

HIGH TIDE

Volume LXXVV Issue 2 - October 17, 2008

Water Polo Boys Show Their Family Spirit

By Jessica Wood
Staff Writer

The boys Water Polo Team has always had a reputation for being a close-knit group, but when one of their own entered a tough time, the boys proved their relationship went so much further than the water. Coach Atwell's wife was recently diagnosed with breast cancer. As a way to show their respect, compassion, and support, all of the members of the team shaved their heads and presented Atwell with a box full of their hair.

It may seem weird to think the teachers have lives beyond the realm of school. Atwell, who has always been known for his tough exterior, had a rough time with coping with his wife's condition.

"Atwell had been through this before when he had cancer, and we could all tell he was really affected by it by the way he acted at practice," said junior Cameron Ravenbach. With this, the

Water Polo cont'd on pg10

Global Updates

Chinese Taikonauts Savor The Spotlight

By Amy Liew
Staff Writer
and Brooks Newberry
News Editor

A historical even happened in Jiuquan, China when the Chinese launched three astronauts into space for their first ever space walk. The sky was

New School Stress Counselor Ready For Action

By Natalie Buchbinder
Staff Writer

School, sports, parents, friends and life in general can weigh heavily on today's students. For students compelled to put so much on their plates, stress can almost seem impossible to bear. The new school stress counselor, Ms. Kim, is here to solve this rising issue.

With a new student support group in session, Ms. Kim hopes to break the "cycle" of stress, a term she uses as a gateway for her courses.

"Stress is a cycle, you need to take a break from it," said Kim. Her eight week program is designed to fit the needs of students with all types of stress.

"It [stress] can be physical or emotional," said Kim. The counseling group is designed to help students help each other. Future plans and college applications are main stress points for students.

Students at the school have had mixed reactions to the stress counselor.

"Why are we spending mon-

ey on a stress counselor, when we are cutting teachers?" said senior Daniel Gonzales. Yet, students like Senior Molly O'Reilly believe in the positive effects of stress counseling.

"I think that's cool...to have someone who will listen," said O'Reilly.

Staff at the school give a collective thumbs up for Ms. Kim's program, noting that it aids in many more ways than just relieving the stress of school. Ms. Behnke, the head counselor at the school, puts great faith into the program, saying, "[Ms. Kim] empathizes with kids, and can really help them set goals for the future," said Behnke.

Ms. Kim emphasizes the fact that her job is not solely stress counseling, but other types of counseling as well.

"The students can come see

me for anything, it does not have to be stress related," said Kim, "They can come at any time during my office hours. I am at my desk from 8:00

on today's students, a counselor can create a major change for the better. The many activities and extracurricular activities that students take on in ad-



On the couch: Ms. Kim reminds students where to go for help deal with all the pressures of the teenage life.

a.m. to 2:15 p.m. Monday thru Thursday, every week,". Her areas of expertise range from stress counseling to counseling for other needs as well, such as college related issues.

With stress taking a heavy toll

dition to the draining task of schoolwork can bear heavily on student's shoulders. Stress counseling is designed to help students learn to balance their lives, and Ms. Kim is here to help.

clear and the earth was in perfect position for the launch on September 25, 2008 at 9 p.m. Millions of people in China tuned into their television sets as they eagerly awaited the launch. The blastoff was successful as the astronauts went on their 40 minute walk in space. These astronauts were given the opportunity to honoring their country by making history.

Zhai Zhigang, Liu Boming, and Jing Haipeng accomplished a successful flight to space where they had to go through extensive training before they were ready carry out their purpose. Zhigang, Boming, and Haipeng were forty-two old fighter pilots that had

spent more than 1,000 hours worth of flying and training for this mission. The commander of the Shenzhou 7 spaceship was Zhai Zhigang. Before the launch, all personnel and equipment were checked to see that the launch would be as smooth as possible. The suits that the taikonauts wore were about four million dollars each that were able to provide them with oxygen, communication lines with the space center in China and on the shuttle with him. More than ten million people in China watched the space walk through the public television or at the comfort of their own homes. Though there were three astronauts on this space mission only one of

the astronauts could go and retrieve the scientific experiments.

The successful mission has proved to China that their future plans for the space might come through.

"It is a great step for China in the field of astrophysics," sophomore Elena Miceli said. China is now planning a future space plan where they will transport astronauts and cargo to future Chinese space stations. The Chinese are also planning to build a space lab by 2011.

"This momentous step for China is going to help and solidify them as a world power in science," sophomore Roger Li said. With their achievement

in their mission, other countries might become rallied in taking space missions a step further.

Europe Funds Failing Banks

An economic summit convened in Paris last Sunday to discuss what action the European countries would take to aid the ailing world economy. Last week, Britain promised £37 billion to bolster the equity of its biggest bank, a recently merged HBOS/Loyds TSB.

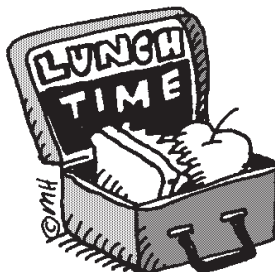
Britain's plan spurred its European neighbors, led by France and Germany, to jointly promise to back bank loans for the next five years.

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The La Jolla High School

HIGH TIDE

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Letter to the Editor

By Lloyd Kitson, Class of '68
Guest Writer

I read your editorial of September 23, 2008 with great interest. I picked up copies of the High Tide from your advisor, Mr. Jim Essex, to distribute at the Class of 1968 Reunion event held recently at the La Jolla Cove Bridge Club. Granted an editorial, by definition, is the author's opinion; however, I find it interesting that you criticize Governor Palin's lack of experience without also noting that Senator Obama had served only 143 days as the junior Senator from Illinois when he announced his candidacy for the Presidency.

Previously, Senator Obama has served as a State Senator (Chicago) for an undistinguished eight years, proposing no significant legislation and frequently voting "present" on controversial issues to avoid "committing" on issues for which he might later be criticized. A "chief executive" (governor, mayor) cannot take the "present" position – "the buck" (Harry Truman) has to stop somewhere.

Senator Obama's voting record in the United States Senate is rated as the most liberal of all 100 U.S. Senators by the non-partisan National Journal – incidentally, Senator Joe Biden is ranked third most liberal. In my view, "liberal" (or progressive if political

such a vote in the U.S. Senate, during his three year tenure.

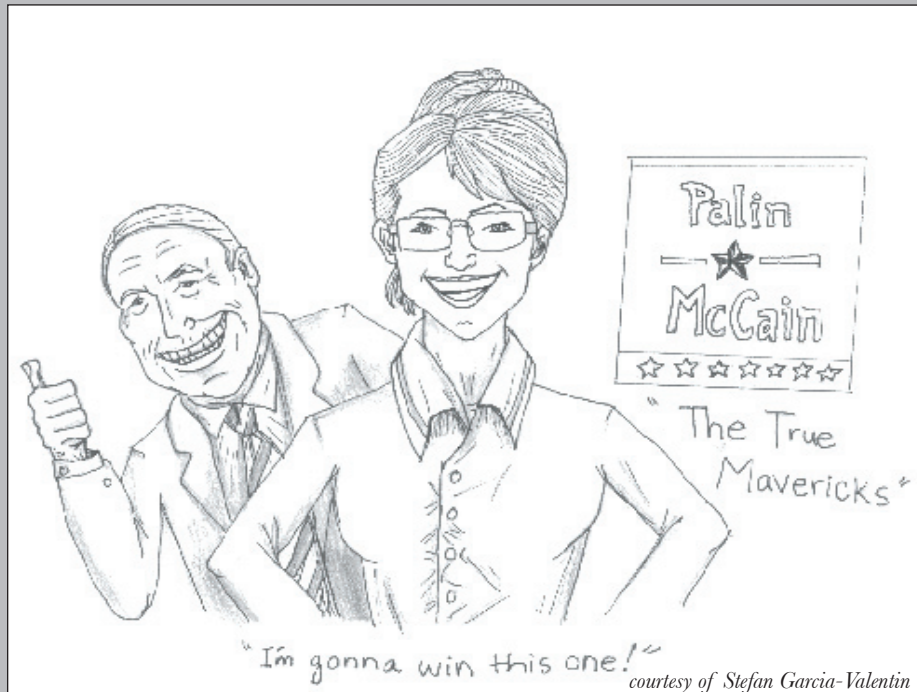
Sarah Palin, as a mayor and governor, has reduced taxes, grown the state economy and challenged corrupt political figures, of both parties, during her twelve years in Alaska politics.

view, she is at least as qualified to serve as President as Barack Obama.

Also note, as recent past Presidents go, governors are the usual choice of the electorate – Bush (Texas; 23,507,000), Clinton (Arkansas; 2,600,000), Reagan (California; 36,457,000), Carter (Georgia; 9,300,000), "Executive" experience does have political merit – at least in the judgment of the American voter.

At this time in our Country's history, the American electorate is approximately evenly divided among "progressive" and "conservative" views, but the print and television media is overwhelming liberal. This "disconnect" may have a direct influence on why the mass media is rapidly losing the favor and trust of the American public. Viewers are down, readership is down, newspaper staff is shrinking – this substantial decline cannot all be attributed to computer use and the "alternative" media alone.

Editorials are not just about your opinion, they are about the truth. The "truth" is as much about what is excluded from an editorial, as what is included. Tell the truth, and people will read and understand.



correctness must be served), is the tendency to demand that government must be larger, control more, and redistribute Citizen wealth (taxes) rather than defend the Country, conduct international affairs, and "get out of the way" of its free Citizens. Senator Obama has voted to raise taxes (or not reduce them) every time he has had the opportunity to cast

She promoted and is passing approvals for a \$40 billion natural gas pipeline that will bring plentiful domestic natural gas supplies to the continental United States. In comparing the records and experience of Governor Palin (Alaska; 670,000) and Senator Obama, keep in mind that Sarah Palin is not running at the top of the ticket. In my

Hook-up vs. Long Haul

By Suquoia Geary
Staff Writer

At the end of our four short years in high school, you may look back and wonder about certain decisions you might have made. One thing people always seem to wonder about is those controversial high school relationships. In a culture where one night stands are romanticized, it's easy to blur the lines between what feels good in the short term versus what is best for yourself in the long term.

Long term relationships build something special and create friendships that are real. Along with building a strong relationship, enduring relationships keep teens out of trouble. A person in a committed relationship feels more maturity and respect and is less likely to go out and get into trouble.

"I think it's better to be in a long term relationship because you share something way different and you grow to care for someone on a completely different level than in a little fling," junior Zac Zlatic said.

Having a mature and steady

"I think long term relationships are a good idea only if you think you'll really be with the person for a long time. Otherwise, you shouldn't waste your time on something that will only hurt you in the end," sophomore Dylan Stav-

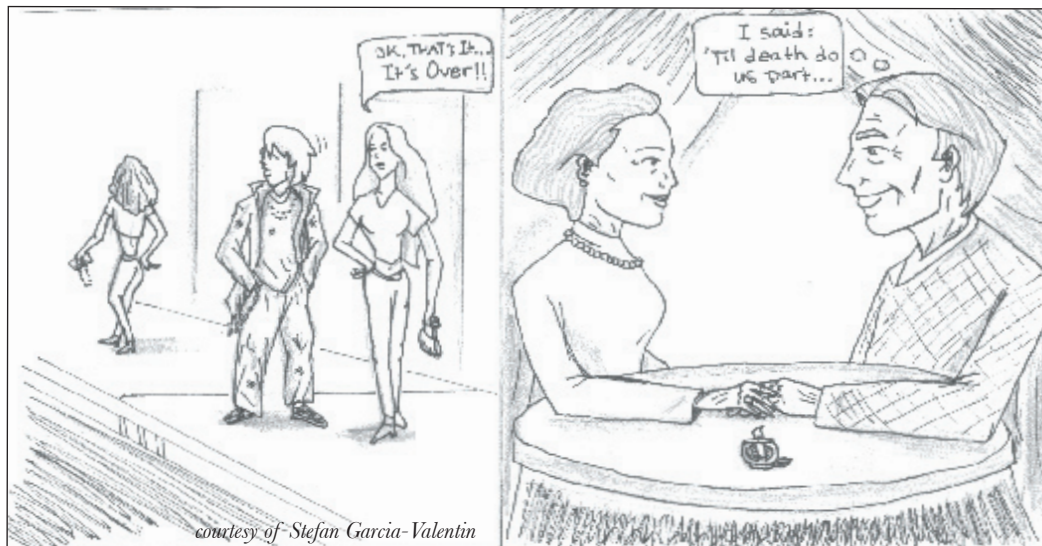
ros said. for those relationships worked on thoroughly, the outcome is simply amazing.

"If you really know the person you're entering a relationship with, the relationship ends up so well. It's a friendship like nothing you have ever experienced. You get to know someone on a completely new level and it's great to know that person will always be there," junior Kayli Versteeg said.

The truth is that a fling requires no work and leaves no emotional connection, and when it ends no one is left emotionally scarred or damaged.

On the other hand, the fling also gives no sense of being cared for and leaves no special friendship.

People get more out of long term relationships and thrive on a real connection between people.



relationship builds familiarity and self assurance. Being with one person allows people to build their personality. When there is a feeling of self and knowing who you are, there is not a need for the "social lubricants," such as drugs and alcohol.

It does remain true that when entering any relationship there should be a feeling of trust and knowledge of the other person. Any relationship lacking a solid background of caring for the other person will end up only in pain. Contrastingly,

Where Art Thou Childhood?

By Jessica Wood

Staff Writer

How many students have heard from grandparents, parents, and teachers that this generation is growing up too fast? Our sense of what is fun has changed tremendously from that of our elders.

Change is not always a bad thing; but in this case it seems that this continuous change is taking a negative toll on our generation's reputation. As years go by, adolescents seem to be experimenting earlier and earlier with things well beyond their years. Sex, drugs, and alcohol have been common problems in high school for years, but now they exist as early as middle school. If this trend continues, the future of the American youth will be chaotic and unrestrained.

People of the sixties were known for their free spirit. Ideals such as peace and love gripped America, and consequently, sex, drugs and Rock N' Roll came along with it. The sixties paved the way for a generation with new morals and codes of behavior. This pattern has since taken a downward spiral.

A problem that has arisen in the last decade or so is the exposure of adult-like material to underage kids in the media. It is hard to find a TV show that caters to teens and that does not relate to sex, drugs, and alcohol. Some of the most popular shows among our peers are "Gossip Girl",

"CSI", "90210", and "Weeds", all of which use death, drugs, and drama as means to their success. In our parent's generation, their TV consumption included "Leave It to Beaver", "Happy Days", and "I Love Lucy"- all of which were fam-

From the beginning of time high school boys have been known for their raging hormones, but it seems that as time goes on, their hormones become increasingly directed towards the younger girls. It can't be their immature faces

want to prove to the guys that they are just as mature as any other older girl. Unfortunately, they try to prove their maturity in the completely wrong ways," sophomore Sarah Ashcraft said.

The new saying floating

choose a 'one-nighter' rather than anything serious that involves commitment because it gives them instant gratification. I think it's really sad," junior Tali Gires said.

In earlier generations, the upper-class girls were known as the cool experienced ones. Now, they are known as "old news". The new "it girls"?... the freshman and middle schoolers, of course.

Due to the attention from the older, "more mature" guys, the younger girls abandon their innocence, as well as their association with the boys in their own grade. Consequently those boys then look to even younger girls to associate with.

"I don't really talk to or hang out with the girls in my grade. They only hang out with the older guys, so I hang out with the younger girls," freshman Joey Filter said when asked about the freshman girls. This ongoing cycle is a key reason why everyone is growing up so fast.

This is an issue that is hard to fix. The media is not going to change scandalous material, especially since it seems to be the most lucrative option. Infatuations with young girls aren't going to change either.

The answer lies in personal responsibility, which cannot be taught in school. The only way to improve the way things are going is to try to demonstrate proper behavior to those younger than ourselves and hope they follow suit.



ily friendly shows with a universal sense of humor. These days, the use of sex, scandal, and savagery is the only way to earn a top rating. Kids are watching and reading things before they are ready for them, and using those things as a basis of their actions.

or their underdeveloped bodies that make them so attractive. Rather, it's the combination of them being fresh and new, as well as a sudden willingness to act as if they are years older than they really are.

"It seems like the girls try to be people they're not. They

around campus is, "we love little girls."

"I have a lot of respect for the guys who work for the girls they really care about, but lately, I have only seen the guys take the easy out and go for the younger girls who are said to be 'in their prime'. They

Who Knows What's in Store Now That You Can Choose Your SAT Score

By Antonia Cerejido

Staff Writer

Juniors and Seniors have been pulling their hair out and spending sleepless nights pouring themselves over books and tips on how to master the all-important SAT. Consequently, colleges and the College Board have been bombarded with complaining students and parents who believe the SAT puts too much pressure on students and is an unfair way of classifying students and their intelligence. That is why, finally, the College Board has implemented a new SAT policy that will hopefully ease the stress for college bound students.

"This policy is a great idea, it's going to be really helpful when I apply to colleges" junior Molly McNab said.

The new SAT policy states that students graduating in the

year 2010 will now be allowed to pick what colleges see from their multiple test scores. The results of an entire test must be sent, not individual sections from different tests.

The students may choose to send all their test results, one test result, or various, and the cost will be the same. Those who have already registered for the March 2009 administration will be allowed to use the new policy as long as they go back to their registration information and change it manually.

The main reason for implementing this new policy was to relieve student stress and force colleges to put more weight into other admission factors. Yet, the new policy has been receiving much criticism. Many argue that the wealthy will benefit more from this policy more than anyone else,

because the students who take the test multiple times have a greater chance of receiving high scores. Those with more money and who are willing to pay the \$45 dollar fee repeatedly will have an advantage over those who may not be able to afford it.

"[The policy] puts more stress on students because now students feel the incentive to take the test over and over again," junior Ben Gammage said.

Still, the students who do not take the test multiple times can also benefit from the new policy. Colleges will rely much less on the SAT results in choosing applicants, so the weight of doing well on the test will be at least partly lifted.

"You give up something to get something," English teacher Ms. Weien said.

In addition, a California study indicated that there was

a relationship between SAT scores and income, not scores and college grades. Colleges are beginning to understand the heavy bias that the SAT poses for students hoping to get into their dream schools.

This a great opportunity for colleges to begin to look more into personality traits and extra-curriculars that define students and determine if the student is the right match for the college.

The exclusivity that the SAT has been promoting is unsettling. There are multiple public universities that were created to offer a wide variety of students a college level education, yet because of the high competitiveness of the admission process which focuses on SAT results, the wealthy who pay thousands of dollars for SAT tutoring receive great advantage.

The SAT's main goal has been to offer colleges a way of comparing students with out comparing grades.

Grades may be biased because different schools have different expectations for their students. Though one student may receive a B in a class, it does not mean that they are less intelligent than a student who receives an A in an easier class.

However, a test that lasts three hours and 45 minutes is just as unqualified, if not more, to assess a student's intelligence and learning capacity. There are students who suffer from test anxiety and will not fair well under such intense stress.

One test should not have such a large effect on the future of students. This new policy is a first step towards a fairer college application process for all students.

Haunted San Diego

By Kestlé Daubner and Kathy Lunas
Staff Writers

San Diego is known for its sunny skies and attractive beaches, but many people are unaware of the ghost stories that surround the city.

The most famous haunted site is the Whaley House, home to several ghosts and unexplainable phenomena. The Whaley House attracts numerous visitors searching for a supernatural or just amusing experience.

Located in Old Town, the Whaley House has evolved from a general store into a historical museum. During tours of the house, several visitors claim to have the unsettling

feeling of someone lurking behind them and watching their every move. People swear they hear phantom footsteps, and see strange lights, fog, and moving objects. Legend has it that the most active ghost is Thomas Whaley, the original owner of the house, who occasionally appears in a frock and top hat. Visitors have smelled his cigar smoke and heard his booming laughter. Others reported seeing his wife, Anna Whaley, and noticing the fruity sweetness of her perfume lingering throughout the house. Many have heard the faint sound of a piano, singing, or a music box, and attribute this to Ann's musical obsession.

"The Whaley House has creepy stuff, and I definitely think ghosts exist. I think that people who are dead have connections with people on earth in a strange way," senior Dominic Maleknia said.

Another area known for its eerie presence is Questhaven, located in what is

now the commercialized San Elijo Hills. The urban legend surrounding the area is that Questhaven was a spiritual retreat and home to Gypsies, who cursed the land after other citizens brutally drove them away. Today, battered gates and barbed wire enclose the region. Inside there is a wooden sign labeled "Elfin Forest" and

There are several urban myths attached to the area, such as a twelve-foot white owl that preys on innocent young people who enter the forest, bleeding trees, Native American bodies hanging from trees, and shadow people who hide in the bushes.

The Hotel Del Coronado is another historically haunted San Diego landmark. The most requested room in the hotel is room 3327, which was the temporary living space of Kate Morgan. She was dubbed "The Beautiful Stranger" because Morgan was using her beauty, along with her husband, to con men and cheat them out of their money. One night, Morgan and her husband got in a fight, so Morgan escaped to the Hotel Del, where she was supposed to meet up with her husband later on. After five days of waiting, the staff discovered Kate Morgan's dead body on the hotel steps leading to the beach. Her death was



Elfin Forest: Questhaven's eerie history attracts many curious visitors.



Phantom Guest: The Hotel Del is home to someone's ghoulish friend.



Freaky Friends: Several ghosts frequent the Whaley House in Old Town.

proclaimed a suicide. In her former room, guests have felt a cold air along with flickering lights, and objects have been said to move around spontaneously.

"I have always wanted to stay in that room just to see what really goes on in there," freshman Jon Salerno said.

Some customers have even claimed to see the ghost of Kate Morgan wandering the halls, waiting an eternity for her husband to arrive.

Several places like the Whaley House, Questhaven, and the Hotel Del have been found in San Diego, but whether they are urban myths or are truly haunted is yet to be discovered.

Guess Who

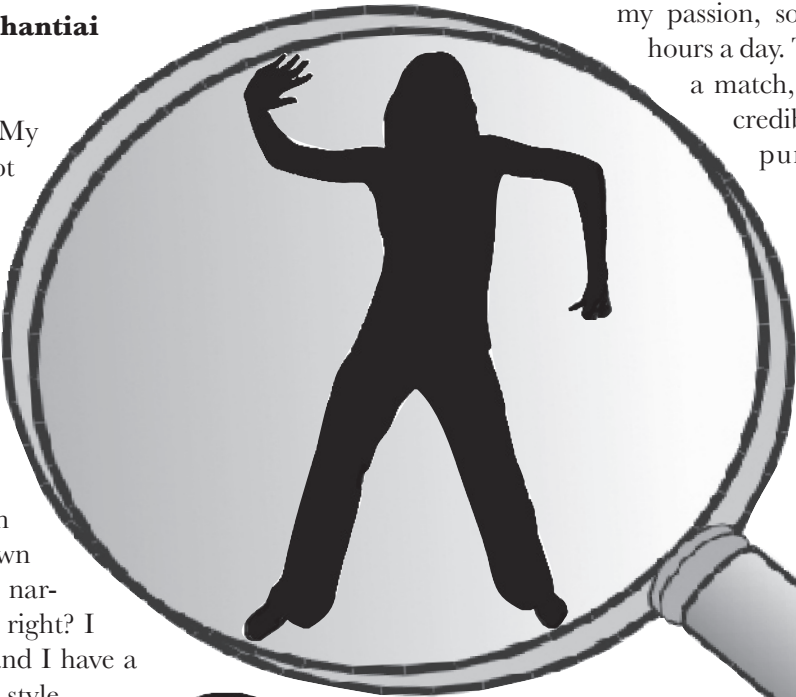


By Kaitlin Shantiai
Staff Writer

Hey guys! My name is not very common, which fits my quirkiness. I am seventeen years old and a senior at La Jolla High. I have brown hair and brown eyes, that narrows it down, right? I wear glasses and I have a unique style.

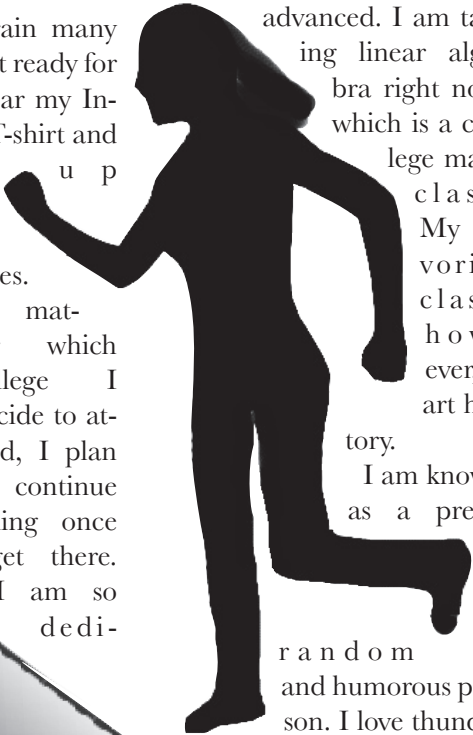
I am very involved in school, whether it be sports or clubs. I am the President of the United Nations club, and also a part of The Mariners club. I have an older sister named Mary who attended LJHS and is now in college.

I am the team captain of



my passion, so I train many hours a day. To get ready for a match, I wear my Incredibles T-shirt and pump-

u p shoes. No matter which college I decide to attend, I plan to continue running once I get there. I am so dedi-



school, but performing is not my number one priority.

I also have a reputation for being a smart cookie, considering that most of my classes are very advanced. I am taking linear algebra right now, which is a college math class. My favorite class, however, is art history.

I am known as a pretty

random and humorous person. I love thunder and having picnics. People say that I can do a really good Scottish accent, but I

don't want to brag.

Photos courtesy of Haley Cottrell.

The Guess Who from the last issue was Andy Jones.

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.

Trail Blazer

All of my friends were planning on going to Haunted Trails one year. I was completely terrified, but this boy, who happened to be my secret crush, reassured me that it was going to be okay. We started on the trail and I was screaming so loudly that I might as well have busted my crush's ear drum. We got to a part of the trail where a man was chasing me with a chainsaw... (obviously fake, but I still freaked out), and I started running frantically and screaming. I ran so fast that I tripped on a rock and faceplanted in the dirt. I picked myself up and discovered that my face was covered in dirt, not to mention the mud that had formed in my mouth. The boy I was with just laughed and walked away... we haven't spoken since.



CLUBS THAT CARE

By **Carolina Bellizzi**
Staff Writer

Over the years, La Jolla High has had clubs ranging in subjects from cultural celebration to extra curricular sports. This year, however, there are many new and returning clubs geared towards charity, medical advances, and environmental awareness. Do not worry if you missed the sign up lists for these amazing clubs at Club Day, new members are always welcome!

FIGHT FOR THE CURE

Fight for the Cure Club is a club dedicated to the awareness of various cancers and other critical illnesses and diseases. Senior Maggie Walsh, the club's president, brought her passion for raising money for pediatric charities and other medical organizations to LJHS after realizing the benefits of getting others involved.

"There was only so much I could do alone. I really wanted to get my friends and oth-

ers at school involved. Since I have experienced the loss of my dad, I want to do all that I



**Sierra Club President
Greg Horvath**



**Fight for the Cure Club
President Maggie Walsh**

possibly can to prevent others from suffering," Walsh said. "The main goal of Fight for the Cure is to raise cancer awareness at school and in the community by par-

ticipating in school events, raising money to donate to different cancer research organizations, and volunteering at different walks and events to support cancer research. You don't have to be a member to volunteer! We meet every Tuesday at lunch in room 505 and warmly welcome new members," Walsh said.

THE SIERRA CLUB

The Sierra Club works to promote ecological awareness. Earlier this year Sierra Club's president, senior Greg Hor-



**T.A.L.C. President Kayli
Ver Steeg**

vath, participated in the Surfrider Foundation's Paddle for Clean Water, an event dedicated to the protection and restoration of oceans and beaches. The club is planning a Bike to School Day as a way of promoting eco-friendly avenues of trans-

portation.

"Sierra Club is committed to raising awareness about ways to benefit the earth. Throughout the year we are planning to put 'green' facts up around the school to get students thinking about what they can do to help. Our club gets people outdoors to experience nature and have a good time," Horvath said.

T.A.L.C.

New to LJHS is T.A.L.C. – There is Always Love Club. Junior Kayli Ver Steeg, the

president, was inspired to start this club because there were previously no outreach clubs geared towards depression and suicide awareness. "T.A.L.C. is a place for members to get together

and talk openly with no judgment, but in a very positive and uplifting place," Ver Steeg said.

PROJECT SUCCESS

Another club returning to



**Project Success Club Pres-
ident Kaitlin McCoullugh**

LJHS this year is Project Success, a group focused on helping children with disabilities. President Kaitlin McCoullugh, a senior, is extremely committed to her club's goal.

"This year we are doing a lot to help children with cerebral palsy. We are working in conjunction with the National Cerebral Palsy Foundation to give these kids something positive to think about," McCoullugh said.

All over LJHS there are so many wonderful clubs dedicated to serving the community. Do not forget that new members are always welcome!

What's for Lunch?

By **Cassie Brazier and Aida Saam**
Staff Writers

The bell that rings at 11:34 not only signals the end of fourth period, but the beginning of a thirty five minute period of freedom.

Yes, it is lunchtime. It is time when one can chat with one's friends, spy on that special someone, and of course, eat. But who has the best lunch on campus?

SAM MAHMOOD

Tired of having the same peanut butter and jelly sandwiches every day? Try spicing it up with Mahmood's version called the peanut butter and nutella sandwich. Nutella is a creamy, chocolaty, hazelnut spread that has gained popularity in recent years.

Peanut Butter and Nutella Sandwich Recipe

Ingredients:

- 1 Creamy peanut butter
- 1 Nutella chocolate spread
- 2 pieces of white bread

Directions:

1. Spread peanut butter on one piece of bread.
 2. Spread Nutella on the other piece of bread.
 3. Put the two pieces of bread together
- Enjoy!

GARRETT CHRISTENSON

The football players know that Christenson packs some pretty good lunches. His lunch consists of a sandwich, but not just any sandwich. This one has got the works on it; ham, lettuce, olives, pepperchins and mustard make only up a portion of his incredible lunch.

"The Works" Sandwich Recipe

Ingredients

- 1 ham
- 1 lettuce
- 1 olives
- 1 pepperchins
- 1 mustard
- 1 cheese
- 2 pieces of wheat bread

Directions

1. Spread mustard on the bread.
2. Add other ingredients and close the sandwich.

CHRISTA WIRKUS

Inside one of Wirkus' lunches, one can find a gourmet specialty she likes to call a Mediterranean pita. This scrumptious "sandwich" can also be turned into a salad by simply removing the bread.

Mediterranean Pita

Ingredients:

- 1 Sliced turkey meat
- 1 Sliced roast beef
- 1 Feta cheese
- 1 Sliced cucumbers
- 1 Black olives
- 1 Baby spinach leaves
- 1 Hummus
- 1 loaf of pita bread

Directions:

1. Cut the loaf of pita bread in half.
2. Spread hummus on the inside of the pita pocket.
3. Put the spinach leaves, meat, cheese, olives, and cucumbers in the pita.

Foreign Friends

Freshman Solene Furlanis left the coast of France and moved to La Jolla this year. Originally from Rome, Italy, she moved to France at age three and spent the majority of her life in the province of Brittany. Furlanis came to La Jolla with her father, an amazing cook who hopes to open a restaurant Downtown.

"There's so much sun here, so people go to the beach and surf all the time. Well, people went surfing in France too, but you had to wear a lot of wetsuits," freshman Furlanis said.

By Kestlé Daubner
Staff Writer



Name: **Solene Furlanis**
Country: **France**



Juni Edlund is a very energetic and friendly person. She just arrived from Stockholm, Sweden. Edlund also enjoys school, although the homework load is heavier and harder than in Sweden.

Back in Stockholm, the homework she had at private school was much easier. She wanted to join the La Jolla High football team, but was disappointed when the coaches would not let her.

"I like to shop at Abercrombie and Nordstrom. I also like to hang out at the beach with my friends," freshman Edlund said.



By Stephanie Fong
Staff Writer

Lina Werfel is a participant in the Pacific International Exchange Program, or PIE. Werfel is staying with the Tearney family, whose children attend Bishops.

The Tearneys have had experience in hosting exchange students; in fact, they hosted Werfel's older sister three years ago. Werfel is a member of the cross-country team. Werfel admits to disliking homework.

"I also like going to the beach and making new friends," junior Werfel said.

By Danielle Daitch
Staff Writer



Name: **Lina Werfel**
Country: **Germany**



Emma Bradhurst grew up her entire life in Australia until she was sixteen when her father recieved a job transfer. Although the language is the same, the culture is completely different.

It took her some time to settle in, but nevertheless, she made many friends. Bradhurst enjoys life in Australia, especially the savory meat pie that is not made in the States.

Bradhurst has three brothers, one older and two younger. "The lingo is different. The Australian boys are cuter," senior Bradhurst said.



By Carey Kennedy
Student Focus Editor

Originally from Iceland, Sigurbjarbur (Biratur) Atlason ventured to sunny La Jolla because of his parents' intellectual pursuits at UCSD.

Atlason has been accepted to a college in Iceland, but decided to go with his parents to La Jolla High for a year. In Iceland, kids go to school from first to tenth grade and then go to college. His mother is studying music while his stepdad is studying earth science.

"The weather is different and the people are more relaxed," Atlason said.



By Ali Tonnesen
Staff Writer

Adam Ostman came to the USA through a foreign exchange program called Youth For Understanding (YFU). This organization accepts kids who want to travel the world; it arranges transportation as well as living situations.

"I wanted to live someplace other than the country I grew up in, and I didn't want to go somewhere else in Europe. I was ready for a change," junior Ostman said.

By Cassie Brazier
Staff Writer



Name: **Adam Ostman**
Country: **Sweden**



Freiya Bernardez, a foreign friend from Spain, has joined La Jolla High School for a year enriched with American culture.

Here for a mere year with her mom, she enjoys the cheap food, but does not enjoy the homework.

Although English is not Bernardez's first language, she is getting by and having the ultimate learning experience. Bernardez has brought a taste of Spain along with her on the trek to America.

"I would love to join swim team in the Spring," junior Bernardez said.



By Erika Ostroff
Student Focus Editor

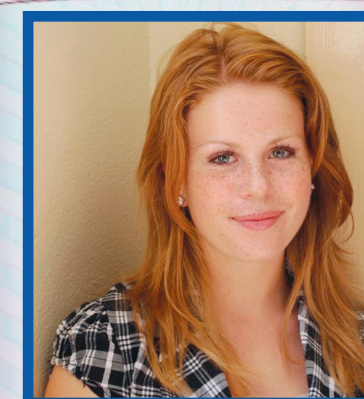
Ellen Hansen has recently moved from Norway. She and her parents left for her father's work.

Growing up with rain, blizzards and almost no daylight from the end of November to January, one of the first things she noticed about La Jolla was the almost constant sunshine.

Hansen runs on Junior Varsity cross country.

"If you say hi to a random person like you do here, they would probably look at you and wonder what is wrong with you," Hansen said.

By Kestlé Daubner
Staff Writer



Name: **Ellen Hansen**
Country: **Norway**

Where Does Your Heart Lie?

1. During your free-time you...

- a. Shop discount
- b. Scuba Dive
- c. Relax at café
- d. Visit museums

2. Your favorite food...

- a. Tortos
- b. Meat pies
- c. Pasta
- d. Stir-fry

3. The language you like is...

- a. English
- b. Spanish
- c. Chinese
- d. Italian

4. Your favorite sport is...

- a. Cricket
- b. Ping-Pong
- c. Soccer
- d. Rugby

5. Your ultimate car is...

- a. Jeep
- b. Honda
- c. Ferarri
- d. Mo-ped

Add up your score! 1. A=3 B=4 C=2 D=1 2. A=4 B=3 C=1 D=2 3. A=4 B=3 C=1 D=2 4. A=4 B=3 C=1 D=2 5. A=4 B=3 C=1 D=2

If you scored between 1-5, you belong in South America 6-10, you belong in Europe, 11-15, you belong in Asia, 16-20, you belong in Australia.