

# HIGH TIDE

Volume LXXVVI Issue 3 - November 7, 2008

## LJ Businesses Tighten Their Belts In Bad Economy

By **Kestlé Daubner**  
and **Jessica Silvers**  
Staff Writers

People generally think the severe economic downturn has yet to reach our well insulated La Jolla bubble, but several businesses have been feeling this economic crunch. The United States and the rest of the world have seen their stock values drop and banks threatened with bankruptcy, and La Jolla cannot escape this one. Unemployment rates are skyrocketing, home are prices dropping, and the economy is nearing depression.

Resulting from the economic crisis, many La Jolla businesses have been forced to raise their prices. Half of the tables are empty, and even happy hour menus that are offered are not bringing customers in. People are cooking and eating at home. In restaurants and other food vendors, servers have experienced a dramatic decrease in tips.

"People would rather use the money that they have in order to put food on their

tables," said Jason, Manager of an established restaurant in town. "Even my lunch business is down, it seems as though people are brown bagging it at the office."

"The yogurt at froglanders

daily customers," junior Leny Behar said.

"At Haagen Dazs, my pay check hasn't changed. I've noticed a lot less service, so my tips have gone way down," junior BreaRose Smith said.

usual.

"The lines to check out at Trader Joes took over thirty minutes!" said Liza Cohen, a local La Jolla resident.

Any given aisle of a super market chain store still sports red sale tags on most food products. And when one finally makes it to the register, there are further discounts and coupons on the register receipts. For example, Vons in La Jolla has an over-bearing banner that advertises hiring for all jobs that a super market has to offer. Although the entire country is experiencing huge job reductions and pay cuts for those still employed, supermarket chains seem unaffected.

One legendary La Jolla industry that has been hit hard is plastic surgery. As people are forced to buckle down on excessive spending in order to afford rising gas and food prices, plastic surgery drops lower and lower on the list of priorities. According to cosmetic surgeons in La Jolla, appointments at some offices have dropped by 50 percent.

U.S. when Obama takes office.

Obama's world reception this week hasn't been all fun and games. The Afghani president took time to remind our next commander in chief of his demand that U.S. forces eliminate civilian casualties.

The Russian president let the world know that new American anti-missile defense system in Poland will be answered by short-range missiles on Poland's border, as announced the day after the election.

Obama is clearly wasting no time, already picking out his future cabinet members. He certainly has a lot to live up to.



Local yogurteer, Kristina Mendez, loves her job despite lower tips.

went up in price because of inflation, and ever since then the tips have gone down because of lack of generosity from

Opposite the decline in eating out, grocery stores and food market chains seem to be packed with more people than

*Election Results On Pg. 6*

of times over our airwaves, found audiences on every continent in almost every country, and his campaign motto, "Yes we can," still resonates through the world as people celebrate the historic importance of the United States electing a black man to be president.

To many countries and people in the world, Obama's victory offers America a new face to the world. Our country's image, largely tarnished in recent years by an aggressive foreign policy, was (if only briefly) replaced by one of change.

Hope, to some, was the theme of the election, that the U.S. breaking down the racial barrier to the presidency may set an example for the rest of

## Students Work Polls, Earn Cash For School

By **Kathy Lunas**  
Staff Writer

This year on Tuesday November 4th, one of the biggest elections in history both in historical importance and voter turnout, took place. As millions flocked to different polling places, about sixty La Jolla High students volunteered their time to lend a hand to San Diego County voting precincts.

With an early morning start of 5:30 AM, students arrived at their designated areas to finish setting up and receiving last minute instructions. At exactly 7:00 AM, the polls were officially opened by the call of "Hear ye, hear ye, the polls are now open!" and it was time to work.

"It was kind of overwhelming to be in the middle of it all, it is exciting to be part of such a historical moment," junior Natalie Goddard said.

Throughout the morning, hundreds of San Diego voters went in and out of auditoriums

*Polls cont'd on pg10*

## Prop 8 Leaves Some Californians In Limbo

When the ballots were finally counted on Tuesday, Proposition 8, an amendment to the constitution overturning a previous California Supreme Court decision that allowed gay marriage, passed with a 5 point margin (500,000 votes). The measure, which took effect Wednesday, would ban gay marriages performed since the court decision took effect in June, effectively overturning thousands of marriages. Hundreds of more marriages performed since last weekend, trying to outrun the election, may be short lived.

## Election Updates

By **Brooks Newberry**  
News Editor

### U.S. Election Ripples Through The World

News of our nation's recent election graced the headlines of newspapers around the world when it became apparent that our 44th president would be Barack Obama. Obama's acceptance speech, which has now played dozens

the world to follow.

Obama's opposition to the unpopular war in Iraq is well known, but reactions to his possible policy changes regarding the war are muted.

"Any changes won't be made in one night," Foreign Minister Hoshyar Zebari said of foreign policy toward Iraq. He was not alone in this observation.

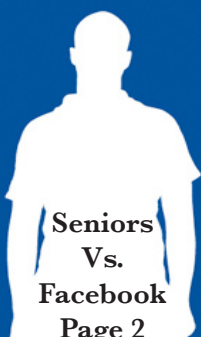
"It's not like even if Obama is elected we'll up and leave," Specialist James Real said, after watching the election results with his fellow soldiers in a base in Iraq.

The European Union is already looking ahead to next year, expressing interest in expanding it's relationship with the

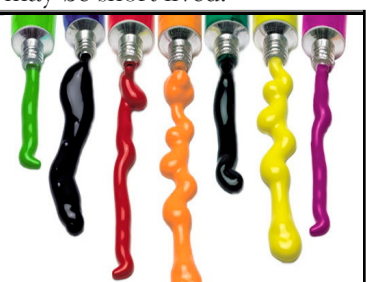
✓ OBAMA	McCAIN
Electoral Votes	Electoral Votes
<b>349</b>	<b>163</b>
Popular Vote	Popular Vote
<b>53%</b>	<b>46%</b>
64,043,290	56,497,501

### IN THIS ISSUE

Opinions	2,3
Features	4,5
Student Focus	6,7
Sports	8,9
News	1,10
A&E	11,12



Mock The Vote  
Page 6-7



Student Art Gallery  
Page 12



The La Jolla High School

## HIGH TIDE

**Editors-in-Chief**Mackenzie Merkel  
Kaitlin Sharpe**News Editor**

Brooks Newberry

**Opinions Editor**

Zack Ross

**Features Editor**

Haley Cottrell

**Student Focus Editors**Carey Kennedy  
Erika Ostroff**Sports Editor**

Charles Zuo

**A & E Editors**Molly Salas  
Dario Aharpour**Style Editor**

Angie Rosal-White

**Business Manager**

Sarah Wright

**Advisor**

Jim Essex

**Staff Writers**Liore Barzilai  
Carolina Bellizzi  
Jacqueline Berracasa  
Catherine Brazier  
Natalie Buchbinder  
Antonia Cereijido  
Kestle Daubner  
Shira Feifer  
Stephanie Fong  
Stefan Garcia-Valentin  
Suquoia Geary  
Christina Kirby  
Amy Liew  
Kelly Lin  
Katherine Lunas  
Tania Mashkoory  
Aida Saam  
Kaitlin Shantiai  
Jessica Silvers  
Katerina Smith  
Freda Spencer  
Caitlin Tarantino  
Ali Tonnesen  
Vu Tran  
Jessica Wood

The High Tide, an open forum, is the official student newspaper of La Jolla High School. Unless otherwise noted, opinions being voiced in the High Tide belong to the individual author. The High Tide welcomes letters and opinions from students and staff members. If you have a letter to the editor, please drop it off in Room 501, or give it to any High Tide editor. You may also email submissions to [ljhtide@yahoo.com](mailto:ljhtide@yahoo.com). Submissions should be typed and cannot be anonymous. The High Tide reserves the right to refuse any material. Advertisements are measured per column inch. To advertise with the High Tide or to purchase a subscription, please email us or call (858) 454-3081, extension 4501. Issues are distributed every three weeks. No part of the High Tide may be reproduced without written permission.

# Homecoming To Date, or Not To Date?

**By Katherine Lunas***Staff Writer*

With homecoming just around the corner, there are a lot of decisions to make, like what clothes to wear, where to have dinner, and whether or not to spend the special night with a group or with just one other person.

Group dates can have their advantages when going to a school dance. With a small group, the conversation rarely hits any awkward silences and can sometimes be more exciting. Also the friends who go on the group date will be able to provide a second opinion on how things are progressing between the couple. Another advantage of going with a group is that if a person has not really made a connection with their date, their friends will be with them to make sure they have fun throughout the night.

“On group dates you can socialize more and things don’t have to be so formal,” junior Lilly Sedaghat said.

The downside to being on group dates is that people cannot really have private time with the significant other. It makes it difficult to establish any kind of deeper relationship with the person. If it is a blind date, it may be hard to figure out their real personality with a bunch of other people around and friends might be more of a distraction.

Group dates are not for everyone, and that is why there

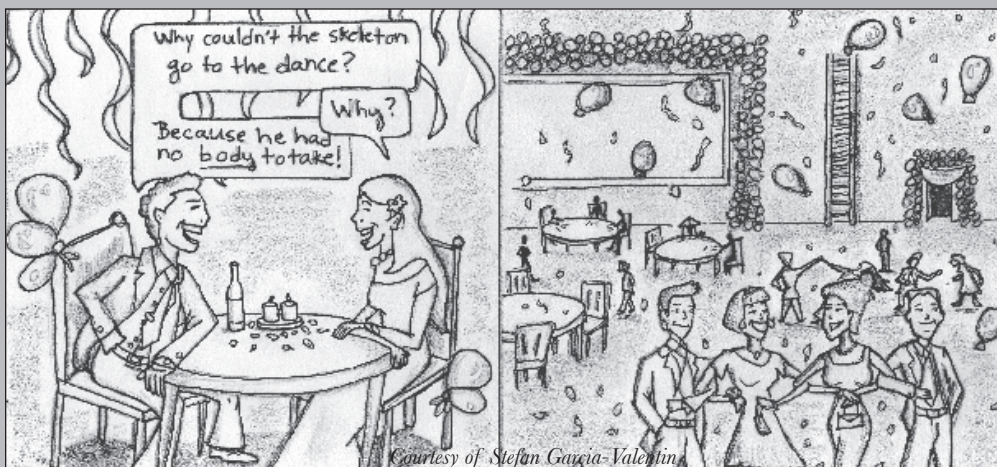
television and movies. People want what they see from the media, that fairytale happy ending, and it is because of this desire that single dates are more frequently pursued. If the date goes smoothly and the couple really likes each other, then their friends will not be present to make any kind of awkward comment to ruin the moment.

“If I’m on a single date and I’m trying to flirt with the girl,

their date and cannot seem to find any sort of spark, the rest of the evening might turn out extremely boring. People may find themselves wanting to bail out yet not able to because they do not want to be rude or feel guilty that the date is just not working out. Yet staying throughout the date could prove to end up causing the couple to leave each other at the dance and not speaking to each other for the rest of the night.

“If you go on a bad date, you won’t have anyone there to come and get you out of the date and it is really just not worth it,” junior Sayuiri Takagawa said.

The fact of the matter is, deciding on whether to go on a single date or a group date depends on the people involved and the situation. Going with a bunch of friends to a school dance could be the more thrilling way to have a really fun night. Homecoming does not have to be such a formal occasion, which is why group dates are the most common choice when attending the dance.



is the alternative of going on a singles date. By being alone, a couple can form a sense of what their relationship is really like without the interruption of other people. Along with no interruptions, each person will solely focus their attention on their date and there will not be any distractions. Single dates are somewhat romanticized on

it won’t be weird since my friends wouldn’t be around,” sophomore Sean Rodriguez said.

The other side of single dates can be somewhat disastrous. On single dates, conversations can go flat and make the situation ridiculously tense and uncomfortable. Also if a person finds no interest in

# Red Ribbon Week

**By Suquoia Geary***Staff Writer*

The week of October 27th through the 31st was La Jolla High School’s “Red Ribbon Week,” or drug and alcohol awareness week. Yet many people wouldn’t know this. It seems that the only awareness that has occurred was realization that our student body uninfluenced by such events.

Each year the staff makes a small effort to hand out red ribbons to pin to shirts and backpacks and get students to sign drug-free pledges.

On the Monday during drug week, the school was draped in red ribbons strewn all over the railings and trees. In reality, the ribbons make the school look like it is decorated for Christmas.

One student from Muirlands appeared very confused when she saw the ribbons around the school. It’s interesting to see the change from elementary to

middle school to high school and how the sincerity of red ribbon week is lessened.

In elementary the students participated in a parade where they are draped in giant ribbons. In middle school, the students receive wristbands and large ribbons to pin on their shirts. Many students even receive rewards for wearing the ribbons.

This leads people to wonder if the diminishing efforts is due to the budget cuts or if the faculty feels that it’s too late. But is that what student’s need, the school to give up on them?

“I barely even notice red ribbon week when it comes around and when I was an underclassmen I didn’t know what it was at all.” Said senior Timmy Pickett.

The school does not realize the mockery made of it all. Many ribbons are thrown away and many students who have done drugs are the ones to sign the pledge. As they walk away talking about how

the pledge is a joke, the efforts of the week appear farcical the point is proven that the week does not work.

Students humor the school by following along with the week, but the second the students are out of school the week becomes “out of sight out of mind.” The pledges and ribbons don’t leave a lasting impression on the students, especially when students merely recognize the week while it’s happening in front of them

Though the junior class received a fabulous assembly courtesy of Mr. Scott Silverman- that was only one grade. The underclassmen still have virtually no knowledge of what red ribbon week is, and for many of them junior year is too little too late to make a difference in their lives.

“I don’t think red ribbon week helps at all, personally I wasn’t aware what it was. I don’t believe it will help kids to stop drinking and doing drugs.” Said sophomore

Allyson Reilly.

Such an assembly did make some effect, but of the four grades of students, one fleetingly inspired grade does not make much difference in the long term.

Students are constantly drilled with facts and a movie throughout the years to “scare them straight”, but what students need is real life and inspiration. Yet in the past few years neither of these options have seemed to be fully offered.

Many students feel the week is pointless and a waste of time for the faculty.

“People with actual drug problems wouldn’t be open to the small attempt given by the school to help kids.” said senior Anthony Antonov.

Students don’t feel inspired to ask for help from the teacher with no stories to tell, who is only helping to pass out ribbons without meaning just because somebody told them to.



# Candidate Criticism

By **Carolina Bellizzi**  
*Staff Writer*

Would it make sense if you walked into your first day of a beginner’s foreign language class and the instructor expected you to be fluent? What if you were expected to take a math test without ever being instructed how to answer the questions? That would be pretty unfair, right?

Then why is the media so critical of political candidates? Whether it be Sarah Palin’s inexperience in foreign policy or something as ridiculous as Barack Obama being a terrorist, the media brings out the “worst” in people; “worst” referring back to the Oxford Dictionary definition which is, “the most severe or serious offence.”

As you read the newspaper it is hard not to find a media headline criticizing the candidates in some way. Conveniently, this method paints a beautiful portrait of their party of choice, while villainizing the opposite party. And this year, it just so happens that the Republican vice presidential nominee is a woman, an easy target. Not only does the media criticize Palin’s political inexperience through name calling, most

notably, “Caribou Barbie,” but they bring up the most ridiculous, nitpicky things to give Palin a negative public image. Also part of the political gossip rumor mill, the Republicans have made claims that Barack Obama is a socialist with ties to terrorists; supposedly John McCain not really a US citizen, as he was born on a Naval base in Panama; allegedly Sen. Joe Biden considered dropping out of the race in favor of Hilary Clinton for vice president.

“People should not base their vote on these silly criticisms of the candidates, but, unfortunately, it has become a part of politics today,” junior Haley Cameron said.

To be frank, the price of Sarah Palin’s clothes has nothing to do with politics, however, the manner in which she presents herself has everything to do with it. In a society where first impressions are everything, Palin has most certainly done herself as well as her political party proud. However, the media chooses not to recognize these moments, but instead jump on the bandwagon that Sarah Palin is not the “American hockey mom” that she claims to be because her handlers spent thousands of

dollars on her clothes during an economic recession. If anything, Palin should be applauded for pumping money back into a severely floundering economy. The price of her clothing is of no political importance, but the fact that she presents herself as a professional politician with sophistication is no reason for the barrage of negative comments from the media.

“Who cares how much money the candidates clothes cost? What does that have to do with politics? They aren’t harming anyone,” said junior Alex Johnson.

Would you vote for someone who presents themselves any differently? Even Barack Obama gets up on stage in a nice suit and tie, and it is guaranteed that his clothing did not come from Wal-Mart, K-Mart, Target, or J.C. Penny, but no media outlet chooses to out his clothing expenses. Why? Because in today’s society very few voters in the voting pool would actually be interested in the hard facts if the image of their future leader did not arouse feelings of invigoration and change.

It is really sad that in today’s society the only way to keep the American population interested is by disparaging

the candidates. For example, everyone heard about Tina Fey’s airhead impersonations of Sarah Palin on SNL. Yes, they were funny, and, yes, they were lighthearted, but there was still a clear political motive.

Media reaches every American in some way, shape, or form, and it most certainly influences people; whether it was intentional or not, Fey’s impersonations portrayed Palin to be “a few cards short of a whole deck” when it comes to her experience in foreign policy. However, any American who watched the Vice Presidential nomination and debate knows that Palin held her own, even against the extremely well credentialed and experienced senator, Joe Biden.

That is not to say that Obama is any less dignified a political force or person, but one does not see the consistent disapproval from the media geared towards the Democratic Presidential nominee because they would be considered hypocritical. Nevertheless, the media recently chose to bring up the question of Obama being a naturalized citizen so late in the election that nothing can be taken back.

The media, and then, most

importantly, the American people need to recognize that the Presidential and Vice Presidential candidates are human; they make mistakes just like the rest of us. Honestly, if Barack Obama were really in cahoots with terrorists or a socialist at heart, then why would the American people and political leaders allow him to even run for the presidency?

“As voters, and more importantly, as Americans, we should focus more on the hard political facts. I’m so over hearing the mudslinging of the candidates. If you like Obama, that’s great, but don’t hate on the McCain/Palin campaign, and vice versa. It’s just not right. They are all good people, even if we don’t always agree with their ideas,” junior Lily Sedaghat said.

With the media attention of this election bringing the mudslinging to its highest degree, many Americans are now questioning their own political party. What does it mean to be a Democrat or a Republican? It certainly does not mean bringing candidates down for stupid reasons. So why criticize the candidates? They are the ones being trashed in front of the entire world.

# Facebook & College

By **Freda Spencer** High school seniors who are already stressed out by the pressures of grades, test scores, college essays and applicaions now have another worry: Will their facebook and Myspace pages negatively effect them when it comes to college admissions? Although it’s hard to think about college admissions officers browsing personal pictures and conversaions, we are living in the 21st century, and thanks to technology, anything is possible. A survey of the top 500 colleges states that 10% of admissions officers admitted to looking at applicant’s personal sites, some of them negatively effecting their views on the student. This explains why many seniors have been making drastic changes to their facebook pages and other social networking sites.



**Sam Salom**  
“I don’t take part in inappropriate activites. I’m not going to be changing my search name or deleting any of my pictures. However, I don’t think that colleges should be researching students that are applying to their schools. Not only should college administrations have that much time on their hands, but also they shouldn’t be worried about us. They should be worrying about the students they have now.”



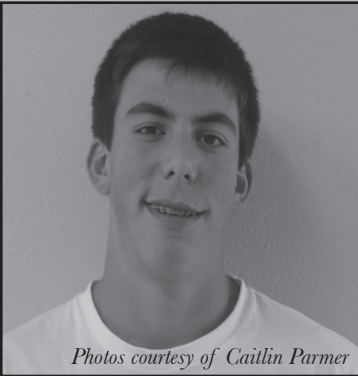
**Sophia Gumina**  
“I don’t really have any pictures that are inappropriate or that I wouldn’t want college admissions to see, if there’s nothing bad there in the first place then you have nothing to worry about. I don’t plan on taking anything off of my facebook page. I think unless you have pictures of you drinking, partying or totally embarrassing yourself, you shouldn’t be worried.”



**Steven Foster**  
“I think it’s a good idea to change your search name because I don’t think that colleges should judge people on their social life. I think that changing your search name gives you an opportunity to keep all your pictures that you already have or are going to have in the near future. Colleges should be worried about seniors academics rather than what they do on their free time.”



**Ellie Wheeler**  
“I changed my search name, but not by a lot. I just took off the last two letters of my last name. I think that it’s a good idea to change your name on facebook, and not dramatically, but just by a little. I untagged myself in pictures and hid my albums, which I recommend a lot to others that want to also be careful about colleges examining your page.”



**Kyle Zimmer**  
“I didn’t change my search name, and I’m not sure if I’m planning on doing it. But I am going to be taking off many of my pictures that I have up now. I am against colleges looking at students’ facebook because they are aookying to their school. I still don’t think that they should go on any stuidents facebook to judge the kind of person they are.”

Photos courtesy of Caitlin Parmer



# Homecoming Handbook

By Danielle Daitch
Staff Writer

As everyone knows, the Homecoming dance is coming up on next Saturday, November 15th. Before you get ready to dance the night away, you need to take care of a few things, such as what you will wear, how you will do your hair, and where you will eat before the dance.

With this handy guide to all things

homecoming, making these choices will be a breeze.

Although guys can avoid the time it takes for girls to do their hair and makeup, there are still things that need to be

done to prepare for the big night. Most important is what to wear. The Homecoming dress code suggests that male students wear a dress shirt and nice slacks. To look their best, some students opt to wear suits or tuxedos. “Take a trip to A Better Deal Tuxedos if you want to look good on the 15th,” junior Vince Gumina said.

For girls, preparing for homecoming is a little more complicated. Primarily, girls want to make

sure they have a dress. Students have suggested Cache, Nor-

dstrom, and Forever 21 for cute, fun party dresses. Most girls also choose to get their nails and hair professionally done. For manicures, Nailtime on Girard Ave., and Christine’s Nails in Pacific Beach are popular. For hair, A Robert Cromeans Salon on Garnet St. is always a popular choice.

“Don’t spend too much money on your hair, because once you hit that dance floor, it won’t look too great anymore,” junior Nathaly Moungvong said.

Makeup is also an important component of any school dance. Stores like MAC and Sephora have the colorful, fun cosmetics girls need to look their best.

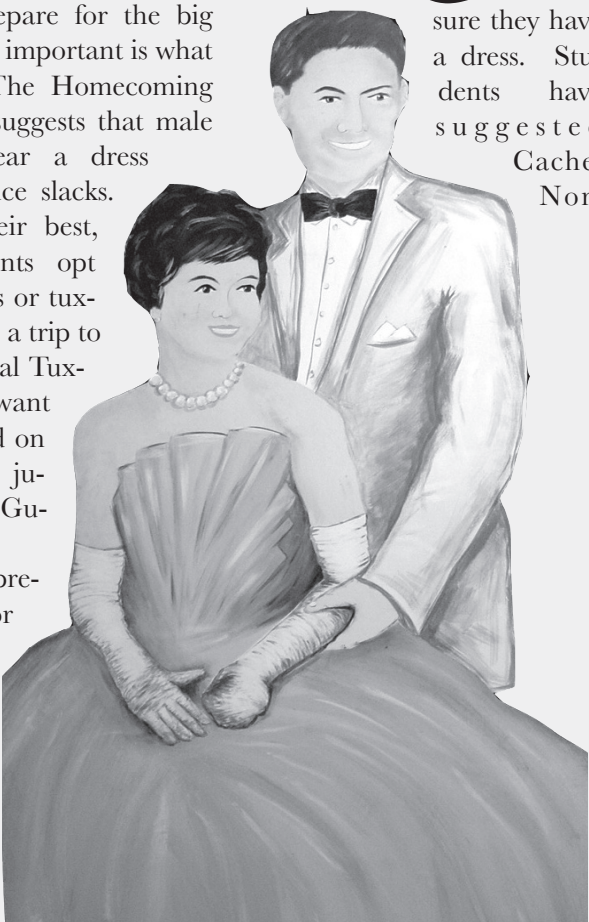
For both guys and girls, there is always the question of

where to eat before the dance. Sammy’s Woodfired Pizza is popular for groups, while Aloha Sushi is great for couples. For something more romantic, George’s at the Cove offers a scenic, more intimate meal.

Corsages and boutonniere are imperative if attending the dance as a couple. Flower shops like Adelaide’s, or even grocery stores like Vons are common places to order corsages from.

“Make sure to order corsages before homecoming so the shop does not run out of them,” sophomore Victoria Frager said.

By using this guide to make sure you are prepared for Homecoming, you are sure to have a stress-free good time.



# LOGOMANIA

By Freda Spencer
Staff Writer

Walking around La Jolla High, clothing labels are seen everywhere and the logos of popular brands are instantly recognizable. Clothes are how students express themselves at school, but do we really know exactly where these logos come from and what they mean?

The story behind the logo of the clothing line OBEY began in 1986 when a young American Artist named Shepard Fairey created a design that featured André the Giant, a famous wrestler of the 80’s. The image was a painting of Andre the giant, with the word “obey” under it. Fairey called it an “experiment in phenomenology” and began spreading the image, seeing how much of an impact it could have on pop culture. The image was distributed by skate companies and posted on walls, streets, signs, buildings, and all over cities. It became a worldwide movement, with stickers and posters featuring the design being pro-

duced and exhibited around the world. In 1989, the now co-owners of OBEY clothing teamed up with the young art-



ist Shepard to create the logo for the upscale clothing line, OBEY. The line has become very popular, especially in Southern California, and many La Jolla High students can be seen wearing t-shirts and other OBEY clothing around campus.

“I wear Obey all the time, I never knew the logo

was Andre the Giant, I just figured it was some random design but it’s cool to know the real story behind it,” senior Ian Morales said.

For anyone who is familiar with the fashion world, a red sole on a high heel means only one thing: Christian Louboutin. Over the years, red soles have become the designers trademark, so much so that Louboutin is trying to get the red sole trademarked.

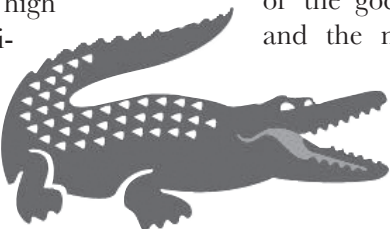
But where did the idea of a bright red sole on a designer heel come from? One day in 1992 the designer applied red nail polish to the bottom of a shoe on a whim. He said that the “red color of the soles have no function other than to identify to the public that the shoes are mine.” “Anytime I see a high heeled shoe, I automatically think of Christian Louboutin, its his signature,” sophomore Lena White said. Red soles, however did not begin with Mr .

Louboutin, the aristocratic class in the 17th century wore shoes with red soles and it was

known as a status symbol.

One of the most distinguishable logos of all time is the Nike swoosh. Nike has become much more than just a sports gear company, and is known across the world for its representation of teamwork, high ambition and exceptional athletic ability. Although it was founded in the 1960’s, Nike did not get its current name until 1971. Carolyn Da -

vidson, a graphic designer is who actually came up with the idea and suggested it to the company. She is one of 35 people who suggested ideas for the new Nike logo. Inspired from the Greek goddess of victory, the swoosh represents the wings of the goddess and the name



# LACOSTE

Nike is directly drawn from the Goddess’s name, “Nike.”

Now known for the signa-

ture collared shirts, Lacoste is a hugely popular brand in the US and across the rest of the world. In 1933, a French tennis player named René Lacoste decided he did not like the traditional shirts worn to play tennis, so he teamed up with the owner of a large knitwear company to create what would eventually become a fashion empire. René once made a bet with the captain of the French Davis

Cup team that if he won an important match, the coach would have to buy him a crocodile skin suitcase. After that, the press began to call him “The Crocodile.” Rene’s friend Robert George drew a crocodile on Lacoste’s blazer that he wore on the court from then on. Now, Lacoste is now a well known high-end line that sells perfume, shoes, watches, sunglasses, dresses and other clothing, and most famously, tennis shirts.

Highschoolers today usually know how much others pay for their jeans, or where they buy their shoes. But do we know where the idea behind the brand names that we judge each other come from? Usually not. And usually the stories behind our favorite brands are much more interesting than who is wearing which one.







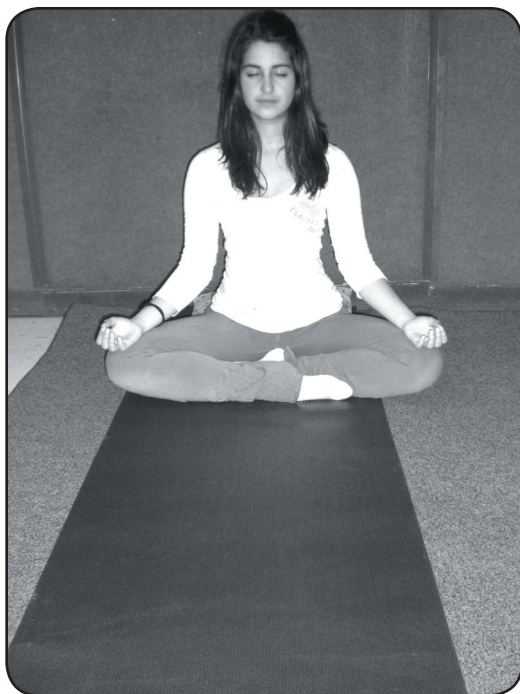
# YOGA WITH ANTONIA



**By Antonia Cereijido**  
*Staff Writer*

Whether you are a freshman who is getting used to the amount of work in high school, a sophomore who has joined seven clubs and is drenched in extra-curriculars, a junior who is freaking out about, well, everything, or a senior who is scrambling to finish their college apps, one thing is certain: everyone experiences stress. Stress does not go away magically, but you will be amazed at how doing some simple yoga moves right before, or even after a mental break down, will calm your body down.

The most important thing in yoga is breathing. If you are focused on your breathing, your mind will quiet all the thoughts and worries that are jogging around in your head. So while you practice the following sequence, please do not forget to not only inhale, but to exhale as you begin to relieve at least a little of your daily stress.

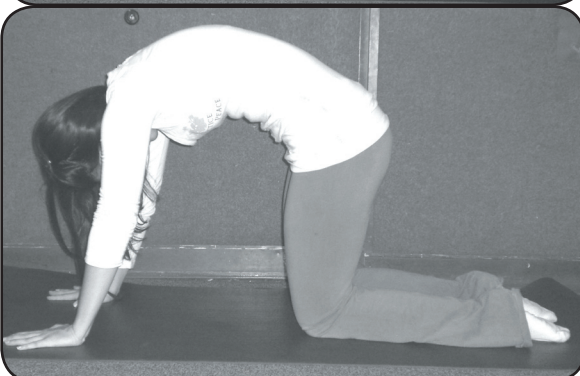
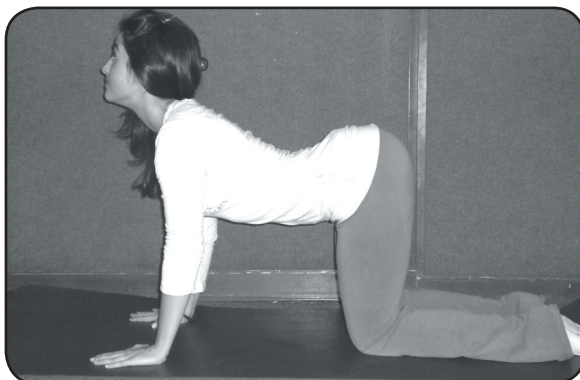


## 1. LOTUS, OR CROSSED-LEGGED

This is always a good place to start all your yoga practices. Sitting and putting an intention to your practice will give the whole practice much more meaning. If you are someone who has tight hips, putting a blanket or pillow underneath your bottom is a very good idea. Similarly, if sitting up straight is uncomfortable or difficult, sitting against a wall is just as productive. Once you are seated and comfortable, begin breathing in a 5-second pattern. Take five seconds to inhale through your nose and five seconds to exhale. You want the breaths to be steady and even. Focus on counting the breaths out so that your mind does not go wandering. However, if you lose count, do not worry, just start at the beginning again.

## 2. CAT-COW SEQUENCE

After approximately a minute of sitting, uncross your legs and go on your hands and knees. First as you exhale, you will curl your pelvic bone down towards the ground and arch your back, like a cat. Then as you inhale, you will start at the pelvis and bring your lower back down as you reach your chest towards the sky. This pose is called the cow pose. These two poses together release energy from the spine. Do this motion together with the breathing about five times each.



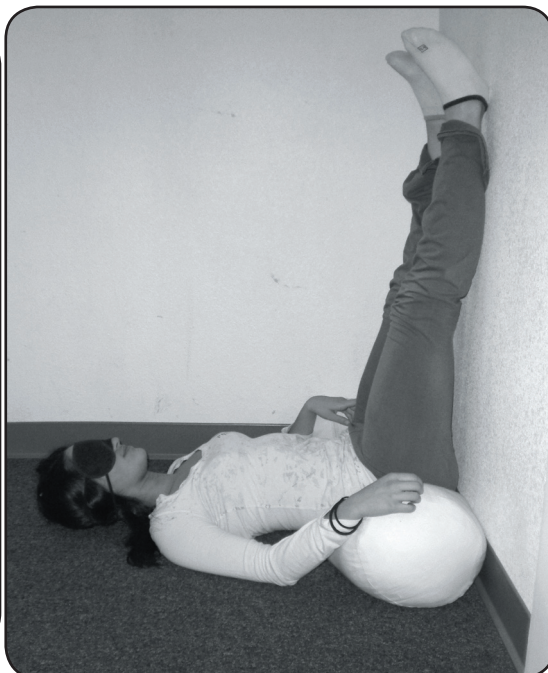
## 3. DOWNWARD DOG

Probably the most famous yoga pose, downward dog is one of the most dynamic and beneficial poses around. You want to align your hands so that they are shoulder width apart and parallel. You also want to align your feet with your hips. Bring your shoulder blades onto your back and push the sit bones into the air. This pose is an inversion which brings blood to the head and releases stress. Inhale and exhale for eight to ten breaths in the pose.



## 4. VIPARITA KARANI

If you are unable to pronounce this pose, do not worry. The name is more complicated than the actual pose. This pose is the final and most restorative pose in the sequence. Basically, you edge your bottom as close to a wall as possible and bring your legs up the wall so that you are laying on your back. Many like to put a cushion (if you do not have one, you can easily make one using pillows or blankets) under their lower back to relax more fully into the pose. Another good idea is to put a small washcloth or eye mask over your eyes. During a day at school when you are trying to focus, your eyes get particularly worn out from trying to keep them open and alert. Take this pose for five to fifteen minutes. This pose relieves cramped and exhausted feet as well as the lower back. Just sink into it. Keep observing your breath and just give yourself this time to forget about all the activities you have going on.



## Now That's Embarrassing!

Do embarrassing things always seem to happen to you? Then share these mortifying, yet extremely entertaining moments with us by sending them in to room 501.

### Sticky Situation

At last year's ASB ball, I was all gussied up and trying too hard to look hot on the dance floor. I really don't know how this happened, but some hair got in my mouth when I was tossing my head around to some lame 1997 hit, and out came my piece of gum... attached to my hair. The piece of gum stuck to my head somewhere above my ear, getting totally tangled up in a clump of hair. The whole night I had to dance around with that nasty, sticky hair ball.



### Silent But Deadly

One day, I was working in a small room with four really hot chicks. I got kinda nervous, and when I get nervous I tend to get a bad gas buildup in my lower intestine. Everyone was diligently working. I thought they were so focused that they wouldn't notice, so I decided to relieve some of my gastrointestinal pressure. The fart was silent--- but also very deadly. The pungent aroma filled their nostrils... and although everyone knew I was the culprit, I emphatically denied it. The source remains unconfirmed to this day- but my shame is quite obvious.



### Headstrong

One time when I was 6, my family and I went on a vacation. I was walking around the hotel with my brother and we wanted to see the pool over the gate. My brother kept making fun of how I was too short to see over the gate, so I stuck my big head through it. Yes, my head got stuck in the gate! My brother had to call the maids in the hotel to cut the gate and get my head out.

