeback. Washington's tight end Chris Cooley caught a touchdown pass from Seattle's Matt Hasselbeck with 28 seconds left. With the extra point being good, the halftime score was 27-21. The third quarter had the least

amount of points scored. The AFC only managed to kick a field goal but the NFC was able to capitalize on a touchdown. With the score 30 to 28 in the fourth quarter, it appeared to be anyone's game. However, the AFC was shut out in the fourth quarter and the NFC managed to score two touchdowns. Dallas's Terrell Owens caught a touchdown pass from his former Tampa Bay quarterback Jeff Garcia and Minnesota's Adrian Peterson rushed for a touchdown to seal the game. The final score was 42-30 with the NFC as the champions.

The Pro Bowl is a spectacular opportunity not only for fans but also for the players. Despite the Chargers losing in the AFC championship game, many Chargers players still had the opportunity to play one more game for the 2007-2008 season. Chargers cornerback Antonio Cromartie was selected to play in his first Pro Bowl.

Winning the Pro Bowl also comes with a reward. Players from the winning team

receive \$40,000 each and the players from the losing team receive \$20,000. In addition the game MVP, running back Adrian Peterson from the Minnesota Vikings, who had

16 carries for 129 yards and two touchdowns, won a hybrid Cadillac-Escalade for his outstanding achievement.

Photos courtesy of www.nfl.com

PRO BOWL VOTED PLAYERS:

AFC:

Randy Moss; Reggie Wayne; Braylon Edwards; T.J. Houshmandzadeh; Chad Johnson; Matt Light; Jason Peters; Jonathan Ogden; Joe Thomas; Marcus McNeill; Alan Faneca; Logan Mankins; Kris Dielman; Jeff Saturday; Dan Koppen; Antonio Gates; Tony Gonzalez; y-Kellen Winslow; Tom Brady; Peyton Manning; Ben Roethlisberger; Derek Anderson; LaDainian Tomlinson; Willie Parker; Joseph Addai; Fred Taylor; Willis McGahee; Lorenzo Neal; Jared Allen; Kyle Vanden Bosch; Jason Taylor; Miami; Aaron Schobel; Albert Haynesworth; Vince Wilfork; Jamal Williams; Casey Hampton; Mike Vrabel; James Harrison; Shawne Merriman; DeMeco Ryans; Ray Lewis; Asante Samuel; Champ Bailey; Antonio Cromartie.

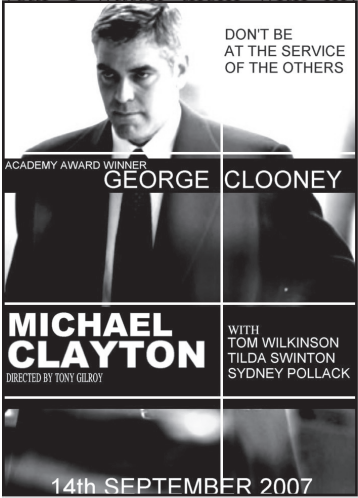
NFC:

Terrell Owens; Larry Fitzgerald; Torry Holt; Donald Driver; Walter Jones; Flozell Adams; Chris Samuels; Chad Clifton; Steve Hutchinson; Leonard Davis; Shawn Andrews; Andre Gurode; Matt Birk; Jason Witten; Chris Cooley; Brett Favre; Tony Romo; Matt Hasselbeck; Jeff Garcia; Adrian Peterson; Brian Westbrook; Marion; Tony Richardson; Aaron Kampman; Patrick Kerney; Osi Umenyiora; Trent Cole; Kevin Williams; Pat Williams; Tommie Harris; Darnell Dockett; DeMarcus Ware; Julian Peterson; Lance Briggs; Lofa Tatupu; Patrick Willis; Al Harris; Marcus Trufant; Terence Newman; Sean Taylor; Ken Hamlin; Darren Sharper; Roy Williams.

By Zach Clemente
and Kyle Loomis
Staff writers

Once a year, artists of the film industry are recognized for their excellence in one of the most prominent and prestigious award ceremonies in the world, the Oscars. Also known as the Academy Awards, the ceremony draws a vast amount of viewers, who enjoy watching their favorite movies of the year become immortalized from just being nominated.

“I love the Oscars. Every year I watch them with my



Michael Clayton

Moral and ethical decisions threaten the life of Michael Clayton, the main character in a film of the same name. He is a “fixer” who is summoned to tidy up a multimillion dollar lawsuit during a headline-drawing court case, being worked by a commercial law firm.

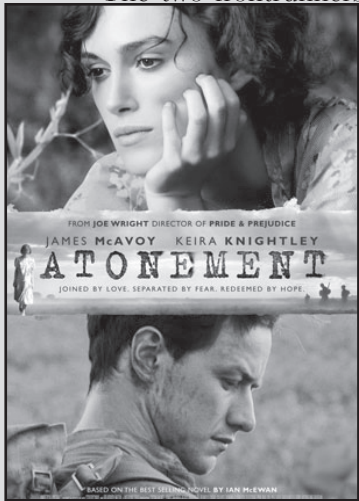
AND THE OSCAR GOES TO...

friends and family and we have a great time!” senior Kristina Graf said.

This year, the 80th annual Oscars ceremony will be hosted by comedian and *The Daily Show* host Jon Stewart, who hosted the 78th annual Oscars in 2006.

The five movies competing to win the Academy Award for Best Picture are *Atonement*, *Juno*, *Michael Clayton*, *No Country for Old Men*, and *There Will Be Blood*.

The two frontrunners



Atonement

Atonement is a very thoughtful movie set in the WWII era, centered on two lovers separated by the British class-system. A terrible misunderstanding by a naive and imaginative teenager brings about a lifetime of consequences for the timeless lovers.

are *No Country for Old Men* and *There Will Be Blood*. Despite being the two lowest grossing films of the five, they are considered to be the best movies released in 2007.

Atonement may have won the Golden Globe for Best Drama, but considering that it was geared toward international judges who decided the Golden Globe outcomes, its win will not carry much weight in the nationally decided Academy Awards. *Juno* was a loveable

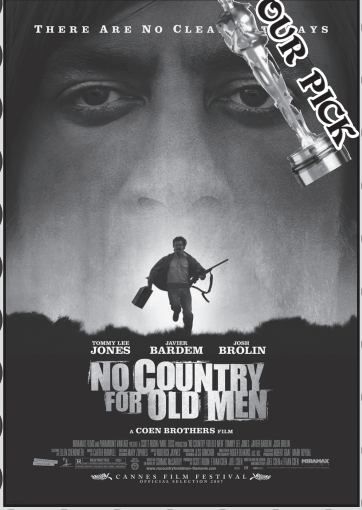


Juno

Juno is an awkward comedy about a young, deadpan teenager who accidentally gets pregnant and must face the consequences “way beyond her maturity level.” This charming comedy has won the hearts of audiences and has had the best box-office reception.

and startlingly real movie that captured the hearts of young people, however, the ones casting the votes will not be of that generation. *Michael Clayton* has found its fan base, but didn’t attract a substantial audience during its first relase. It has been re-released These three movies were gleaming testaments to imaginative filmmaking, but just won’t shine bright enough to take the award.

Of the two prime candidates,

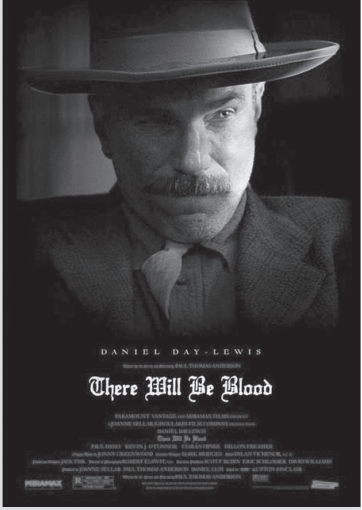


No Country For Old Men

No Country for Old Men is a modern western that revolves around a Vietnam veteran who comes across the aftermath of a shootout in the desert. He finds two million dollars in cash, a truckload of drugs, and plenty of danger from a ruthless killer.

No Country for Old Men should win the Academy Award.

No Country for Old Men creates an equilibrium between grievous, unadulterated violence and intellectual storytelling that can be seriously appreciated and enjoyed by the masses. With the building tide of popularity for *No Country for Old Men*, it looks like the shining trophy for Best Picture, possibly among others for which the movie has been nominated, will be handed off to *No Country for Old Men*.



There Will Be Blood

There Will Be Blood follows the life of Daniel Plainview, an oil tycoon who casts his misanthropic displeasures on everyone. Thinking only of profitable gains, each scene is more intense than the last: keeping the audience rapt and worried for those people who choose to cross him.

bringing down the winehouse

By Natalie Barringer
Staff writer

The 50th Annual Grammy Awards, held Sunday, February 10th, showcased this year’s most inescapable music and the groundbreaking artists who created it. Some artists were nominated for multiple awards, such as British songstress Amy Winehouse, who was up for a whopping seven awards, including Record of the Year, Album of the Year, Best New Artist and Song of the Year.

Competing with Winehouse’s “Rehab” for Record of the Year were records from a variety of genres. Beyonce’s “Irreplaceable,” “The Pretender” by Foo Fighters, “Umbrella,” by Rihanna featuring Jay-Z, and Justin Timberlake’s “What Goes Around Comes Around” were nominated. “Rehab” took the award, one of the songs Winehouse performed via satellite from London when her travel visa was denied.

Album of the Year was a contest between Foo Fighters’ “Echo, Silence, Patience, and Grace,” Vince Gill’s “These Days,” Herbie Hancock’s

“River: The Joni Letters,” Kanye West’s “Graduation,” and Amy Winehouse’s “Back to Black.” The award went to Herbie Hancock’s “River: The Joni Letters,” which pays tribute to Hancock’s longtime friend Joni Mitchell, and features performances by Leonard Cohen, Norah Jones, and Corinne Bailey Rae.

Competition for the title of Best New Artist came down to Feist, Ledisi, Paramore, Taylor Swift, and Amy Winehouse. The champion of this category was, unsurprisingly, the prolific Winehouse. The award of Song of the Year was also bestowed on Winehouse’s “Rehab,” in hot competition. She won this after her anticipated performance via satellite in London.

Memorable moments were of a shocked Winehouse being hugged by her mates onstage after her win, Vince Gill teasing Kanye West’s ego and moving performances by Hancock, Lang Lang, and West.

“I just got an award given to me by a Beatle. Have you had that happen yet, Kanye?” said Vince Gill after accepting his award from Ringo Starr.

The winners of this prestigious honor will each go home with a golden trophy shaped like a gramophone, the origin of the award’s name. The Recording Academy’s stated purpose is “...to honor artistic achievement, technical proficiency and overall excellence in the recording industry, without regard to album sales or chart position,” however, the winners of Sunday’s awards represent some of the most well-loved and best-selling artists of 2008.



photos courtesy of www.grammys.com

ONE BIG STEP FOR THE BEATLES

By Qing York Williams
Staff writer

It took 40 years to do it, but NASA think they have finally discovered what will lure aliens to our little blue planet, The Beatles. On Monday the fourth of February, NASA began beaming The Beatles’s “Across the Universe” at the North Star Polaris, 431 light years away or 2.5 quadrillion miles.

“Across the Universe” at the North Star Polaris, 431 light years away or 2.5 quadrillion miles. “At the moment we are sending up Morse code as a way of contacting aliens,” Martin Lewis, the Beatles historian who proposed the idea to NASA, told BBC radio before the launch. “Maybe we should send them something a little more cheery.”

On the 40th anniversary of the studio recording of one of the Beatles most beloved songs, Across the Universe, the mp3 was launched into

space. Coincidentally, or not, Monday was also the 45th anniversary of NASA’s Deep Space Network, and the 50th anniversary of NASA.

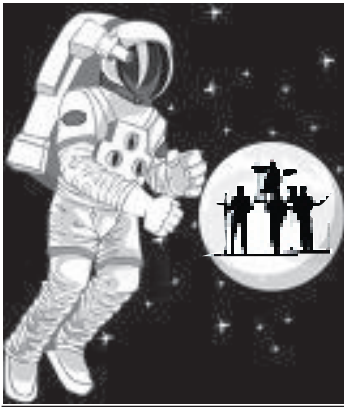
At the same moment the galactic broadcast began at midnight GMT, or seven p.m. EST, Beatles fans across the planet played the song to “create a harmonic convergence” and to commemorate the band our planet loves so well.

No stranger to intergalactic broadcasting after he

beamed his 2005 concert to the International Space Station, Sir Paul McCartney released a congratulatory statement through NASA.

“Amazing! Well done, NASA! Send my love to the aliens. All the best, Paul” he said.

Now with the help of the NASA, the Beatles words of peace and love won’t simply “tumble blindly as they make their way across the universe”, they will hurtle into deep space at 186,000 miles per second.



“Send my love to the aliens.” - Sir Paul

The Diving Bell and Butterfly

By Daniel Jaffe
Staff writer

As a child, one often perceives death as a grandiose finale to any story; as something quite surreal and distant. However, the harsh realities exhibited in the film *The Diving Bell and the Butterfly* quickly alter this innocence. From the brilliant, yet pompous director Julian Schnabel, comes his third and arguably most compelling film



A Compilation: Henriette holds up Bauby's form of communication (top left) and holds the phone for them (bottom right) and Bauby reflects on life before the accident (top right) and after it (bottom left).

to date. The film is based on the autobiographical book, *The Diving Bell and the Butterfly* written by Jean Dominique Bauby. Bauby (played by Mathieu Amalric) is the French editor of Elle magazine, who is crippled by a devastating stroke. He decides to take the opportunity to write the

book, even though his body is in full paralysis, by blinking to communicate the letters and words. The trauma of his existence becomes apparent, as his mental functions are clearly acute, while his ability to communicate is obviously hindered. The aesthetically pleasing production of the film complements the story very well. The cinematography is brilliant, as the camera is often positioned to emulate

the perception of his one functioning eye. This concept presents the ability for Schnabel's abstractions, as the shots are often fuzzy and untraditionally framed. Not only is the imagery captivating, but the progression and narration of the story is incredible. Bauby's haunting internal monologue is

verbalized in his mind, while the protagonist's only real form of communication is by blinking once for "yes", or twice for "no". His anguish is felt as it takes the translator Henriette in the film countless hours to string together Bauby's words and form his autobiography. The film, as one could imagine, is quite depressing. It does not, however, merely exemplify a dark and ominous story. In fact, Mr. Bauby's vivid imagination is visualized over the course of the film. His state of malfunction allows him to express his latent desires and amend his regrets. The film is difficult to watch though, as the audience begins to feel extremely connected to Mr. Bauby and his personal life; probably arising from the way the film was made and how the story is told. The art of the film is explicit and integral, only aiding to the essentially manic tale. The film leaves one in strange state of mind, torn between mixed and ambiguous emotions. The piece is set on the beautiful French coast, amongst Bauby's loving family and friends. *The Diving Bell and the Butterfly* depicts a heart wrenching tale, but it is full of humanity because it explores the importance of communication and relationships in life.

Hot Chip: Made in the Dark

By: Zach Clemente
Staff writer

Electronic music has been known to be black and white when it comes to quality, the mixture either works or doesn't. The perfect concoction of electronic music hasn't proved possible yet, but the goofy British quintet Hot Chip has come close. Hot Chip's third and newest album, which was released in the U.S. on the 5th of February, is misleadingly titled *Made in the Dark*. Nothing could conjure more images of bright flashing lights than this album. Hot Chip took the best parts of their previous two albums, *Coming on Strong* and *The Warning*, and made their new album a polyphonic sensation. There are tracks that have the mellow and smooth feel that was considered the overall theme of *Coming on Strong*; along with some songs that are quite obviously derived from the rougher and faster paced sounds found on *The Warning*. Despite the noticeable resemblance *Made in the Dark* has to its predecessors, it is best not to compare the

albums more than is necessary. Despite the similarities, *Made in the Dark* is an adverse and forward step for the electronic quintet. Despite the fact that many of the base tempos are filtered through rougher and grainier filters, the songs end up being more cohesive and ultimately more enjoyable.



photo courtesy of indiecloudry.blogspot.com
Hot Stuff: Hot Chip poses (above) and album cover (background)

Granted, part of Hot Chip's past charm has been in their song's disjointedness, enough remains within the cacophony of sounds to make even the most skeptical of fans enjoy and even, dance to *Made in the Dark*. What appears to be the most noticeable change from Hot Chip's previous albums is that *Made in the Dark* contains the highest percentage of undeniably catchy and easy to dance to songs. The first

track, "Out at the Pictures" builds up a rising synth melody that expands in waves of speed and movement that grips the ears and excites the soul. Right behind the first track is "Shake a Fist," geared more toward Hot Chip's darker styles, using physical percussion instruments, such as tambourines and wooden shakers. Third in the lineup is the official single off the album, "Ready for the Floor." It combines well harmonized lyrics, a popping synth beat, and a hypnotizing chorus that demands being listened to multiple times. Among these many songs, "Touch Too Much," beginning much like a church organ excerpt, sums up the album. It has a soft underlying rhythm with a strong stringing of lyrics, and the extraordinary "One Pure Thought," rises up from a simple guitar chord to one of the most pleasing and coordinated electronic-based choruses ever made. *Made in the Dark*, despite its name, practically descends in a blinding shroud of light to delight the ears of listeners.

LJ BEATMAKER TRISTAN HIATT

By Anton Swain-Gil
Staff writer

Senior Tristan Hiatt has been producing beats for over a year now. The *High Tide* caught up with Hiatt to ask him a few questions about his unusual passion.

High Tide: We heard that you produce beats. Can you tell us about that?

Tristan Hiatt: Yeah, I have been producing beats for a year now. When I first started I really didn't know much about it, other than that I loved hip-hop and thought it would be a great hobby. It took a while for me to get the hang of using the software and finding my sense of rhythm but with practice it came to me. One project I'm interested in now is using live guitar in a song.

HT: So you play guitar. Do you think that experience has helped you with producing?

TH: The other way around, actually. Producing beats has really given me an ear for what sounds good and has dramatically improved my sense of rhythm.

HT: Who or what are some of your influences?

TH: Well not only do I love hip-hop, I appreciate all musical styles. Some musicians who have influenced me are Dr. Dre, Dj Premier, J-Dilla, RJD2, the late-great James Brown, and Daft Punk.

HT: Where do you hope your musical production will take you?

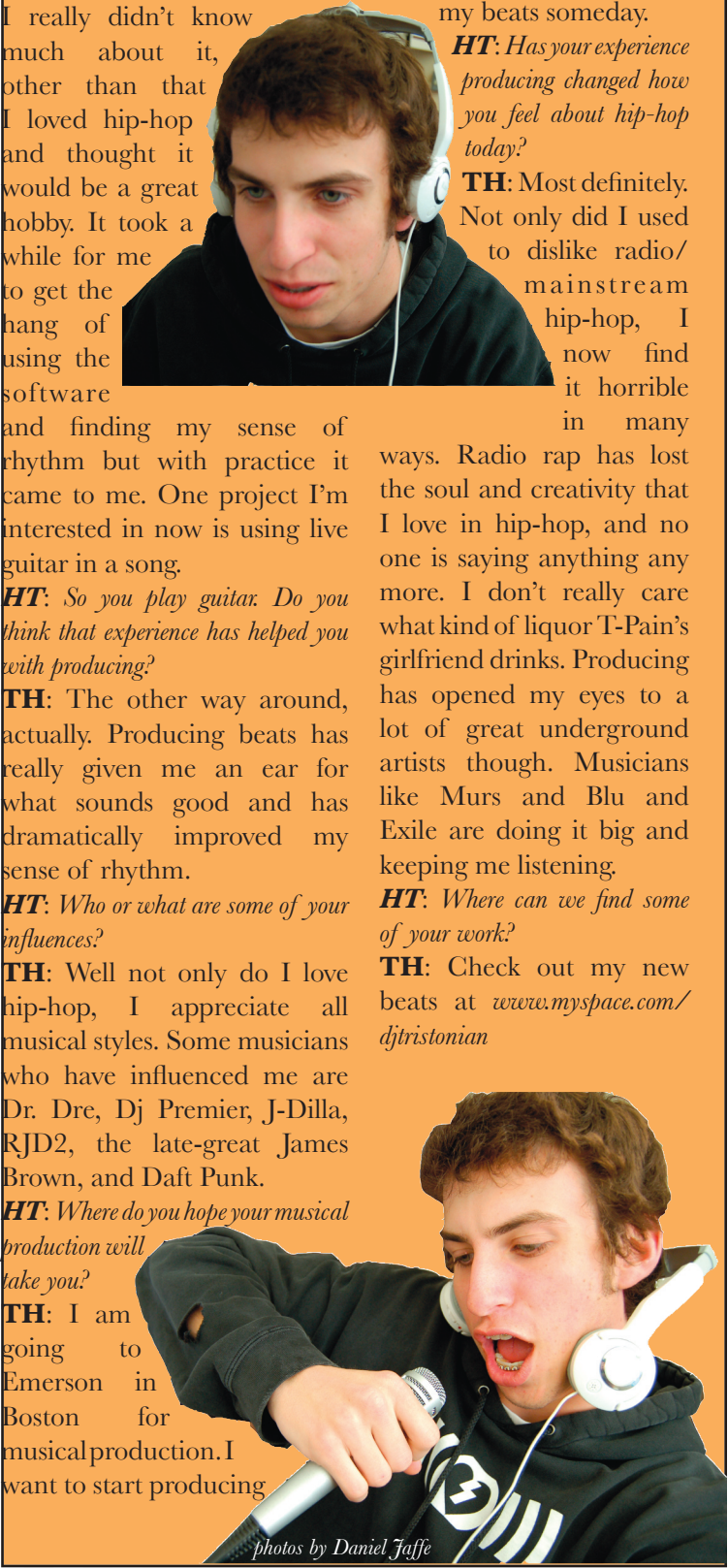
TH: I am going to Emerson in Boston for musical production. I want to start producing

music in general, of all styles, as a profession. I am going to continue creating hip-hop beats, at least as a hobby, but it would be amazing to be able to sell my beats someday. **HT:** Has your experience producing changed how you feel about hip-hop today?

TH: Most definitely. Not only did I used to dislike radio/mainstream hip-hop, I now find it horrible in many ways. Radio rap has lost the soul and creativity that I love in hip-hop, and no one is saying anything any more. I don't really care what kind of liquor T-Pain's girlfriend drinks. Producing has opened my eyes to a lot of great underground artists though. Musicians like Murs and Blu and Exile are doing it big and keeping me listening.

HT: Where can we find some of your work?

TH: Check out my new beats at www.myspace.com/djtristanian



photos by Daniel Jaffe

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photo courtesy of www.sudoku.com