

HIGH TIDE

Volume LXXVII Issue 7 - March 12, 2008

Vandalism in Muirlands similar to LJHS robbery

Dario Aharpour
Staff Writer

Authorities are investigating a current vandalism case that occurred at a local middle school.

On the night of February 15, burglars broke into Muirlands Middle School and stole \$15,000 to \$20,000 worth of equipment.

The burglars broke into a series of classrooms taking all that appealed to them.

The entire situation has shaken the school to its core.

This burglary has not only frightened the students and staff at Muirlands, but it has also startled the entire community.

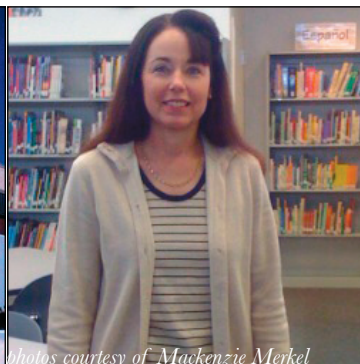
The thieves are suspected of infiltrating the school at around midnight of February 15, or possibly early dawn the next day.

The burglars had broken into five classrooms, including the school's library.

"They had to have known what they were doing," Muirlands Middle School's library media teacher Mrs. Jill Zagami said. "They broke into the back of the computer lab, and then made their way into the library from there; they must have had a good understanding of the school's design."



Thousands of dollars out the window. Muirlands librarian Mrs. Jill Zagami stands in the library, the site of a recent burglary.



photos courtesy of Mackenzie Merkel

The burglars stormed the library, taking over 100 dollars from the library funds drawer.

Then, the thieves advanced from the library to the science classrooms, taking

DVD players as well as other expensive equipment.

Once finished, they moved to the bungalows, where they stole a computer cart containing over 10 Mac laptops.

The burglars tripped the school security alarm at about 2 a.m.

However, the authorities did not arrive until around 8 a.m.

allowing the suspects ample time to escape.

The crime has opened the eyes of the students and staff at Muirlands.

The only defense the school

has against criminals are locked gates and fences; this raises many questions about the safety at the school.

"Muirlands Middle School should have taken safety precautions even before the crime since there have been crimes at the school before," senior Alyson Kennon said.

The school would benefit greatly from improvements to safety equipment.

New installations, such as surveillance cameras, would help to prevent crime at Muirlands.

However, due to budget cuts, the school's effort to keep Muirlands safe has been undermined.

The magnitude of this crime

has attracted much attention to Muirlands.

Authorities from the San Diego Police Department, as well as school police and detectives, have been investigating the crime.

Currently there are no suspects.

However, due to the colossal damage done during the crime, authorities believe there were several criminals involved.

All that the students and staff at Muirlands Middle School can do is wait until this crime is solved.

However, if anyone has any information, they can call Muirlands' sponsored crime hot-line, Campus Crime Stoppers at (888) 580-TIPS.

It happened here too!

La Jolla High recently had a break in, strangely similar to the one at Muirlands. Four classrooms were robbed between Wednesday, March 5 and Thursday, March 6. The criminals stole laptops and projectors from the media carts; however, they thankfully left the larger computers used by the yearbook and journalism staffs

ASB Ball Court Winners

By Kyle Loomis
Staff Writer

For the first time, the LJHS students voted for an ASB Court.

Similar to the homecoming dance, the Court winners are

both nominated and voted for by the students.

There are two winners from each grade, and the senior winners are crowned ASB Ball King and Queen.

The lower classmen are named ASB Ball Princes and Princesses, although they do not get to keep a crown.

This year's ASB Court looked as flashy as the dance, which

but that didn't take away from the excitement.

He was especially shocked when he was voted King, and had a great time dancing with ASB Ball Queen Natalie Guillen, who happens to be his cousin.

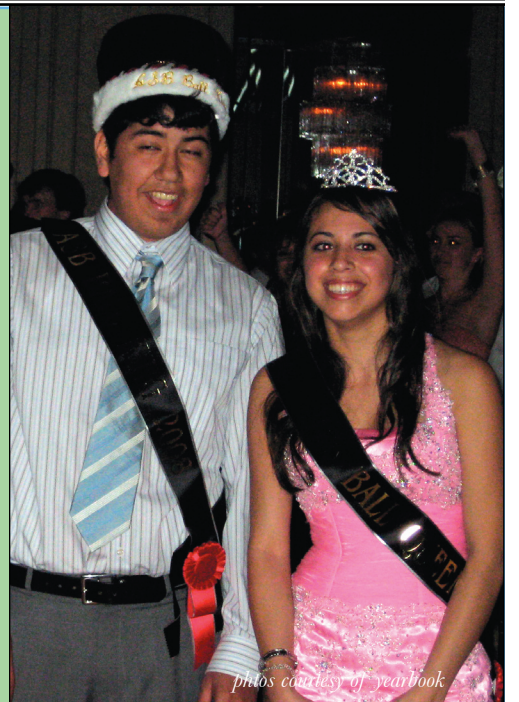
"I had a great time dancing with Natalie, and I got to keep the crown, which is really cool. It's sitting on the bookshelf in my room," Hernandez said.



was held on Friday, February 29.

The King and Queen of ASB Ball 2008 were seniors Edgar Hernandez and Natalie Guillen.

Since he is in ASB, Hernandez found out right away that he was nominated for ASB Ball King,



photos courtesy of yearbook

King and Queen for a night: (above) Edgar Hernandez and Natalie Guillen take home the Senior King and Queen crowns; (left) the entire ASB court lines up for a picture.

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On the brink of abusing the drink

Will a younger drinking age cause more people to abuse alcohol?

Young boozers become lowlife losers

By Kelsey Pouk

Staff Writer

Twenty one is a magical number to the American teen. Not only can a person drink without getting arrested for possession, but they can go to bars and nightclubs with their actual ID.

Underage people today are drinking more than ever before, and the talk of lowering the legal age won't change the high volume of teenage consumption.

"Lowering the drinking age would not help, but it would be nice," senior Amanda Biggs said.

Many countries do not have the same alcohol abuse problem that the United States does. Japansellsbeerin vending machines and in France, table wine is a staple with every meal regardless of age. However, America is notorious for over-eating, over-spending, and over-using. No matter what the drinking age is, there will always be alcohol abuse. The allure of alcohol is not only that it's illegal, but also that it provides an escape and a way to always have fun.

"I think if the drinking age was lowered in the United States, there would still be problems," senior Chelsea Kampmann said.

Americans will not curb their consumption of alcohol even if the drinking age is abolished. In fact, Americans eat more than do the citizens of any other country - Americans are notoriously the fattest, most gluttonous people on the planet. The fact that alcohol is toxic when consumed in large quantities does not stop Americans from drinking in excess. Excess is so ingrained in American culture that there is no way easier access to alcohol will somehow make young people drink less.

Although a younger legal drinking age is a novel idea that has been proven effective in other countries, it will not work in the US because this is a consumer country that will not be able to suddenly stop all the product abuse.

"Alcohol would become way more accessible, so more kids would be willing to try it," an anonymous junior said.

All drugs are used excessively in America, not just alcohol.

Caffeine runs rampant in the system of every average citizen, prescriptions are popped like candy, and cigarettes are found between the lips of many a chain smoker.

The percentage of Americans who abuse alcohol can subside if our attitude

PRO

lowering the drinking age will only aggravate this problem.

Just because it's illegal Drugs tend to connect people in ways nothing else can, and that is the reason for the fascination. That it's an illegal pastime adds a little to the seduction of alcohol, but even now teens would rather get smashed in a bar than in the back of someone's car



Cartoon by Christine Jung

as they try to sneak shots.

Lowering the drinking age will not solve any problems or make anyone, teens and adults alike, more responsible, but rather make it easier to abuse.

While some say time will heal the excessive nature of American drinking habits, time will only pass by, leaving little or no change in its wake.

Teenage drinking is a problem, but lowering the legal age will not solve it.

Lowering the drinking age will not increase alcohol abuse

Charles Zuo

Staff Writer

Many aspects of American society are illogical and contradictory. For example, the government sends army recruiters to high schools seeking young, fresh bodies to fight and die for Uncle Sam overseas but we do not allow these same young recruits who fight and die to drink a toast to this country. This great social injustice can only be fixed if policymakers lower the too high drinking age from 21 to 18. "My brother is currently deployed in South Korea and both he and I find it

CON

hypocritical that he can join the army but he can't drink," junior Nic Sonderegger said.

American teens legally become adults when they turn 18. As adults, they receive

for the death penalty.

In addition, 18-year-olds have the right to apply to the military without parental consent (17-year-olds can apply to the military if they have parental or guardian consent). With the expectation that an 18-year-old is mature enough to handle these responsibilities and face these consequences, policymakers should also expect that they are mature enough and have the right to consume an alcoholic beverage.

"Once we hit a certain age, we should receive all of our rights. When we turn 18, we are no longer minors. We are adults; we should have the right to enjoy a drink," junior Ellis Clausen said.

It is widely believed that lowering the drinking age would wreak havoc in society; however, this is unfounded and unlikely. In fact, in European countries, the drinking age is years lower than 21 and very loosely enforced. The rate of alcoholism in Europe is lower or the same as the rate of alcoholism in the United States. Because of the liberal drinking age laws in Europe, European teens are taught to drink in moderation and to drink responsibly. If we lower the drinking age in the United States, not only would we be giving 18-year-old adults the rights they indisputably deserve, but we may also improve our current teenage drinking problem.

"I think the higher drinking age is just a remnant from our roots in a Puritan society, when in reality the decline of morality in the western world should be supplemented with the proper abolition of laws regarding such moral subjects," junior Nick Hanoian said.

Adults, regardless of what age they are, should be able to exercise the rights guaranteed by the constitution. Lowering the drinking age and teaching America's teenagers to drink in moderation may cure the country's drinking problem. Sadly, by keeping the drinking age high, the United States perpetuates irresponsible drinking behavior.

“Second Life” addicts need to get a life

By Kaitlin Sharpe
Features Editor

Disappointed by their ordinary or dismal lives, many Americans have turned their attention to Second Life. Second Life, a virtual online world that started in 2003 where people create alter egos of themselves and live out imaginary lives, has recently been sweeping the nation.

With millions of users and thousands more joining each day, Second Life is becoming a domineering force in American culture, all at the price of human sanity.

While at first glance it may seem like an innocent online version of the popular computer game “Sims,” Second Life is actually a sick world filled with money, predators, and cyber sex.

Second Life causes people to become so disillusioned with their online lives that they no longer care about what happens in their real ones.

It may be fine for the casual player, but for people with obsessive personalities, the results can be devastating.

The average Second Life user spends about two and a half hours a day on the site;

hours that would be better spent building relationships, working, or studying.

Instead of focusing on their

been affecting my friends and family too. I blame Second Life for my C in Math first semester.”

going for over two thousand dollars each.

According to the official Second Life website, millions

effort they put into Second Life and apply it to their real lives,” junior Lynn Zhang said.

Many people see Second Life as an outlet to fully express themselves, but in reality it is nothing more than a shallow world designed to suck people in, addict them, and eventually steal their money.

“It is sad that people are pretending to live a life they know they can never have when they should be out living the lives they were given,” senior Kaitlynn Reilly said.

Even though Second Life was made into a joke on NBC’s *The Office* when sales associate Dwight shared his alter ego with his office mates, the online game addiction is no laughing matter. People are letting this virtual world get in the way of their real lives, and as a result they are suffering and upsetting those around them.

“People who play Second Life need to get an actual life,” junior Mackenzie Gloven said.

Second Life users need to turn off the computer, get off of their butts, and start living their real lives. After all, everyone only gets one *real life*, and they should make the most of it while they have the chance.



Dwight from “The Office” plays Second Life. Photo courtesy of gaygamer.net

real lives, many users choose to forfeit them for the greater good of their virtual ones. Even La Jolla High students have felt the sacrifices that come with being on Second Life too much.

“Second Life has been taking over my real life,” an anonymous junior said. “It has

Not only is Second Life taking time and energy away from the lives of real people, it has set its sights on something much more profitable: money.

Users now spend real money to buy virtual land, clothing, and accessories. Auctions for virtual land are being held constantly, with some bids

of US dollars are spent each month on these virtual items. It is ridiculous that people have become so obsessed with this pretend world that they are willing to waste their hard earned-money; money that would be better spent on tangible items.

“People should take the

Parents dread dark “Dexter”

By Matthew Cordell
Staff Writer

For close to fifty years, government regulations have prevented graphic violence and nudity on network television. The latest attack on programming however, targets the ideas presented rather than the content shown.

In order to cover the lack of programming during the writer’s strike, CBS announced that the network would air the first season of the crime drama *Dexter*.

The Parents Television Council (PTC) promptly objected and asked advertisers to boycott the program due to its content in an effort to force CBS to withdraw the show from the air.

Though the PTC claims the show is obscene, the solution the organization presents is a failing one.

The PTC should not limit the choices available to viewers, but should instead bear the responsibility to monitor the choices made by their children.

Dexter first aired on CBS’s sister network Showtime where it was well received by both

critics and viewers.

The story revolves around the eponymous anti-hero Dexter who works as a forensic scientist for the Miami Police department, and moonlights as a vigilante serial killer. The character does have one redeeming quality; he exclusively kills other murderers and hard criminals.

While the series originally contained a substantial amount of gore and nudity, the CBS version has undergone severe editing to make it appropriate for network television.

Still, the PTC objects to mainstream broadcasting because the show portrays murder and vigilante justice in a favorable light.

The protagonist Dexter

narrates with undeniable charm and wit and soon has the most recalcitrant viewer sympathizing and even cheering his murderous ways.

Yet the show is not an

morality and psychology that should appeal to a mature viewer.

“This censorship stuff sounds a lot like the type of thing the Nazi Party was doing back in Germany. We all know how that turned out,” senior Kenny Pulliam said.

While this is a rather extreme comparison, it is indicative of the problem with outright censorship of ideas.

Instead of limiting the choices available for all viewers, concerned parents should individually bear the responsibility of limiting what their child can or cannot see.

In an effort to limit the contact a young child might have with the show’s content, CBS has elected to broadcast it at 10 pm on Sunday nights. With this

precaution, adults and mature young adults will be able to appreciate the suspenseful plot, clever dialogue, and dark humor that make the series so appealing without affecting impressionable children.

“I don’t understand why it is a problem on CBS, they’ve had gory crime shows for years,” senior Ashley Fu said.

Interestingly enough, CBS has produced shows in the vein of *Dexter* before.

CSI has proven to be one of the most successful and has gleefully depicted murder and the scientists who catch them for a number of years.

While these shows may idolize the cops over the killers, the content depicted within the other crime dramas is just as violent and shocking as *Dexter*.

As such, it can be assumed that the true problem the PTC has with *Dexter* is the ideas that the show presents.

If the PTC seeks to totally censor the ideas in the show, it becomes something closer to fascism.

Viewers should have both the right and responsibility to choose what programs they find acceptable for themselves and their children.



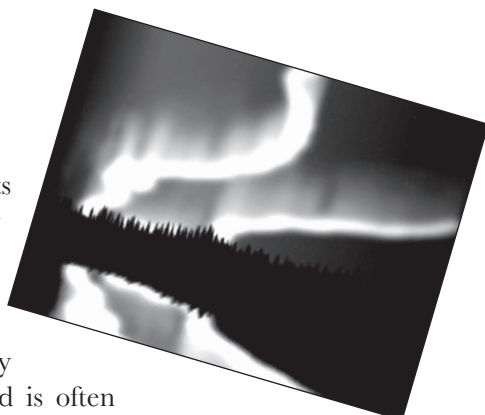
Michael C. Hall stars in Dexter. Photo courtesy of www.toxicshock.tv.com

Ten things to Do before you Die

By Zachary Clemente
and Anton Swain-Gil
Staff Writers

see the Northern Lights

Also known as Aurora Borealis, the Northern Lights are an incredible natural phenomenon. Only those lucky enough to travel to the polar zones can see this natural light show. Although a similar phenomenon is visible at the southern pole, the Northern Lights are the most famous and beautiful. The Northern Lights are caused by particles colliding and magnetic fields. The light emitted is often green and red and is said to be amazingly beautiful.



Scuba Dive in The Great Barrier Reef

Australia's Great Barrier Reef is the largest and most impressive coral reef system in the world. It is so large, in fact, that it can be seen from outer space. It is the biggest structure made by living organisms.

The reef is home to a plethora of sea creatures and coral. Diving in the pristine and life-filled waters is a treat and experience that every person should enjoy.

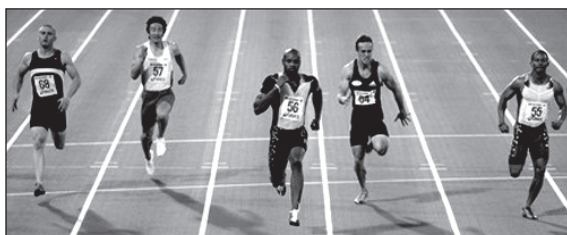
"My dream is to scuba dive the Great Barrier Reef," senior Alex Abbott said.

You can help support the conservation of the endangered reefs with your much needed eco-tourism dollars. Enjoy this natural wonder before it is gone.



Go to a Major Sporting Event

Expense, time, and travel often holds us back from going to a big sporting event. Forget it. Splurge at least once in your life and go to that game. Soccer fans can enjoy the World Cup, the largest and most exciting tournament in the world. Football freaks can butt heads at the Super Bowl. And for those out there who just can't decide, there is always the holy grail of sporting events, the Olympics. Make like the Greeks and revel in the pure and unadulterated rush of competition. Root for your country and help spread international good will.



Fall in Love

Being in love has been described as the greatest joy and strongest drug of all time. Some researchers say that the brain of someone in love is similar to that of someone with a mental illness. So go ahead, go crazy and let yourself be swept away with passion. It may just be a summer love, that girl you meet on the beach in Italy, or that boy from the resort in Mexico. It may be the person you marry and grow old with. Either way, experience it, enjoy it, and let yourself fall for that beautiful Juliet, Romeo.



Organize a Public Demonstration

Find a large city block with big sidewalks and busy business people. Get at least a few hundred people organized (offering free stuff as bribes works well) to do something strange. Have a zombie infestation, a picket for free taxi rides, or just make the biggest possible lines to the bathroom in an office building. Be creative and make sure to document every step of the organization process from the ground up (human skyscraper?) for reasons of posterity.



Drive up US Highway 1

Many of us as Californians do not realize that we have some of the most beautiful coastline on the planet. No need to travel to a far off place. Load up the car, bring the tent, and head north on US Highway 1. With secluded, natural hot springs along the way, and miles of wonderful coast, you will undoubtedly feel euphoric and relaxed. Big Sur is located further north on the

journey, and is an exciting place to explore. With its incredible redwood forests and jagged cliffs even the most travel hardened jaws will drop.

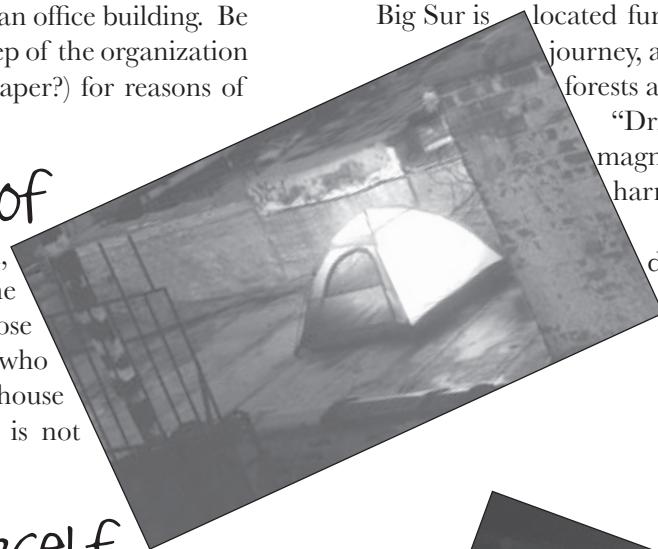
"Driving up the One, I got in touch with nature. The view was magnificent with cliffs, redwoods, and the ocean in perfect harmony," senior Tristan Hiatt said.

To experience the awe inspiring natural beauty that has dumbfounded and inspired authors and poets for decades, is to walk on the edge of heaven.



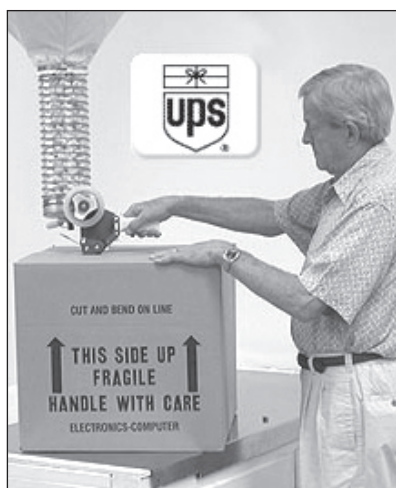
Camp on the Roof

Gather a sleeping bag, a camping lantern, and a ladder. Mix it up by sleeping on the roof of a house that is not your own. Choose the house of a good, understanding friend who will most likely not call the police. A friend's house who does not live in your neighbor-hood is not advisable.



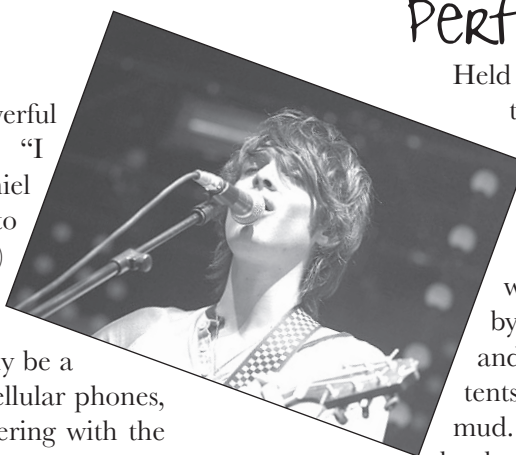
Attempt to ship yourself

Find a sturdy box, a few good books, a powerful flashlight, and packets of food and water. "I would bring my gameboy," Senior Daniel Gloven said. Throw a random address onto the outside (preferably to a foreign country) and give a friend some money to take you to the post office. Consider bringing some padding, for the trip will undoubtedly be a bumpy one. Make sure to turn off any cellular phones, for half of shipping yourself is not interfering with the plane's navigation systems. This one might not actually be legally possible, considering shipping living creatures (humans included) is, in all probability, against many good laws. Despite that, trying is the most important part.



Attend the Glastonbury Festival of Contemporary Performing Arts

Held on the ley line of Stonehenge in England, the largest performing arts festival in the world is the place to watch the sunrise from green meadows, get chakras realigned, and watch nearly 1000 bands in one weekend. An aerial view of the fields will illuminate flag poles and torches held by nearly 180,000 fans surrounding 80 stages and enclosed on all sides by masses of camping tents; and, given the last few years, gallons of mud. It is held annually, skipping every fifth year to let the grass grow back.



Photos courtesy of Stock Photo, english.aljazeera.net, abenews.go.com, australiaonlinetravel.com, asdfing.com, essential-architecture.com, kwitko.net, our-pastime.blogspot.com, 64westllc.com

Guess Who Triplet Edition

By Ali Cameron and Kaitlin Sharpe
Features Editors

This special edition of Guess Who features 15 year old triplets who are currently freshman at La Jolla High School. They are not identical and they have five other brothers. Can you guess who these triplets are?

High Tide: What is your favorite food?

Triplet #1: My favorite food is sugar.

Triplet # 2 : Mexican food and sushi.

Triplet # 3 : Mexican food, for sure.

HT: What is the best thing about being a triplet?

#1: Having brothers to depend on.

#2: You can't mess with us.

#3: My brother #2 is cool.

HT: What is the

worst thing about being a triplet?

#1: Fighting over stupid things.

#2: We have to share things.

#3: My brother #1 is weird.

HT: What is your favorite hobby?

#1: I enjoy fishing.

#2: I don't have a favorite hobby. I like to do a lot of different things.

#3: It has got to be sleeping.

HT: Who is your role model?

#1: I haven't quite figured that out yet.

#2: My Dad.

#3: My

#2: I like metal, alternative, rock, and classic rock.

#3: I like to rock out.

HT: What is your motto?

#1: I don't have one.

#2: "Do whatever you want, as long as you have fun doing it."

#3: "Relax."

HT: What would people first notice about you?

#1: I am tall.

#2: That I am a triplet.

#3: I am tall.

HT: How would you describe your

personality?

#1: I am pretty reserved.

#2: I'm cool.

#3: I am laid back; I like to observe what is going on around me.

HT: What makes you different from your brothers?

#1: I have blue eyes.

#2: They are bigger than me.

#3: They are

more active.

HT: What is your favorite class in school?

#1: I like swim PE.

#2: It has to be a tie between lunch and PE.

#3: Any class I can take a nap in.

HT: Does anyone get you and your brothers confused?

#1: Not really.

#2: No, we don't really look alike.

#3: Yes, my brother #1 and I.

HT: How would you describe your style?

#1: I don't know.

#2: Laid back, I'm a pretty laid back kid.

#3: I'm also pretty laid back.

HT: What do you want to do in the future?

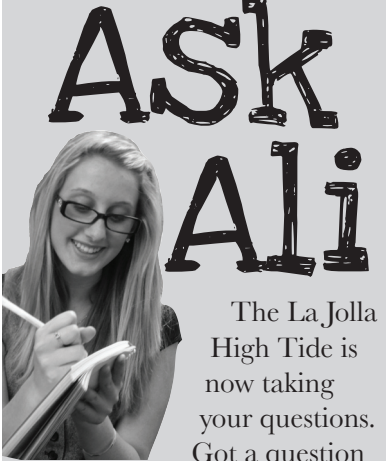
#1: I want to go to college.

#2: I haven't decided yet.

#3: I don't know.

The Guess Who from last issue was Tomas Fryman.

Photos by Ali Cameron



The La Jolla High Tide is now taking your questions. Got a question about school, friends, family, life, anything? Features editor Ali Cameron is ready to answer anything.

Please submit your questions to *Ask Ali* in room 501.

Dear Ali,

I am in eleventh grade Honors English and I cannot get a grade higher than a B. I work hard but my grade won't change. Do you have any suggestions for how to improve in this class.

-My GPA is being ruined

Dear Ruined,

Get over it. Everyone has a B.

You're not special.

Dear Ali,

I have just recently started going through puberty. My Mommy tells me it is a beautiful adventure, but these volcanoes on my face keep exploding. Is this normal? Or is this some sort of disease?

-Not so fresh-man

Dear Fresh-man,

I guess this is normal but it also sounds pretty nasty. You need to go see a dermatologist and get rid of those 'volcanoes' on your face. Hopefully you future will be a little more clear.

Dear Ali,

My friends are all going down to Tiajuana for Spring Break. My parents won't let me go. Should I go anyway and not tell them?

- Border Patrol

Dear Border,

I don't think it would be the best idea to lie to them. There have been a lot of killings down there lately. Maybe you can make a deal with them, you could go down for one day or they could come with you and stay somewhere else.

Dear Ali,

My boyfriend of 3 months is pressuring me to have sex with him, but everyone tells me that my body is a temple. He says he will break up with me if I don't do "the deed", but I am scared. What should I do?

- To do it or not to do it

Dear to do it or not,

If your boyfriend does not respect you enough to listen to what you want then you should probably break up with him anyway. Follow your heart. Only you kow what is best in this situation.

FREE RICE Food for thought

By Kelsey Pouk
Staff Writer

With English exams, standardized testing, and ridiculously long essays in the near future, who couldn't use a vocabulary boost? Free Rice is a website dedicated to improving people's grasp of

the English language so that they can perform better in job interviews, write intelligent emails and letters, and speak more coherently.

In addition, Free Rice, the sister site to Poverty.com, has an even greater mission: the main focus of the organization is to end world hunger.

The site functions like a game. Each word is presented as a multiple choice question and for every meaning that is guessed correctly, twenty grains of rice are donated to the United Nations World Food Program. Through their 75 locations, they work to reduce hunger by distributing rice and buying food locally in order to stimulate economies.

"FreeRice.com makes me feel twice as good because I get to study and help the world," junior Christian Pederson said.

Free Rice is a nonprofit organization, so all of the rice it donates is paid for by the advertisers on the website. When someone plays the game,

CORRECT!
stolidity = impassiveness

prefatory means:

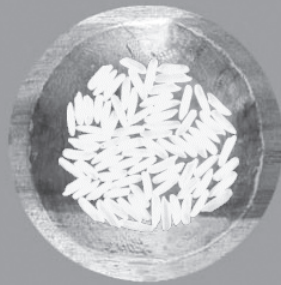
flexible

raging

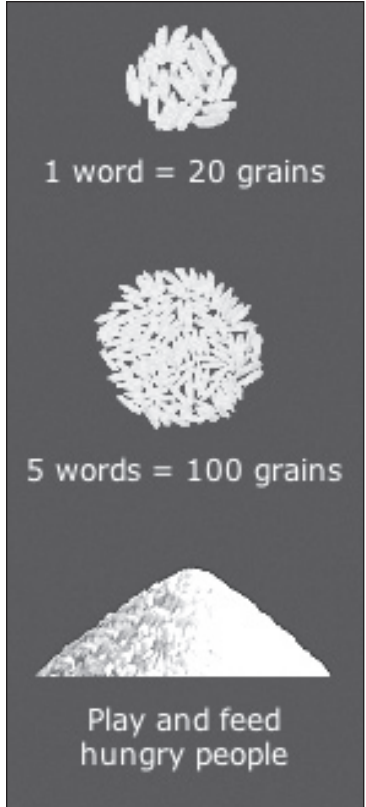
introductory

seductive

VOCAB LEVEL: 35
YOUR BEST LEVEL: 35



You have now donated
80 grains of rice.



advertisement banners sit at "I actually think the game the bottom of the page. Theis pretty fun and it's an money these advertisementsentertaining way to help generate is used to pay for thepeople in need," senior Tanya Valadez said.

"I wish I had known about Free Rice has provided this back in my SAT day,"over 1 billion grains of rice senior Alex Zecos said. since October of last year

The game has fifty five levelsand the Los Angeles Times and the site automaticallysays that, "FreeRice.com is detects the player's startingone of the most ingenious level after a few rounds.websites of 2007. In the best As the player continuallyspirit of the Internet, it offers defines the words correctly,education, entertainment they advance in difficulty,and a way to change the Answer a few wrong, andworld- all for free." Do more the level falls. The purposethan just please the English of Freerice.com is equallydepartment; feed someone balanced between providingin need while studying for vocabulary education andthe SATs. eliminating world hunger.

Photos courtesy of freerice.com


Nicotine

By Charles Zuo
Staff Writer

For thousands of years, people from the Americas grew and chewed tobacco. When it was introduced to the European nations after the colonization of America, it's popularity skyrocketed. It was instantly exported to all the corners of the world. Today we know that tobacco and cigarettes are unhealthy; they contain a myriad of noxious chemicals that damage our lungs and can lead to lung cancer, which is one of the top preventable deaths in the United States. However, one of the more dangerous aspects of cigarette

smoking is the addiction that comes with it.

Teens account for 4.5 million smokers in the United States and out of this 4.5 million, the majority say they wish they could stop smoking. Despite this wish, quitting smoking is extremely difficult. The chemical substance in cigarettes and tobacco that leads to addiction is nicotine. Nicotine's molecular structure is similar to that of acetylcholine, a neurotransmitter inside our brain. Once inhaled, nicotine binds to receptors in our brain and releases dopamine, which creates a sense of relaxation in the body. This is why smoking cigarettes can help relieve anxiety or stress.



Anonymous

"A cigarette a day keeps the stress away, is my motto. Some view smoking as bad, but the addiction doesn't phase me. When the time comes to quit I'll quit. Right now I'm enjoying myself."

"I've been smoking for four years. Over the past years, I've been trying to quit, it's hard," an anonymous La Jolla high student said. "At the end of the school day, I just want to smoke." Despite the addiction and the unhealthy aspects of smoking, many high-school students take up the bad habit. An estimated 23 percent of high-school students nationwide smoke.

"Regardless of the stress we have in high-school, I don't understand why anyone would smoke considering the risks and long term ill effects," Junior Sandy Arami said.

Along with the addiction comes withdrawals. Common symptoms of cigarette withdrawal include irritability, headaches, tension, and craving. However, many smokers find the cravings to be the worst symptom. Nicotine addiction remains one of the most common addictions in

America today. Although many people are able to quit smoking, nicotine still proves to be extremely addicting and difficult to quit. There are a number of ways to ween oneself away from this addiction. Devices that may aid smoking addiction include a specific gum and patch available at a local store. Nicotine may come in several forms, and each are equally addictive. A help hotline that is contactable in times of need and trouble is www.stayhealthyla.org.



VIDEO GAMES

By Carey Kennedy
Staff Writer

Throughout our nation, high school students are spending more and more time playing video games. While for some it may be a time to relax and take a break from school, for others it is more than a game; it is a nonstop desire to spend every minute playing; it is an addiction.

"I like to play Madden 2008 but not all the time. It doesn't control my life and when I have nothing to do it is fun," freshman Fredrick Martey said.

An article by Sherry Rauh, a writer who informs people about addiction, explains the symptoms of being obsessed with video gaming. Addicts will spend an increasing amount of time playing, and become irritable both while playing and afterwards.



Senior Patrick Liu

"I play video games during my free time. Gaming is something I'm good at that not many other people are. My favorite game right now is Team Fortress II."

Another telltale sign is when there is a continuous thought to play the video game as well as talking about it constantly. Symptoms of video gaming include playing to escape problems at home or with friends or even trying to live through a video game character. Lastly, in a severe case of addiction the student may turn to lying to try to cover-up the time spent playing. "I usually only play video games during the weekend because I am already involved with sports, school, and tutoring. It is not something I need to do, it is just something relaxing to do," an anonymous freshman said.

"For gamers, it's the fantasy world that makes them feel better," Keith Bakkar, director of Smith & Jones Addiction, said for a Webmd article.

When students begin to exceed over three to four hours a day, there is a definite problem. The gaming begins

to take away from everything going on in their lives. Instead of playing video games students should be more inclined to go out and exercise or do homework. Doing things that are both healthy and beneficial to a person, they are stimulating their mind in a positive pattern. "I used to be addicted and played many hours during the week but now I play about twenty to thirty minutes a week. I realized I had better things to do...read, fill out applications, and

meet more people," freshman Rafael Cosman said. Although some students seem to retain a strong competitive nature, they do not play sports. Rather, they choose to compete in video games where a whole new world is opened. Many addicted video gamers are quite shy and reserved. The new world or frontier that is created allows many to escape from being an "outcast" and thus is a place where they can excel in multiple stunning events.

By Natalie Barringer
Staff Writer

When the typical high school student gets home from school, the first thing he or she does is sign on to AIM, and check for messages on his or her Facebook account. Many such teenagers just want to keep up with friends they don't see often, or contact a classmate to get a homework assignment they missed. But other students feel the need to be

online first thing in the morning, on their cell phone during school, and all evening at home.

"I came out of the womb chatting with SmarterChild on AIM," junior Adriana Yedidsion said.

As this condition, unofficially known as "Internet addiction," becomes increasingly problematic, many parents, educators, government officials, and even some teenagers are beginning to question whether the unhealthy and dangerous effects of Internet usage

might outweigh its benefits.

"I only go on the Internet when it is absolutely necessary, and spend time outdoors instead. You can't live a virtual life," senior Fletcher Huntley said.

Statistics show that almost 75% of households with school-aged children have computers with Internet access. If one were to ask a parent why he or she believes the Internet is valuable, he or she would probably point out that the Net provides students with resources like encyclopedias, dictionaries, and other reference tools. But most students find very different ways to occupy their time online.

"I'm really into pro-Korean Starcraft gaming. If I'm on Youtube, I would probably be watching that. I'm actually doing my senior exhibition on e-sports with Korean gaming as a big part of it," senior Rodney Guo said.

The most shocking statistics have to do with the sheer amount of time teenagers today spend online. According to a recent Yahoo study, teens now spend more time on the Internet than watching

television or talking on the phone, at an average of 16.7 hours per week. Many people feel that this fact is even scarier

than this same amount of time spent watching television, because of the various dangers associated with surfing the web. The internet may be used in a positive way as well as negative. Children spend time using the Internet as a tool to socialize and play games, but do not utilize the positive points that the Net has to offer.



Sophomore Kayli Versteeg

"I am a Myspace person because I am a photographer so it's easy to put my stuff on it. I am usually on it about 3 hours a day."

Today's teenagers see the Internet not as a learning tool, but as a ticket to virtual freedom.

Caffeine

is far less serious than for example cocaine, yet it is still classed the same, as a stimulant. Once a person does become addicted to the chemical, he or she craves it, and feels that they need it to properly function during the day.

Drinking or ingesting too much caffeine can make a person shaky and cause their heart rate to increase. Once the caffeine has left their system, people can suffer from withdrawal that includes headaches, fatigue, moodiness, difficulty concentrating and sometimes, nausea and muscle pain. Over consumption of caffeine can also cause insomnia, and lead to tolerance of the chemical. Then, more consumption is necessary to achieve the same effect.

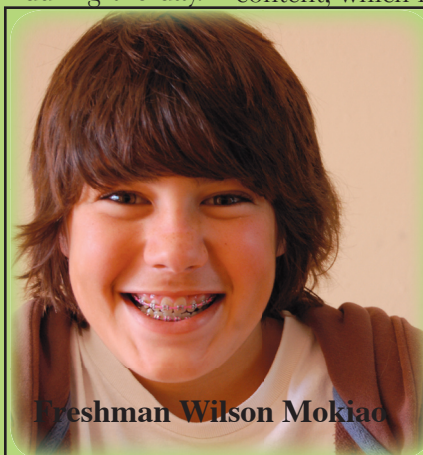
Coffee is not the only drink that fuels the world's caffeine addictions, energy drink companies are making millions by selling, especially to teens and

young adults, drinks with high levels of caffeine and guarana, similar to the coffee bean but three times more potent. Yet many of them are energy drinks because of the high taurine content, which is an organic acid and

less so because of caffeine, thus coffee remains the most popular way caffeine junkies get their fix.

To state the obvious, a way to avoid becoming addicted is of course moderation, but like most things, that is easier said than done. For people who must fight their circadian rhythms and get to school or work at early hours, and stay cognoscente,

caffeine can seem like the answer. If caffeine is the popular drug of choice, so be it, it is far milder than any of its stimulant cousins. For those who want to kick the habit, there is an almost infinite source of how-to-quit tips on the Internet in the form of websites.



Freshman Wilson Mokiad

"If I don't have a Monster in my hand, than I am probably drinking Red Bull. I drink coffee too. I dont like how it tastes, but I use it to stay awake."

By Qing Yorkiwilliams
Staff Writer

A common sight to see every day at La Jolla High is that of students toting around their morning coffee.

"I get a tall latte everyday," said senior Sarah Bales.

It is common knowledge that coffee is a source of caffeine, and a cup of it in the morning can help keep students awake in the wee hours of first period.

But perhaps less common is the knowledge that caffeine is addictive.

Dr. Cyrus Rangan, medical toxicologist at the Children's Hospital of Los Angeles, said on the Columbia News Service website:

"Among teenagers and pre-teens, we're seeing a lot of coffee drinkers, more than we've ever seen. There are 12-year-olds going to Starbucks and coming out with these huge drinks."

Of course an addiction to caffeine

