

UNRECOGNIZED TRACK AND FIELD EVENTS

By Carey Kennedy
Student Focus Editor

It is a common mistake to address track and field as "track." Most people believe track and field consists of just running events, for example 100-meter sprint, the 200-meter sprint, etc. However, there are track and field events that are more than just physical tests of running. These track events include long jump, high jump, discus, shot put, and pole vaulting.

DISCUS

Discus athletes are very strong and practice often to perfect the position of their throw. The techniques of this sport have been very exact since the ancient Greeks.

LONG JUMP

Long Jump and Triple Jump are difficult to master. However, once a person gets the hang of it learning to perfect the jump comes naturally.

"I really like to jump because when you're in a meet you get to show off how much all your hard work paid off and how much you improved over the season," freshman Allison Dyer said.

HIGH JUMP

High Jump is a jumping event in which the athlete takes eight steps in a rhythmic pattern towards a mat. At the same time the athlete propels his or her arms forward in order to jump over the bar and onto the mat.

"I tried it in fourth grade and liked it a lot. This year I've jumped 4 feet and 6 inches and by the end of sophomore year I would like to get 5 feet," freshman Kiersten Gore said.

POLE VAULTING

Pole-vaulting is another popular sport amongst the track and field athletes.

"It looked fun so I tried it. It combines all the track and field sports into one," sophomore Rosie Jaye said.

It requires a lot of upper arm strength, and a lot of determination.

"I started two years ago and set the current freshman record of 12 feet and 7 inches. I believe you need both mental strength and physical strength since there are sixteen separate movements," junior Nick Hanoiah said.

SHOT PUT

Shot put is very interesting, and although it may look simple it takes a lot of practice. The athletes must use their strength to throw a heavy ball as far as they can.

"I enjoy shot put very much. I will continue to keep going and help the new people that come next year," freshman Jasmine Graze said.

A SPECTACULAR SEASON

Charles Zuo
Sports Editor

The Varsity Boys Volleyball team has a record-breaking season this year. The volleyball team holds the an impressive 27-4 record, the best in school history.

"All the hard work the players have put in have really paid off and it shows in our record." Said Junior Tyler Heap who plays setter for the team.

The team won Western League, the Beach City Invitational Tournament, and placed second at the Maui Hi Tournament. However, these extraordinary achievements were nothing in comparison to the CIF championship that the team won.

"Last year we went to CIF but lost, this year we were more determined;

we had a lot to live up to. Since everyone improved since last year, we felt like we had to win it all," said Senior JaRodd Watson who plays middle for the team.

After being seeded number one in the playoffs, the team reached the climax of their season at the CIF

finals on May 21. They faced the third seeded R a m o n a Bulldogs in the championship round. In a exciting series of four games, the team won three out of the four and clenched the title. La Jolla won the first round 25-17. Then R a m o n a

came back with a win of 25-21. The next two games proved the most exciting of the night. La Jolla won them 26-24 and 25-21.

With those games won, the team clenched the title, a feat that they were denied last year. This CIF title was first championship team has won in over 18 years. The last CIF victory was in 1989.



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Got Wings? Red Bull Air Races



By Brooks Newberry
News Editor

The caffeine induced fervor known as the Red Bull Air Race came to San Diego again this year to excite sports fans and thrill-seekers alike. The show, an obstacle course over the San Diego Bay, gave a front row view to paying visitors on the mainland, but many locals simply grabbed their sunscreen and hit the beach to enjoy the balmy weather and gravity-defying stunts during the first weekend in May.

“This years Red Bull Race had a variety of different planes, it was a great experience.” said junior Hans Baker.

In 2003, Red Bull invited the world’s best aerobatics pilots to take part in something they had never done before. Towering pylons called “air gates” had to be maneuvered as designated by color: blue gates had to be flown straight

through, and red gates either required “knife-edge” flying or slalom maneuvering. Pilots had to be skilled enough to fly no higher or lower than the narrow forty by twenty foot space between them, or risk disqualification or crashing. Six pilots went to Austria and Hungary in the summer of

first time. 2007 was the first race season that raced in San Diego, and whether for San Diego’s sunny weather or attractive charisma, they decided to return again this year, with twelve pilots now racing. “I’m glad they returned this year, because this years race was just as good.” said junior

the pilots wear special “G-suits” to reduce the effect of blood being forced toward any one part of the pilots’ bodies, although the pressure experienced by the pilots can exceed the pressure on an astronaut at takeoff by as much as five times. For a pilot, when a tenth of a second can make or break a course record, staying conscious is the biggest challenge of all.

The final tally of points after race day showed a close with the British Paul Bonhomme’s nine point lead narrowly beating the eight points to Mark Mangold, the crowd favorite. Mangold, a two time Red Bull champion and bona-fide thrill seeker, calls San



Photo courtesy of Brooks Newberry

Diego his home, where he passes the time hang gliding and skydiving. The race will continue until November, after visiting seven more countries including Spain, Portugal, Sweden, and Australia.

TEAM TERMINOLOGY Pole Vaulting

Dario Aharpour
A&E Editor

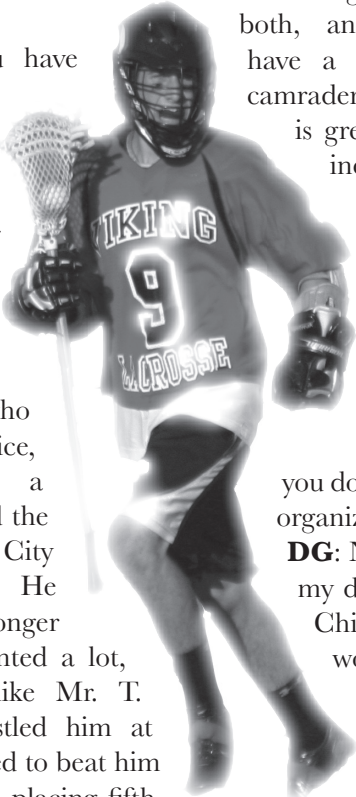
JUMPFoot: The jump foot is the foot that the pole vaulter uses to take-off.
STANDARDS: The equipment that holds the bar to the certain height which the pole vaulter attempts to vault over.
BAR: The cross bar set on top of the standards, which are raised to a certain height for the pole vaulter for jump over.
GRIP: The area on the pole where the pole vaulter puts his or her top hand.
BOX: A metal or fiberglass box shaped like a trapezoid where the pole vaulters plant their poles when beginning their vault.
PLANT: When the pole vaulter sticks his or her pole into the box, allowing them to drive themselves through the vault.
STEPS: The approach the pole vaulters take while running towards the pit.
PIT: The mat that is used for pole vaulting.
DRIVE KNEE: Immediately after takeoff, pole vaulters raise one knee to help propel themselves upwards.

Featured Athlete

By Charles Zuo
Sports Editor

Hi Tide: I understand that you are a pretty versatile athlete, so what sports do you do?
Daniel Gloven: Lacrosse, wrestling, golf, ultimate frisbee, snow boarding, ping pong; anything that keeps me active.
HT: So how would you say these sports have affected you?
DG: It helped me meet alot of cool people with similar interests, it kept me in shape, and it kept me off the streets.
HT: Do you ever get burned out from doing so many sports?
DG: Yeah, wrestling season in general burns me out and when I do that combined with lacrosse I get pretty tired. I sleep in class...a lot.
HT: Wrestling is a lesser known sport here, what’s it like being on the team?
DG: It’s pretty much like fight

club because we practice in a basement underneath the gym.
HT: Do you have any favorite sports memories?
DG: During wrestling season this year, there was this guy from Madison who I lost to twice, once during a dual meet and the other at the City Tournament. He was way stronger than me, grunted a lot, and looked like Mr. T. When I wrestled him at CIF, I managed to beat him on my way to placing fifth at the tournament.
HT: What do you think of team sports versus individual



sports?
DG: It’s great to experience both, and I dont really have a preference. The camraderie of team sports is great, but competing individually can be more rewarding because you alone determine the outcome of every match.
HT: You mentioned you play Ping Pong, do you do that in any type of organization?
DG: No just mostly with my dad. I like to shout Chinese sounding words when I hit the ball.
HT: This years lacrosse team did pretty well, how would you describe the season?
DG: Our new coach Toddy

Mac helped us a lot; we had a rough schedule, a rough start, but managed to come together at the end of the season. We played better games at the end. We had a pretty satisfying win over Bishops this year. They beat us earlier in the season but we beat them in the playoffs 7-5. We lost to Torey Pines in our last game by one goal but overall we had a great season.



Photos courtesy of Daniel Gloven

DANIEL GLOVEN

even went as far as to custom make T-shirts for all students, which they delivered during 4th period on Thursday, May 1st.

“The T-shirts were awesome,” senior Mackenzie Gloven said, “It was neat how so many people were wearing them on Friday. Our school actually had some spirit.”

Friday May 2nd proved to be the true test of the IMPACT program, as La Jolla High School competed against Point Loma High School over who had the greatest percentage of seat belt wearers. LJHS stepped up to the challenge with great zeal as an enormous amount of the student body wore their

brand new t-shirts to support the cause. Undercover law enforcement watched out for which students failed to wear their belts, and even threatened with impending tickets those who failed to comply.

La Jolla High’s student body did surprisingly well, as seat belt usage went up approximately fourteen percent. Though there was still a small percentage of non-wearers, the entire IMPACT event was considered a success. Results are currently pending as to whether or not La Jolla High School captured the ‘seat belt wearing title’ against Point Loma, but the odds look in favor of Viking victory.

tacks that were believed to be unprovoked cases around the world, which jumped from 63 the previous year, according to the University of Florida. In 2007 there was only one attack that proved to be fatal; this was in the South Pacific. The last fatal attack to occur in California, in 2004, a man was diving for abalone and a great white shark attacked him, according to resources from the state department of Fish and Game. However, the last attack that occurred along the coast of San Diego was in Ocean Beach, April 1994.

Dave Martin’s family is accepting his death as just a reminder of how powerful nature

can truly be. “He died doing what he liked, surrounded by his friends in a place he loved. As a Christian family, we believe that our father is in heaven”, Jeff Martin (victim’s son) stated. They are not letting it interfere with their love of the ocean or let it frighten them out of doing things they love. “I went surfing yesterday. Does that help? I’m taking my boys out tomorrow,” Jeff Martin (the victim’s son) told reporters.

“At first, I felt scared,” said one La Jolla High student, “but I’m going to keep surfing anyway”.



photo courtesy of sharks.com
Ocean Terror: A great white shark, like the one that attacked Dave Martin, bares his teeth

Earthquake Shakes China

By Brooks Newberry
News Editor

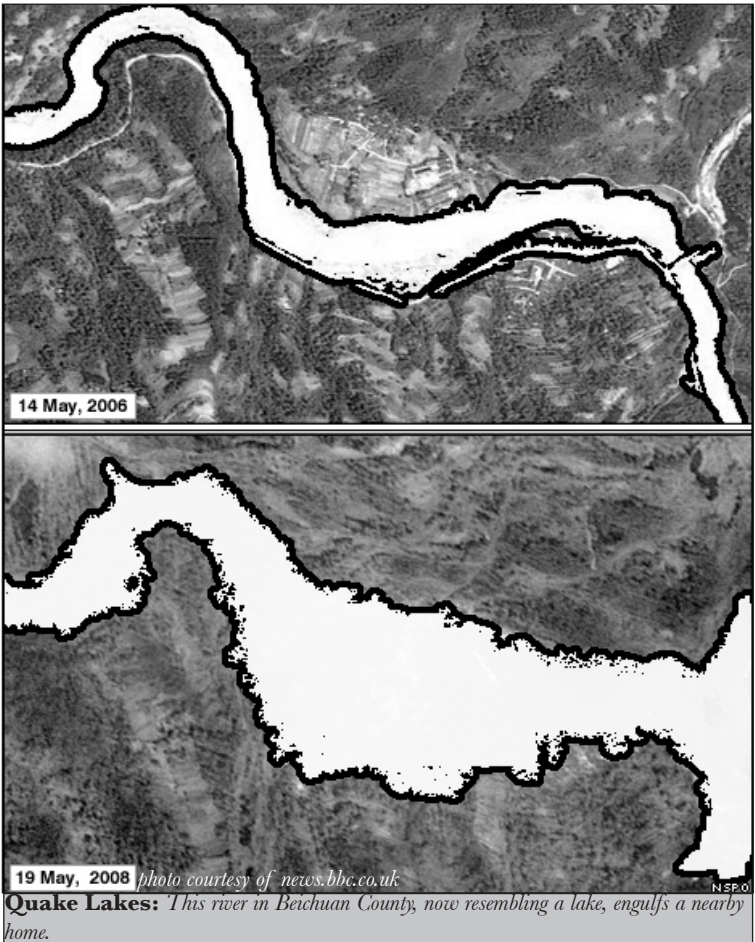
The Chinese province of Sichuan was rocked by a 8.0 magnitude earthquake on Monday, May 12, reducing the homes of at least 5 million to rubble or submerging some under floodwater. Over 67,000 lives were lost, primarily in building collapses and landslides, including 158 earthquake relief workers.

Chinese military were mobilized within days of the initial shock to rescue survivors and try to repair dam cracks before major failure could occur. One of the earliest responses to the quake was from the Henan Communist Youth League; their quick presence after the disaster, the group said, gave new life to the League, reinvigorating them with new members and

greater public sympathy.

On May 25, disaster struck again when a 6.0 magnitude aftershock toppled thousands more buildings and killed 8 people, temporarily delaying rescue efforts in the area most affected by the earthquake.

Many Chinese citizens saw a disturbing pattern in the rubble left behind by the earthquake; public buildings built by the government fell with much more ease than they would have with proper reinforcements and building regulations. One school in Dujiangyan for the children of government officials withstood the shock, while the kindergarten school next door, in disturbing contrast, is totally destroyed, the collapse of which killed 39 young students. Under the restrictions of the communist government, this subject is totally



off-limits to journalists and media outlets.

“Government neglect killed thousands of Chinese, and they should be held responsible by the families,” said junior Jordan Dyer. In recent days, Chinese outlook on the disaster has shifted from grief to anger at the apparent failings of their government in their time of greatest need.

Recently, the Chinese government announced a plan to release many of those effected by the earthquake from the 1-child policy to help the population recover more quickly.

China’s 1-child policy has been in place since 1979. Originally established as a “temporary policy”, the restriction still stands. Chinese officials hope this move will ease the harsh reaction to the government’s quake response.

Global updates

By Kaitlin Sharpe
Editor-in-Chief
and Brooks Newberry
News Editor

Ted Kennedy Diagnosed With Brain Tumor

On Sunday, May 18, Edward “Ted” Kennedy was hospitalized over a seizure. As a result, doctors discovered a malignant tumor in his brain. The tumor, located near his speech center, is considered by doctors to be aggressive, possibly limiting the Massachusetts senator to less than a year left to live. Kennedy, the MA Democrat, has been re-elected regularly for almost 50 years, and his seniority and accomplishments have earned him

esteem in the senate. Kennedy himself remains optimistic.

Lebanon Elects New President To Unify Warring Religious Factions

The outlook for those living in Lebanon is brighter after recent events have brought them out of recent struggles that have plagued the nation. After 18 months of a civil war between the Shiites and the Sunni, Lebanese leaders

reached a deal. This peace treaty, reached on Wednesday May 21, ended the long civil war that was the worst the nation had seen since the long 15

year old civil war that lasted from 1975-1990. Lebanon also elected Michel Sielman as their President on Sunday, May 25. He is seen as a “neutral president” who will hopefully unify the warring sects in the nation. On his first day in office, he got to work on forming a national unity government. This marks an important step for the Lebanese, as the position for president has been empty since November.



photo courtesy of images.nytimes.com
President Michel Saelman, pictured above.

Children Returned To Polygamist Sect

Two weeks ago, the Texas Supreme Court upheld the decision to allow more than 400 children to return home to their polygamist complex, after they had been taken into protective custody by law enforcement following the raid of the Yearning For Zion Ranch, headquarters of the FLDS (a breakaway from Mormonism).

In April, an anonymous teenage girl phoned authorities to report being sexually abused. The girl was not identified out of the children taken from the coupound, and authorities now believe the call was a hoax.

The judge found that the raid had been carried out without warrants, so authorities had no right to keep the children from their mothers, who represented their right to keep their children out of foster homes.

Amputee To Run In Summer Olympics

One subtle detail sets South African Athlete Oscar Pistorius apart from his Olympic rivals. Can’t see it? It’s easy to miss. Mr. Pistorius, an accomplished sprinter in the 100 and 200-yard races, had his legs amputated when he was 11 months old. The former rugby and water polo player uses springy carbon-fiber blades to run, which have propelled him to win gold medals at the Paralympics. Now, however, controversy surrounds his bid to run in the summer Beijing Olympics, where some say he will have an unfair advantage against the other runners.

“Next will be another device where people can fly with something on their back,” accused Elio Locatelli, director of the track and field governing body (I.A.A.F). However, a recent decision by the Olympic board has allowed Pistorius to compete.

COMIC-CON

By Angie Rosal-White
Stylist Editor

One of the biggest conventions that is known worldwide to all fans of anime, manga, animation, video games, and webcomics is Comic-Con.

What makes this convention so unique and interesting is the crowd of “multi-genre” fans it attracts each year. Many fans of such comics join together from around the world in the summer of July 24 to July 27 to see showed cased comic books, science fiction/fantasy and film/television arts.

Comic-Con got its start in 1970, when Shel Dorf and a group of San Diegans founded the famous convention. At that time Comic-Con was named Golden State Comic Book Convention, and then shortened to its name now, Comic-Con.

Comic-Con has always been held in the summer each year since its start. Many states across the country hold similar events as well.

The most exciting part is having the opportunity to dress as your favorite hero or character; in honor of this activity a contest is held called The Masquerade.

Contestants must put together a presentation of their costume, or a skit of

made by themselves.

More Comic-Con activities include panels, seminars, and workshops with comic book professionals, and previews of upcoming movies.

Comic-Con is an event that makes summer much more enjoyable for the comic enthusiast. The event will remain a tradition forever.



July 24-27
San Diego Convention Center
111 W. Harbor Drive
San Diego, CA 92101
9:30am-7pm
with additional late night hours
for fun, anime, and film



photo courtesy of www.Pokemon.com

grand theft awesome

By Dario Aharpour
A&E Editor

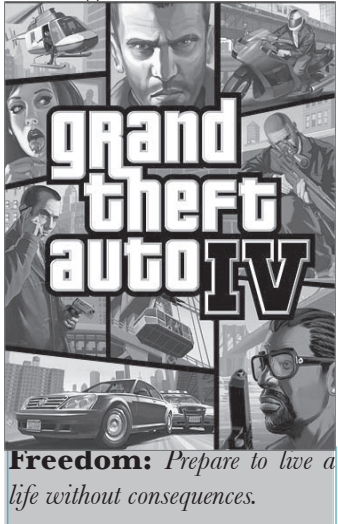
Granting people the ability to commit their favorite crimes without the chastisement, *Grand Theft Auto IV* stormed the shelves of stores worldwide. As the 9th title in the *Grand Theft Auto* series, *Grand Theft Auto IV* has its seat in the video game hall of fame, selling over 2.5 million copies upon its release date in the U.S. alone.

This sandbox-type video game allows gamers to delve into a world of complete freedom, allowing them to live their lives without the burden of consequence. Set in a redesigned New York City, players can travel through Liberty City pursuing the “American Dream” as the video game’s immigrant protagonist.

Grand Theft Auto IV puts video game players in the shoes of Niko Bellic, a Serbian immigrant who is a thirty year old veteran of the Bosnian War. Persuaded by his cousin, Bellic moves to Liberty City to pursue his dream of making it rich and living the good life. Bellic soon realizes that

in his quest to obtain the “American Dream”, he can also uncover the infinite pleasures that America offers.

“The game allows video game players to live in a world of complete entertainment.” Freshman Dylan De Jourday said. “The game has no weak



points and, because of the absence of consequences, you will always have fun.”

On April 29, 2008, *Grand Theft Auto IV* was released worldwide, selling over 4 million copies. Prior to the game’s release, the game was one of the most anticipated video games

of the year according to *Game Informer* magazine.

Since *Grand Theft Auto IV*’s release, the video game has been given the title of “universal acclaim” from video game critics. The game was such a success that on average the video game was given a 10/10. For example *IGN.com* even called the game a “big leap forward and setting a new benchmark for open-world games.”

Grand Theft Auto IV has many features such as the story mode, where one plays as Niko Bellic in the attempt to obtain the “American Dream”, and the nine different types of multiplayer modes which include “Cops n’ Crooks” as well as “GTA Race.”

The video game’s vehicular combat is a staple in the game; having the ability to race through Liberty City in a sports car with cops following gives players the excitement they crave. The game combines vehicular combat, gunfights, police chases, and nonstop crime to create a virtual world of endless amusement in which anyone can obtain the “American Dream”.

MADONNA IS HARD CANDY

By Kelly McClard
Guest Writer

Just three years ago, Madonna took the music scene by a storm with her chart topping *Confessions on a Dance Floor* album.

Now she’s back again with something even sweeter. *Hard Candy*, her 11th studio album does not fail to amaze, and it’s 12 fun hip hop tracks are sure to make you dance.

What makes this album unique is the fact that she collaborated with some of the music industry’s top artists, such as Timbaland, Justin Timberlake, Kanye West, and Pharrell.

The songs on the album have a familiar yet refreshing style that only Madonna can create.

Together, Madonna and crew have put together an album that varies from song to song and leaves the listener feeling inspired.

Madonna first welcomes us to her “Candy Shop”, with her starting track that has a



photos courtesy of www.madonna.com

pumping beat and fun vocals.

The first single released from *Hard Candy* was “4 Minutes”, which features both Justin Timberlake and Timbaland.

The track has a marching band

type sound that is immersed in intense beats, and has already proven to be a popular song.

In “Miles Away” Madonna sings honestly, “you always loved me more miles away” along with soulful beats that carries into another track, a funky “Beat Goes On” featuring Kanye West, who urges you to “get up outta your seat”.



Many of the tracks mirror disco music of the past with a variety of “toots” and “beeps” that remind us of her club roots where she began her epic career 25 years ago.

Madonna ends the album with a thoughtful “The Devil Wouldn’t Recognize You”; but she then claims, “I do.”

The final track is an eerie “Voices” where she asks, “who is the master and who is the slave?” All provocative questions from an ever-changing Madonna.

It is no doubt The Queen of Pop definitely lives up to her name with her latest album. No candy has ever tasted so delicious.

SUDOKU

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photo courtesy of www.DailySudoku.com

SUMMER CONCERTS

By Carrie Lowe
Staff Writer

Summer is an incredible time of the year. There is no school, no homework, and no obligations except remembering where to meet friends. Between all of the sunshine, the surf, and the relaxation, there is always a little time for music.

In summer, there are no constraints regarding concert times; everyday is a weekend. Also, summertime is when most artists go on the road, opting for the school-less days in order to attract larger audiences.

Living in San Diego amplifies the concert

experience. Since San Diego is a major Southern California city, many bands choose to perform at various venues around the city.

San Diego's own unique concerts are the outdoor ones. Every year, events such as Humphrey's by the Bay, Viejas Concerts in the Park and the Del Mar Fair attract outdoor music lovers.

Such as the Cricket Wireless (formerly Coors)

Amphitheater are also popular spots. Acts vary from Fleetwood Mac tribute bands and the Indigo Girls. Unique to San Diego is the annual Rock n' Roll Marathon, which combines exercise with great music. This year, the Rock n' Roll Marathon is on June 1st.

For the rock and alternative music lovers, country-wide tours such as Warped Tour.

This year, Warped Tour consists of Rise Against, Against Me and many other bands at the Cricket Wireless Amphitheatre August 14th

Street Scene is a two day festival held in San Diego which also features multiple artists. Over 70 artists of all musical genres attend Street Scene.

Aside from multiple artists and outdoor shows, some concerts only feature one artist. In June many concerts are scheduled: The Cure (June 3rd, Cox Arena), and Death Cab for Cutie (June 20th, SDSU Open Air Theater).

July's San Diego concerts consist of shows from Journey and Cheap Trick (July 15th, Cricket Wireless Amphitheatre), John Mayer and Colbie

Caillat (July 29th, Cricket Wireless Amphitheatre), 29th, House of Blues), and Ringo Starr (July 27th, Humphrey's by the Bay).

Summertime in San Diego is a complete cultural experience. Music is one of the key elements of summer. So, grab some friends and spend one night (or more) experiencing the unforgettable event that is a live show.

photo courtesy of www.iStockphoto.com

- THE CURE** - June 6th at Cox Arena
- CHROMEO** - July 31st at House of Blues
- ISLANDS** - June 19th at Epicentre
- WARPED TOUR** - August 14th at Cricket Wireless Amphitheatre
- FEIST** - July 22nd at Humphrey's Concerts
- RADIOHEAD** - August 27th at the Cricket Wireless Amphitheatre

GO GO SPEED RACER

By Zach Clemente
Staff Writer

There are times when movies deserve an analytical and aggressive criticism to determine worth and importance; however, often enough, many movies undeservingly receive such punishment. One such movie was the Wachowski brothers' adaptation of the late 60's cartoon *Speed Racer*.

The basic premise of the adaptation was a summation of the overall theme of the television show with literally named Speed Racer (played by Emile Hirsch). The movie follows Speed Racer as he races his way through fears, adolescent complications, and danger.

The entire crew from the original show makes some surprise appearances, including Racer X, Cruncher Block, Inspector Detector, Trixie,

Chim Chim, Sparky (complete with a new-fangled accent), and Spritle.

Where the fundamentals

freedoms" taken by the Wachowski brothers, as the old, simple races of wit become a pandemonium of explosions

much more violent, as racing becomes a blend of gladiator fighting with no-bars on weapons and deterrents on a

As nostalgia and the inner-critics vie for attention, remember to let that inner child go rampant to watch *Speed Racer* with the amazement of a seven-year-old with that feeling of sinking into a couch with cereal on an early Saturday morning. Give this movie the chance a seven-year-old would, and perhaps, enjoyment will flood and excitement will overwhelm.



Mesmerizing: Emile Hirsch mesmerizes audiences and races into the box offices with his race car.

of Speed Racer are concerned, this movie takes almost no risks, sticking to the tried and true amazing gadgets stuffed impossibly in cars, idiosyncratically corny villains, goofy antics, and less-than-believable tussles with ninjas and gangsters.

There are many "artistic

with tracks that seem very akin to life-size Hot Wheels sets with impossibly twisting loops, jagged spikes as obstacles, and turbo-charged vehicles defying every known basic law of physics.

Not just that, but it seems that Speed Racer's goofy racing-oriented universe is

some-what defined course.

These could be viewed as criticisms, but remember that the Wachowski brothers made the Matrix Trilogy, which shocked audiences out of a physically bound dimension into another one, and they pull it off again in jaw-dropping style.



photos courtesy of www.speedracer.com