

# CIF WRAP-UP

By Sean Lyon  
Staff Writer

With the winter sport season coming to a close, our beloved Vikings set their eyes on their respected CIF championships, and hope to bring home a banner to go alongside the countless others hanging in the big gym.

Trevor Fox, Marcus Matibag, Gator Halpern, Joey Matibag, and the entire boy's varsity soccer team were looking for a strong run deep into the playoffs. Unfortunately, they were defeated on February 20<sup>th</sup> by Crawford High School with a final score of 1-0. "We really did not play to our full potential. We should have won that game," senior Trevor Fox said.

Fortunately, the girl's varsity soccer team made it to the CIF Finals. They had an amazing run which ended in a horrible game for the lady Vikes. On Saturday, March 1<sup>st</sup> they matched up against Cathedral Catholic High School. Facing

a tough squad, the Vikings had their work cut out for them. La Jolla could not muster a



Kickin' It: Freshman Callan Parra dribbles down the field.

victory or a goal in the 3-0 defeat at Valhalla. The Dons of Cathedral were on a blistering pace which led to their fifteenth soccer championship in the last eighteen years.

The women's water polo team also has had success in the past few years, but when they played Coronado High School they were bounced out of the tournament with a final score of 13-3.

After an amazing regular season record of 19-8, the Viking boy's basketball team, led by Jerrell Agnew, Spencer Moyer, Matt Jones and Peter Sefton, were the Western League Champions and eventual CIF Champions. When asked what his reaction was to the finals at Cox Arena, "I am just stoked to be playing there. It's really a dream come true," said senior Ja Rodd Watson.

As the number one seed going into CIF, the boys made an amazing run into the playoffs winning all three games. The first two were won easily but the third was a late minute thriller which saw the La Jolla fans storming the court. On Tuesday, the Vikes faced the Spartans of La Canada High School in the first round of the State Championships. With an amazing fan turnout, the Vikes walked away with a six point victory cruising into the second round. In a terrific atmosphere, the basketball team pulled out a great victory for themselves,

the fans, and La Jolla. They are now in the second round of State Championships.

The CIF Finals are some of the most exciting games to watch because of the way the athletes leave it all on the court or field. Let's hope that



Ballin': Senior Matt Jones goes up for the tip off.

our teams can bring back a championship and make the school proud for next season as well.

## TEAM TERMINOLOGY BADMINTON

By Matthew Cordell  
Staff Writer

**Shuttlecock:** The object that the players are required to hit. Composed of a tip made out of either leather or rubber, and a tail of goose feathers or plastic. Also known as a birdie.

**Ace:** When a team serves and the birdie hits the ground on the opposite side resulting in a point.

**Drop:** A difficult shot that requires the offensive player to strike the birdie while very close to the net. The shuttle barely clears the net and drops downwards immediately.

**Let:** A minor infraction of the rules that results in the service or entire point being replayed.

**Carry:** An illegal motion in which the shuttle is caught and held on the racquet, and then thrown during the sweep of a stroke.

# Famous Sports Photographers

By Anton Swain-Gil  
Staff Writer

Ever since sports have become popular, they have been covered by the press. The invention and modernization of photography has fueled interest in sports and has captured special moments in time. The visual dimension of sports photography has become an art form and has left us with important sports images spanning the last hundred years.

Walter Iooss is a popular and contemporary sports photographer. He started shooting photographs as a young man and has moved up through the ranks of sports photography. Starting off with a basic camera running along sidelines at games, he has become a leading professional in the field. He is a regular on the cover of Sports Illustrated, having over three hundred of his photographs appear, and has been capturing photos for almost half a century.

"His photography captures the essence of the sport," senior Jimmy Ready said.

Charles Conlon was an early

century American photographer. He was most notable and famous for his coverage of baseball games and players. He lived in New York City and took assignments for sports coverage from the newspapers of the day. Most of his photos of baseball players are widely acclaimed, but it was his photo



Photo courtesy of walteriooss.com

of Ty Cobb sliding into third base that truly catapulted him into the historical spotlight.

"We didn't have a T.V. growing up so his pictures were all the sports images I had," senior Kevin Miller said.

George Burke was a photographer who took sports photographs from the beginning of the 20<sup>th</sup> century through the forties. He was well known for his early shots of the Windy City players from teams like the Cubs, White Sox, and Bears. For a time he was even these team's official photographer.



Photo courtesy of georgeburke.com



Photo courtesy of charlesconlon.com

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By **Kyle Loomis**  
Staff Writer

LJHS has many impressive athletic programs, where student athletes can display their athletic prowess and help their teams compete and place among the best schools in San Diego. Not only do these students do well during high school, but also show potential in their sport at the collegiate level. The following student athletes stand out from their peers and were recruited to formidable universities for the sport in which they excelled for the past four years at LJHS.



Noah Orloff will be going to the University of California, Berkeley to play water polo. Cal is a Division I school and the number one collegiate water polo team in the nation. The Golden Bears have won the NCAA Championship two years in a row. Orloff, who will be playing alongside his older brother Daniel who graduated in 2006, played varsity water polo for LJHS for three years, and was a starter for two. Orloff also played club water polo for Windansea Water Polo Club for five years, a club that finished 11th in the National Junior Olympics Tournament last summer. After this fall season, he made the CIF All-San Diego Section Second Team and the All-Western League First Team. “I’m excited to play for Cal because it’s the best team in the nation and hopefully I can help the school win another championship.”



Ja’Rodd Watson will be playing football at Colorado State University next year. The star fullback and defensive lineman played 3 years on the LJHS varsity football team and made the All-Western League First Team offense. He was also ranked number 49 on espn.com’s top high school recruit list in the nation. Watson decided to play at CSU rather than other big football schools such as University of Nevada, Las Vegas or University of Washington. Watson can play fullback and on the defensive line, but will more likely be a fullback in college. Colorado State is a Division I football program, and their biggest rival is University of Colorado at Boulder. “It’s going to take hard work to play football in college, but I’m excited.”

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The University of California, Los Angeles Rowing Team will have a new member next fall: Delaney Maher. Maher has been rowing for the San Diego Rowing Club for the past two years. Those two years of rigorous practices for two and a half hours, six days a week have paid off, because Maher will be on one of the top college rowing teams on the west coast. UCLA’s Division I Women’s Crew Team is very competitive, and not many girls are tall, strong, enduring, or rhythmic enough to compete at the university level. “I’m really excited to be able to row for a D1 crew team, especially UCLA because it was my top choice. They also have the best food hall in the nation...so that’s what I’m mainly stoked for.”



Matt Jones, LJHS’s star basketball and volleyball player, will be going to the prestigious Harvard University. Deciding to play volleyball in college, Jones recently committed to the Division I Ivy League school. Jones has played on the varsity volleyball team since his sophomore year. He has also played for Seaside Volleyball Club for a year and a half, which is one of the most elite clubs in Southern California. He will compete in the National Junior Olympics this summer. Being a Division I program, Harvard’s volleyball team will be very intense and competitive amongst the other Ivy League universities. “I’m excited to play volleyball in college because I hope to improve my game on and off the court.”



Peter Sefton will be playing water polo at Stanford University. Last year, Stanford’s Division I water polo program just missed playing in the NCAA Championship Final Four. While Sefton is a three-sport varsity athlete, he chose to play water polo rather than basketball or baseball. He made the First Team for both CIF All-San Diego and All-Western League, while also making the USA Junior National Team and competing in Europe this past summer. “I’m excited to play water polo at Stanford because it is a great school for both water polo and academics.”



# ASB Court Princes and Princesses

By Kyle Loomis  
Staff Writer

## Freshman

LJHS's youngest ASB Ball Prince and Princess were freshmen Bobby Hill and Amanda Greco.

Even though they were both excited and surprised to win, Hill and Greco couldn't help but admit that the ceremonial dance was a little awkward.

"It was a lot of fun, but just a little uncomfortable...possibly because I know her brother and she's the vice principal's granddaughter," Hill said.

Both Hill and Greco looked stunning in a pinstripe suit and blue dress.



## Sophomore

The ASB Ball Sophomore Prince and Princess were Ben Castle and Kathy Lunas.

The sophomore couple had fun dancing because they're friends, even though the height difference must have made things a bit challenging.

"I couldn't believe I won, I was pretty frickin' stoked!" Castle said.



## Junior

Juniors Stephen Foster and Christie Richmond were the winners of the ASB Ball Junior Prince and Princess.

Foster was especially excited to win, mainly because he had the chance to dance with Richmond.

"It was like dancing with a celebrity!" Foster said.

The couple may have been destined to be in the ASB Court, because Foster's black shirt and white tie matched well with Richmond's black dress.

It's not unlikely that these two could be next year's Prom King and Queen.



# No Shave March

By Lena Rothstein  
Editor-in-Chief

Amidst the stress and sleepless nights of whether or not LJHS seniors are going to get into college approaching notifications, there is a group of senior boys that have found a way to suppress their anxiety. Twenty one members of the class of 2008 have decided not to shave their facial hair for the entire month of March until they hear back from each university they applied to.

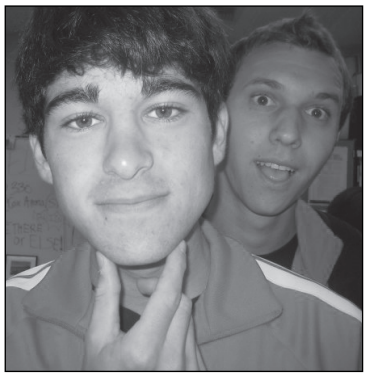
"We are doing this to make meaningful high school memories," founder Mike Altschuler said.

The bearded boys have started a Facebook group named No Shave March.

The page will display updated pictures of each participant, as well as the status of their facial hair throughout the month.

Although the beard growing officially began on March 1<sup>st</sup>, anyone who is awaiting college acceptance letters is free to join. It is clear by looking at some of the members that the group does not discriminate against those boys who

struggle to sprout a chin hair, let alone grow a beard. "Even though it may not look legit, it is definitely there. You just have to look close," senior Mason Sloan said.



Although LJHS is already beginning to look more like a homeless shelter than a high school with these unhygienic seniors, there is no doubt that the facial hair will curb some of the stresses that come along with the college notification process.



March Madness: LJHS seniors get hairy over admissions

# Local Rape in Mission Beach Frightens Community

Charles Zuo  
Staff Writer

What prosecutors have called the worst rape case they have ever prosecuted is finally coming to a close.

The three defendants, 32 year old Willie Louis Watkins, 20 year old Donald Duante Smith, and 19 year old Antonio Washington have been tried and convicted for 76 felonies.

With sentencing just weeks away, all three men face the possibility of life in prison.

After the deliberation,

which only lasted two days because of strong DNA evidence, the jury decided that the defendants were guilty of raping two 18 year old female college students and holding their male friends hostage with pellet guns, which the victims believed to be real.

This occurred on the night of October 15, 2006 inside a Mission Beach condominium.



Throw away the key: Donald Duante Smith convicted on charges of rape, among several other charges.

Despite the fact that many people supported the guilty verdict, there were protests as well.

A family member of one of the black defendants was angry that the jury did not have a single black member.

According to the police, the three men first broke into the condominium with the intention of stealing possessions; they ended up committing much

more gruesome acts, forcing two University of San Diego students to repeatedly engage in sexual activity.

However, the crimes they committed did not start with the young college students.

About 30 minutes before the students were raped, the defendants and several other young men robbed three men near Belmont Park.

As a result of this heinous crime, local politicians are now stepping up security levels.

**Tutor:** Harvard graduate. Several years of experience teaching and tutoring both middle and high school.

**Areas of emphasis:** Pre-Algebra, Algebra, Algebra 2, Precalculus, Chemistry.

References available upon request, including current LJHS families.

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# green is the new black



**By Sarah Wright**  
*Staff Writer*

Eco-fashion is a term that refers to stylish clothing and accessories that use environmentally sensitive materials or recycled fabrics. When environmentally safe stylings are thought of, the word “hippy” comes to mind. Now, however, environmentally safe clothing has become a hip and popular style in society. Environmentally-conscious clothing is in demand now because of the threat of global warming and other effects from the substances we use currently to produce clothes. People have become more aware of our world by using clothing to keep it unimpaired. Not only are these clothes better for the environment, but designers have abolished harsh materials and chemicals so the clothing is also sensitive and healthy for the buyers as well.

Many of these eco-friendly styles made their debut at Fashion Week in New York. Although designers have been playing with organic materials for years, these new designs have finally earned their place in the spotlight. Not only have the designers become more aware, but customers have too. More and more eco-friendly designs are purchased every month since big designers and celebrities took notice of global warming and how the unhealthy and inorganic materials used in the



**The Green Scene:** *Fashion Label Patagonia (above) and Natalie Portman (right) are devoted to the environment.*

production of clothing have an effect on our world. They have endorsed green consumer products and fashions, so everyone can play a small role in helping our planet thrive. Designers like Oscar de la Renta and Diane von Furstenberg showed support for going green by showcasing their new eco-friendly fashion lines.

“This is great that society is finally realizing that we need to have safer things for our environment. People should also learn to recycle their clothes,” senior Allegra Mautner said.

New green designers, like Patagonia and Linda Loudermilk, have set a green precedent for other, more recognized designers. Big companies like Nike have become more aware of the environment and have begun blending some organic cotton into their clothing and have a line dedicated to using all organic cotton. Some people do not see the difference between using non-organic or organic materials like cotton; but, using organic cotton is extremely important and helps the environment enormously. Experts have estimated that in about one year there will have been fifty-five million pounds of pesticides used on non-organic cotton alone, which releases unhealthy chemicals into the environment. Using organic cotton will keep these pesticides out of the atmosphere and will help create a healthier society.

“Polluting our environment with chemicals is wrong; using these organic materials helps keep everyone healthier. I love that stores and designers are becoming more aware of this,” freshman Rebecca Kay said. Not only have designers created

new lines to going green, but celebrities such as Natalie Portman have decided to take part as well. Her new vegan shoe line, *Te Cansan*, opening Spring 2008, is a line created from vegan products and no materials that could potentially hurt the environment.



*photo courtesy of natalieportman.com*

# Improvisation Nation

**By Cody Chapple**  
*Staff Writer*

A frequently overlooked group of talented students doing what they love is the Improv Team. Improvisation is a way of performing on stage without any prior rehearsal or practice. It’s acting on the spot for our entertainment.

“Improv is all about making something from nothing and playing off the other actors and you’re just letting your imagination run wild. You can begin a scene with something as simple as opening a door and end the scene with the actors eating dolphin cheeseburgers. It can get pretty silly but it’s all fun and entertaining,” senior Brady Miller puts it.

Indeed, the Improv Team is very

entertaining. Their performance at the Air Band show at seven was the stand out act of the night. It was the Improv Team’s performance of “A Whole New World” from the classic Disney film, Aladdin that won the laughs of the crowd. The team didn’t win at the end of the night because they apparently did not put as much effort and time in rehearsing as the other student acts.

“Ya, we weren’t allowed to win the show because as an Improv Team, we didn’t rehearse like the other acts. But whatever, winning or losing isn’t what matters when performing. We had fun and the crowd went wild for us so I was pleased,” senior Brendan Schwartz said.

Despite not winning, the crowd enthusiastically endorsed their performance during Air Band and their efforts are applaudable.

“Improv is a compelling

release and chance for me to lose control, I’m just there for the laughs and to have fun,” junior Tess Plant-Thomas said.

The two key words that describe improv are “Fun” and “Laughter”. It isn’t about impressing anyone or winning anything, it is about having fun and making people laugh. These reasons seem like pretty good reasons to do improv.

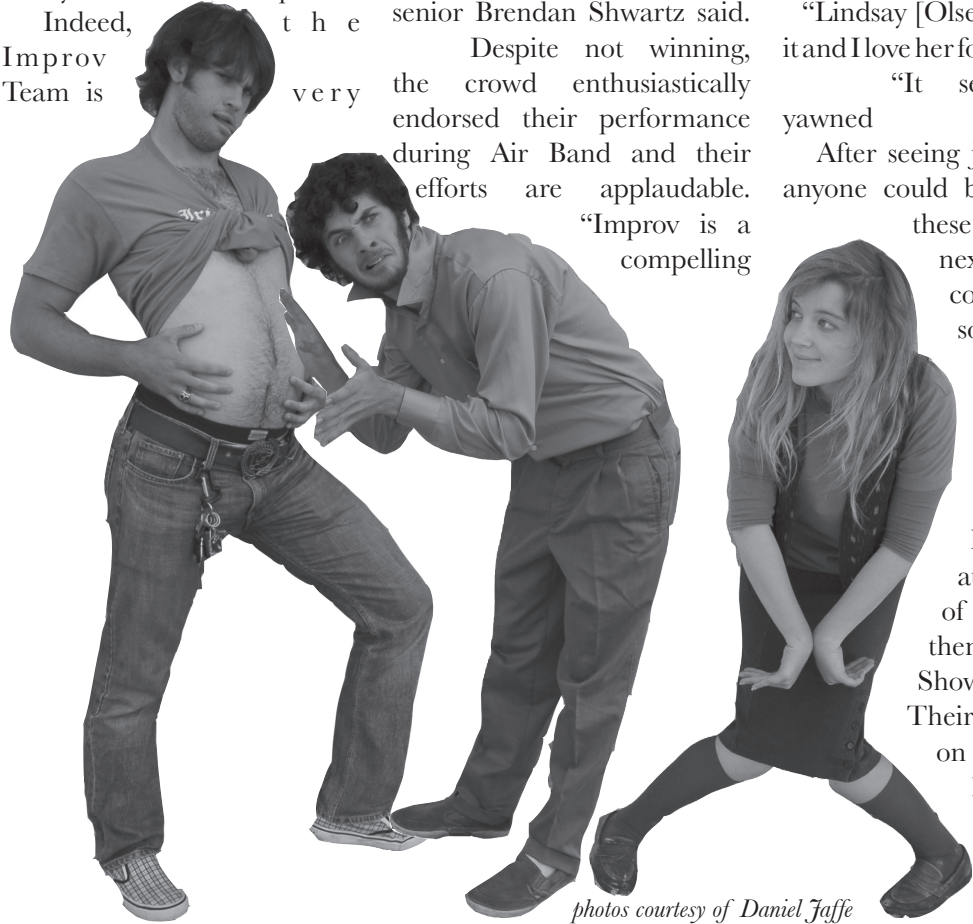
These kids do a great job on the stage, but what got them into improv in the first place?

“Jim Carrey is my hero and does a lot of improv. I heard his face has an unnatural amount of muscles that allow him to make more expressions than the average man!” senior Brady says.

“Lindsay [Olsen] got me into it and I love her for it,” Tess says.

“It seemed fun,” Shwartz yawned.

After seeing just one show, anyone could be hooked on these guys. The next show is coming up soon so if anyone is interested in being entertained, having fun, and laughing hysterically at the expense of other people, then the Improv Show is for you! Their next show is on Friday, March 12 at 7:30.



*photos courtesy of Daniel Jaffe*

# LJ students perform with Junior Theatre

**By Carey Kennedy**  
*Staff Writer*

San Diego Junior Theatre is proud to present *Smokey Joe’s Café*, one of the most famous plays in theatrical entertainment. The work is directed by Desha Crownover, who has fifteen years of experience managing, teaching, and directing plays, and Patrick Lathrops who has an extensive background as an educator, director, actor, and costume designer.

“It sounds interesting and I look forward to seeing people from our school performing,” freshman Zoe Wescoe said. This play is destined to be a hit with La Jolla High students.

“It is different from a lot of plays, because it is more of a review of songs...taken from a certain era, probably around the 40’s, 50’s, and 60’s,” junior Claire Parme said. Parme is a performer in the show and clarifies that this show does not have conventional roles, but rather solos and ensembles for actors to perform.

The revue introduces thirty-nine rock and roll, blues, and rhythm songs created by songwriters Jerry Leiber and Mike Stoller. The songs include “Jailhouse Rock”, “Hound Dog”, “Ruby Baby”, “Shoppin’ for Clothes”, and “Yakety Yak.”

With 2,036 performances to date, it has been one long hit on Broadway and

many theater companies.

“I want people to feel inspired by the talent in the show because it has good singing and not the usual corny dialogue,” Parme said.

*Smokey Joe’s Café* performed at Junior Theatre’s Satellito, runs from March 14<sup>th</sup>–20<sup>th</sup> on Third Street in Chula Vista.



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The High Tide and Walter Fairley presents:


# The Thizz Dance!

By Cassie Cook  
Business Manager

Do you feel like you're the only one who does not know how to Thizz? Do you not know what it means to get hyphy? Well check out this step by step guide and you'll be able to bust out the moves on your own.


**Step 1:**

As the lyrics state from Mac Dre's infamous song, *Thizz Dance*, you put a look on your face like you just smelled urine. Yes, envision walking in the door after a grueling day at school and your beloved pet had an accident in the house. Try to capture that smell on your face.




**Step 2:**

Next, you are going to "bounce to the beat till it starts to hurt." You're really going to want to bend your knees almost like you are going to sit down but keep changing your mind on whether to sit or not.




**Step 3:**

Now you are going to "brush the smirk" off you shirt. By this imagine yourself in your best Sunday outfit and somebody annoying threw something on your brand new shirt but you're fly so you're not going to sweat it; just simply dust it off like it ain't no thang, by a flick of your wrist.




**Step 4:**

Your next move is going to be to wipe the sweat off your face, however, this is more of a pulling motion rather than a wiping one. Act like someone is wearing a mask and you're going to pull and snap it back on their face (in this case, you are doing it to yourself). Make sure to maintain the pee face.




**Step 5:**

If you're not wearing a collar for this part it's alright just fake it and do the motion. So, you're going to pop your collar and then slide to your right and then slide to your left. Now for those of you who are fashion conscious popping your collar is on its way back in if it's not already here.




**Step 6:**

Next you're going to transition into "doing the bird." This means you're not going to just stick your arms out and flap them but really you're going to shrug your shoulders up and sort of arch up your arms. Almost like you are preparing to take off and launch yourself into the air.




**Step 7:**

"Dust myself off like I just stole third." For you baseball fans you know exactly what I mean and for those of you who don't it's alright. This means you're going to brush off the front of your pants specifically on the knee and lower half of your thigh region because that's where the dirt would be if you had slid into third.



**Step 8:**

Put the steps together and come on everybody, now's the chance...it's the



THIZZLE DANCE!"

photos courtesy of Daniel Jaffe

## CONCERT CALENDAR

- March 7th and 8th: *Bad Religion*, House of Blues

March 18th: *Nada Surf with Sea Wolf*, Casbah
- April 1st: *Sara Bareilles*, House of Blues

April 5th and 6th: *Bamboozle Left*, Verizon Wireless Center, Irvine

April 11th: *Yellowcard*, House of Blues

April 13th: *Angels & Airwaves*, SOMA

April 13th: *Say Anything*, House of Blues

April 20th: *Kanye West*, San Diego Sports Arena

April 25th-27th: *Coachella Music Festival*, Empire Polo Field, Indio

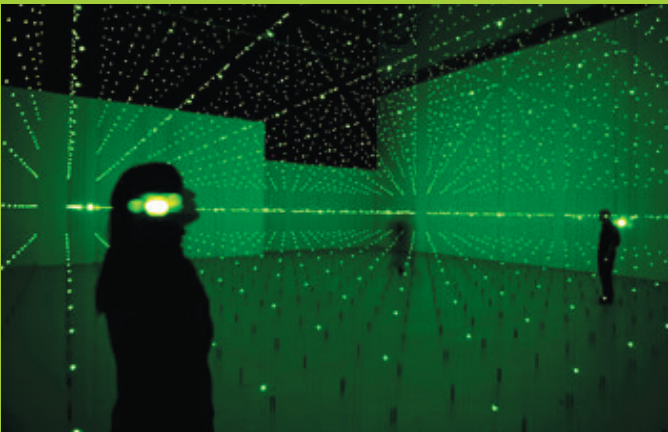
April 30th: *Avril Lavigne*, Cox Arena

# Matrix II

By Daniel Jaffe  
Photographer

extremely versatile artist. Redl uses mostly modern mediums, including lights, music, and even compact disks. Redl also produces variety by alternating

It is not often that a piece of art completely envelops its viewer in absolute emotion.



However, Erwin Redl's new exhibition "Matrix II" at the La Jolla Museum of Contemporary Art reasserts a single work's ability to absolutely captivate the viewer.

Erwin Redl's recently installed exhibit is a large room filled with tiny green, phosphor LED lights. The lights are arranged amongst the room in a fairly geometric fashion. The strings of lights are suspended from the ceiling, positioned in a horizontal and vertical perspective. The room is dark, which accentuates each light's effect. The exhibit's physical appearance is incredibly intriguing, due to it's intricate layout. Yet, the work's originality lies within the pieces over all design.

Indeed, the most absorbing facet of Redl's piece is the ability to walk through the room and chains of lights. Given this ability, the works ambiguity becomes increasingly more explicit. Walking down the long rows evokes a similar emotion to walking down an endless, vacant hallway. As one stops at a point and peers through the horizontal axis of the exhibit, the positions of the lights become very planar. Each of these self-induced perceptions makes the reoccurring pattern of lights infinitely interpretable.

Erwin Redl's "Matrix II" is a good example of an

between use of two and three-dimensional pieces. Redl's exhibit is a clear product of the technological age. The lights and their meticulous organization influence imagery of the inter-workings of a computer's circuit board. The piece is also very mathematically constructed, hence the piece's name.

Full room exhibitions are always absorbing, with Redl's exhibition being no exemption from this concept. Redl follows an ephemeral trend of creating a full room piece of art. The works of Annette Messager, Celeste Boursier Mougnot, and Jean Pierre Gauthier are prime examples of this newly established movement. Each of these artists' pieces has a distinct quality with a similar effect. These works encapsulate the viewer, seemingly placing the viewer briefly in the mind of the creator. Traditional mediums of art do not always convey the same emotion, especially for the unimaginative. Therefore, this new wave of work provides the missing dimension to establish the viewer's response. Redl's exhibition will last through May 4. Also, the MOCA offers free admission for those under the age of 25, encouraging more of the youth to interest themselves in the arts.

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photo courtesy of [www.sudoku.com.au](http://www.sudoku.com.au)