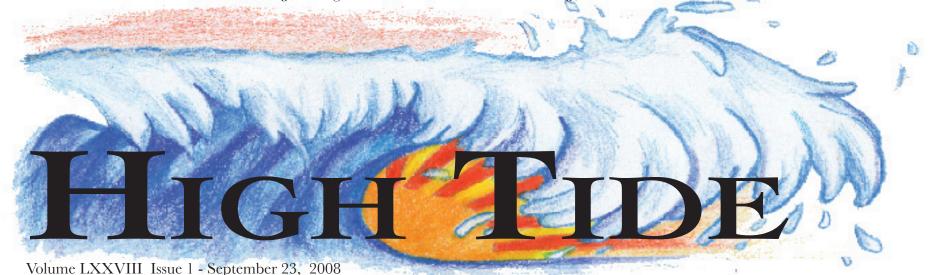
La Jolla High School • 750 Nautilus Street • La Jolla • 92037



More Viking Pride Than Ever!

By Liore Barzilai Staff Writer

With a brilliant win, on Friday September 19th, 2008, La Jolla High hosted another exciting Blast Off which was promised to be "better this year, than any year La Jolla High School has ever had" by ASB President Raquel Saxe. Blast Off was an exciting event not just for La Jolla High School students, but also for relatives, students elsewhere in La Jolla, and people who live in La Jolla also known as the "La Jolla family". The back to school occasion consisted of La Jolla High School merchandise, and wonderful tasting food presented by the PTA. "It definitely set up the tone for the rest of the year. It was such exciting spirited fun!" Said Saxe. La Jolla students from any school came together; filling La Jolla High's bleachers cheering and supporting the hard working La Jolla High School football team wearing school colors, showing a tremendous amount of school spirit, and cheering like there was no tomorrow. were

"People



of the freshmen wore grey, sophomores wore white, juniors wore red, and seniors wore black. It was full of school spirit and it was so much fun." Said sophomore Jillian Frager. Each class sold all kinds of different merchandise. "Our plan was to make it extra special this year,

seriously going crazy. Most

much fun. ASB always does such a good job with planning everything. I'm already excited for next year's pep rally!" said sophomore Savannah Youngs. During the pep rally, there were fun and exciting games played by each grade as well as announcements about La Jolla High's sports and hopefully



and we did." said Saxe

Every year before the big game, La Jolla High has the pep rally ritual right before lunch which was full of lot's of cheerful and excited La Jolla High students. Of course, freshmen got rejected and boo's while sitting on the gymnasium floor. "The pep rally was so

the largest drop since the 9-11 attacks. Major corporations faced immanent disaster as well. AIG, one of the largest insurance companies in the world, was taken over by the federal government in an unprecedented turn of events that prevented a general economic meltdown. Investment firm Lehman Brothers, also one of the world's largest companies, was forced to declare bankruptcy. In addition, financial services firm Merrill Lynch was bought by bank of America for pennies on the dollar, after it became clear that the company was about to collapse. This recent economic turmoil is the direct result of the Sub-prime Mortgage crisis, in which in-

upcoming wins.

Blast Off as said is the "kick off game of the year". Not only was it a competition for the football players playing against their rival school, but it was also a competition for the students out in the stands on who had the most school spirit, and most of all who vestors put up money so that people with poor credit could get a mortgage and buy their own home. When these people were unable to pay off their mortgages, the investors took huge losses. This recent economic meltdown is shaping up to be the worst since the Great Depression, and there is cur-

was the better school. "It was funny to see how excited the freshmen got over the game. It was cute. But it mainly was all just a big competition between the students of every grade level because then that grade level gains some respect but in the end seniors always rule the school" said senior Amanda Liew.

La Jolla High School and the PTA celebrated the 87th year of the high school's financial support. It was a fun start for the year. La Jolla High School's JV football team won this year against San Diego High School 49:7. The Varsity football team however, clobbered San Diego High's football team in a shut out win of 41:0. When the final buzzer sounded marking the end of the game, La Jolla High's football team, coaches, and cheerful spirited fans who filled the bleachers, all screamed for joy that we had once again, won our Blast Off football game. "That was definitely a good start for the year. It was a sign for the schools who play La Jolla High School to know, that we always win and aim for championship."

eratists, branding the attacks a "genocide of Georgians".

The province of South Ossetia, whose "sister state," North Ossetia is a part of Russia, has long been dependent on Russian aid. Following Georgia's attacks on the province, Russia sent troops and tanks to break through the Georgian blockade directly into the country. Russian forces then bombed the Georgian capital of Gori. A second ceasefire treaty was declared on August 22, although tensions continued to grow between the two countries fighting for control over the South Ossetian province. "Why can't everyone just get along?" asked junior Kathy Lunas of the violence.

Local Hero Leaves Her Mark on La Jolla

By Shira Feifer Staff Writer

Many people have been taking notice to the new street in La Jolla named "Mabel Bell Lane". It's an alley that runs from Silver Street, to Rushville between Eads and Draper. Who is Mabel Bell, and why is there an alley named after her? Mabel Bell, who lived in La Jolla in the 1950's, is a woman who many people feel deserves the honor of having a street named after her. Bell and her husband had an impact on La Jolla in past decades: "She was a very beloved member of the black community. Coming to La Jolla from Texas in 1942, her husband David and her were the first blacks to purchase property, a house north of Pearl Street where, though there was no written law, it was generally considered that you had to stay south of Pearl Street. She was very well known for her community efforts. Everybody in town knew her," a historian with the La Jolla Historical Society, Carol Olten said of Mabel Bell. In 1942, only 66 years ago, blacks and other minorities in La Jolla were not welcomed by many of their white neighbors. Thanks to Mabel



and Zack Ross

Opinions Editor

Wall Street Meltdown

The financial world was sent into a tailspin early last week when the Dow Jones Industrial Average, a good indicator of the strength of the economy, dropped nearly 1000 points ast Tuesday and Wednesday rently no end in sight.

Conflict In Georgia

On the morning of August 8, the Georgian military launched an attack on the breakaway Republic of South Ossetia, breaking a ceasefire treaty from 1992. News of the attacks, primarily on the capital city of Tskhinvali, prompted the Russian defense of the sep-

Mabel Bell and her family in front of her home.



The La Jolla High School HIGH TIDE

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By Zack Ross Opnions Editor

The Vice President of the United States has only two jobs. The first is to break ties in the Senate. The second, and far more important job, is to be able to take over the presidency in the event that the elected President is incapacitated. When John McCain picked Sarah Pain, the Republican governor of Alaska, as his running mate, the decision was ridiculed and praised with seemingly equal ferocity. But even though his selection of running mate has provided McCain temporary popularity boost, important questions

Sarah

linger about her qualifications to take over the presidency. Sarah Palin is a poor choice for Vice President simply because she is not qualified to run the country in the event of John McCain's death.

OPINIONS

Sarah Palin has been the Governor of Alaska, the 3rd smallest population of any state in the union, for two years and was previously the mayor of Wasilla, a small suburb of Anchorage, for six years. During her time as mayor of Wasilla and Governor of Alaska, she has been repeatedly criticized for using her positions of power to attack personal enemies and reward friends, regardless of

legislature is now investigating the firing of the state's public safety commissioner, who was canned after he refused to dismiss a state trooper who just happened to be Governor Palin's ex brother-in-law. Palin has also been attacked originally for supporting "Bridge to the infamous Nowhere", a 500 million dollar bridge project that would have connected an island with 5,000 people to another island that contained a regional airport. While she eventually turned against the project, she decided to keep the federal money that had been allocated for its construction anyway. If Palin

their qualifications. The state

September 23, 2008

cannot be fiscally responsible in a state of 600,000 people, how can she be expected to run a country of 300 million people in the midst of an economic crisis, the largest since the Great Depression?

During recent Palin weeks, seemingly has injected new life into the McCain campaign. At first, she awed the country with

will wane.

her "hockey mom" appeal and her powerful rhetoric. But she is finally beginning to turn into a political liability for the Republican ticket. With recent revelations about her unethical conduct as Governor of Alaska, coupled with her inability to take over for McCain due to her inexperience, she may hurt prospects for McCain in November. In a time of dire economic crisis, the American people want to feel like the leaders in Washington can protect them and will fix the flawed system that caused the crisis in the first place. With her almost total lack of experience, Palin cannot be counted on to resolve the serious issues and problems that make up the Presidency. The bump in the polls McCain received after her nomination is subsiding, with Obama regaining a three point lead in national polls late last week. Due to John McCain's advanced age and medical problems, there is higher chance that Palin will have to take over the presidency than any other Vice President in history, and her lack of experience makes her completely unqualified for the job. As voters begin to understand that Palin is an extreme conservative and not a breath of fresh air, her appeal

HIGH TIDE



By Ali Tonnesen Staff Writer

Incoming freshmen are possibly going to be subjected to not one, not two, but four years of Physical Education.

There are a few issues with this proposition. But, before I embark on a rampage against additional years of virtual enslavement, I should impart some facts about my own stormy relationship with P.E. Freshman year is always a hard one for students, as transitioning from middle school to high school is stressful. I failed my second semester of freshman P.E. In my own defense, I was not aware of the fact that I was flunking (specifically swim) P.E. until a week before the semester ended. You can imagine my horror when I checked Web-Grade, only to find that interspersed with all of my passing grades there was a plump, obnoxious F relaxing leisurely beside the course titled P.E. Period One. Long story short, I had to take a semester of PE in the second half of my junior year (which was by far, the most humbling experience

I have ever been subjected to. Because I had not met all of my P.E. requirements, I would not have been able to graduate from high school, despite the fact that most colleges do not even factor Physical Education grades into their decision.

any personal Despite misgivings I may have towards school run physical education, for a rapidly (horizontally) expanding population like ours, exercise is needed.

"Get the BMI of every

mindless, pointless mandated exercise, they are sacrificing eight semesters that could be spent on college preparatory classes, or at least subjects of intellectual substance.

The aforementioned eight semesters of P.E. could be put to other productive uses.

"I think PE is time that could be better spent on more advanced and interesting classes." senior Sarah Shinn said.

This time can be spent

two years to the current PE requirement has actually been a burning flame for the past couple of years throughout the entire state of California. Mr. Shelburne explained that he prefers "students getting involved in sports, and P.E. exposes students to many different sports." When asked about the impact of four years of P.E. on La Jolla High School's financial situation, Mr. Shelburne responded that "We would have to hire more P.E. teachers, open more and larger P.E. classes, and then we would have to consider which classes to remove." Invariably, Mr. Shelburne explained the electives would be the first to go. Clearly, P.E. in moderation does virtually no harm; however, four years of P.E. would just be too much to handle. Four years of Physical Education would diminish the time students have to prepare for college, lower the school standardized test results, and diminish funds available for elective classes. The future students of La Jolla High School deserve better than this.

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 ljhitide@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 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.

person, and those who are in the danger zone should have all four years of P.E." said an anynomous student.

However, the negatives significantly outweigh any possible positives. By requiring four years of P.E. the school is actually doing a disservice to their students. First of all, the vast majority of La Jolla High students are preparing for increasingly competitive and selective colleges. Colleges do not care about PE, they do not factor it into their student GPA calculations, nor do they even require completion of a single semester of High School PE. If all students are obligated to take four years of

preparing for the STAR and other nationalized testing. The use of this valuable time for brutal dodge ball translates into inevitably lower test scores, which translates to less recognition from San Diego Unified School District, which translates to less money and less freedom from the district's constraints.

With the budget cuts already underway, the last thing La Jolla High needs is the loss of more beloved teachers, needed staff, and supplies in favor of gym equipment. This waste makes four years of P.E. unacceptable.

According to our principal, Mr. Shelburne, the plan to add

3 HIGH TIDE September 23, 2008 oo Much Technolo

By Stephan Garcia-Valentin Staff Writer

In today's world technology has become a necessary tool for business, science, research, education, and communication. Nevertheless, it has become apparent that its introduction has caused major changes in the way we conduct ourselves and relate to others. The excessive use of

technology in this generation has created many problems that most of us don't want to think about. "Texting" has replaced ordinary day to day conversation within the family and even in the business world. Adolescents lack the necessary social and people skills to communicate and negotiate effectively due to the increasing amount of time spent in computer web chat

sites, watching TV, playing on video game systems such as Wii Nintendo, X-Box 360, Playstation and thousands of others; loading music onto their iPods, googling things, match.com, and thousands of others web sites. Millions of dollars are spent buying cell phones and high-technology "accessories" today. Kids are provided with iPhones which have internet capability, integrated cameras, and so

on. Parents have given them access to these advancements without restriction or limitations. Less and less quality time is spent developing personal relationships. Excessive technology usage has become detrimental to our society.

The overuse of technology has not encouraged kids to play in the traditional ways or use their creative and imaginary thinking. They are being raised by 'artificial teachers' such as television with ridiculous programs to entertain and 'babysit.' Most technological games contain exces-

Play Date So what did u do yesterday played Wii and X-Box 360. et to level 21 yet? I made rel 19 at 1:00 am... 0 03 Cartoon by Stephan Garcia-Valentin

By Carolina Bellizzi have time to catch up on extra for La Jolla High are not

Staff Writer

At homes all over San Diego La Jolla High students prepare to come to school at 7: 25 A.M. It would be an understatement to say that the beginning of the school year can be an especially stressful, and not to mention demanding, endeavor and having to get to school five minutes earlier certainly does not help matters at all. This five minute earlier start time is part of an effort on behalf the San Diego Unified School District to save an estimated 2.9 million dollars per year to pay for newer school amenities by cutting out some of the morning bus stops and routes throughout the morning and afternoon. It was proposed that Muirlands Middle School would change their bell schedule to accommodate a new 8:45 A.M. first period, however, that proposal was scrapped and they will continue the 2008-2009 school year with their first period commencing at 7:30 A.M. But the question still remains, is it really necessary to start school five minutes earlier, or is it even a problem at all? "It's awful because I don't

homework in the morning before I get to school," said junior Kathy Lunas.

Even the faculty and staff have noticed the changes with the new bell schedule "I don't mind it, but after hearing that Muirlands is back using their old bell schedule, I don't get it," said Ms. LeCren. Many students seem to have taken LeCren's position on the new bell schedule, they are willing to deal with it, but they just don't understand it. "It doesn't really bother me. It just seems weird that this whole new schedule was planned around saving money for the district if we all follow the same bell schedule, when not all of the San Diego public schools are following a master schedule," said junior Libby Frankel. Despite many students' negative comments about La Jolla High's new bell schedule, there are still some positive students out there. "Starting five minutes earlier is a strange choice. It's annoying, I guess, but everyone should just suck it up and deal with it," said senior Lilia Houshmand.

necessarily dreaded by all of the students, the overall consensus seems to be that nobody understands why our school is starting five minutes earlier, when right up the street, Muirlands Middle School retains the 7:30 bell schedule. It is obviously not saving money for the district if busses are still needed to accommodate children at Muirlands. If the San Diego Unified School District wanted to save money previously devoted to extra morning busses, they should have cresive violence and promote bad behavior. Because of the over

- exposure, kids nowadays are less compassionate and sensitive to real life issues and suffering. It is not surprising to find that today's newer generation is considered more self-centered, narrow-minded, lacking depth, and not very knowledgeable of current present world issues unlike past generations.

This influential advanced technology we all have access to has been over used as a way of life instead of a valuable tool. Therefore, we must place some limits and restrictions upon ourselves from this obsession. It would be encouraging to think that people will become more conscious of the influence that they allow technology to have in their lives and the environment

After paying our dues

as staff writers and page

come to move from the

to the top. Running the

bottom of the food chain

daunting task, but we be-

newspaper is an exciting yet

lieve that we, along with the

rest of the High Tide staff,

Our goal this year is to

best newspaper it has ever

seen. We have greatly ap-

preciated the advice and

suggestions of our teach-

response, we now have a

more student focused and

The High Tide's freshly

trained staff of writers and

well written newspaper.

page editors is ready to

produce a new and im-

ers and fellow students. In

are up to the challenge.

bring La Jolla High the

editors, our time has finally

around them.

"I think technology is important, but I do think we over do it sometimes" senior Melanie LaCara said. Spanish teacher, Alma Marin-Rodriguez, stated thet "I think that technology can be overused, and it can definitely disconnect us from humanity and the people overall."

"Yeah, we are overusing it [technology], my brother turns on the TV and the radio at the same time and doesn't have time for me, so yeah, we are overusing it" said senior Joanna Garan.

The downside of the overuse, or shall we say the misuse, of technology is real. It is natural to worry about what to expect from the next generation to come, which it is their time to inherit this world.

Message From the Editors

first of the school year.

However, we do understand that it will be far from perfect, and that is where you come in. We absolutely, positively, need your input. Every page can be greatly improved with your help. Whether you have a story for the "That's Embarrassing" column in Features, or a budding lead for our News page, we welcome your thoughts, stories, articles, and letters to the Editors. Just email all Journalism related material to ljhitide@yahoo.com.

Finally, we would just like to thank you for your continued support of the High Tide. We produce this newspaper for the enjoyment of our readers, and we are happy to know that you took the time to explore the fruits of our labors. So sit back, relax, and enjoy this year's premiere issue of the La Jolla High Tide! Your Editors-In-Chief,

While this new bell schedule and earlier starting time

ated a master bell schedule for the entire district so that no school would feel singled out with an earlier bell

Chiffunt

w teachers

ALDAN

our readers have grown to love. As the new Editors-In-Chief, we are particularly excited for this issue- the

proved version of the paper



aitein Sharpe M. Merkel

Kaitlin Sharpe

Mackenzie Merkel

HIGH TIDE

September 23, 2008 FEATURES



By Kelly Lin Staff Writer

The incoming freshmen are not the only new kids on the block. This year, La Jolla High School's faculty welcomes five talented teachers to its roster.

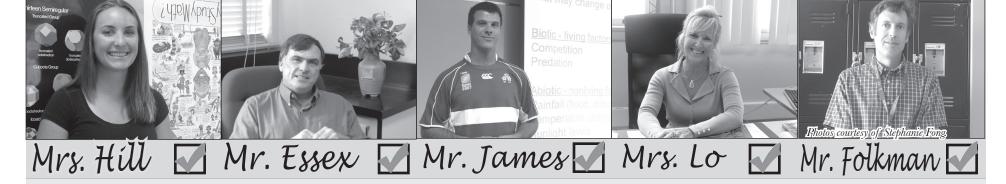
The first addition to the faculty is Geometry and Intermediate Algebra teacher, Jessica Hill. Mrs. Hill is a San Diego ford, Connecticut. Growing up, Mr. Essex went to a Catholic school, but later moved to the West Coast to escape the nuns. Before coming to La Jolla High to teach English and Journalism, Mr. Essex worked in adult education and also taught at a variety of schools, including Crawford High School and Bell Middle School. When asked about his "I really have never had a bad day teaching and as soon as I do, I'm going to find something else to do," Mr. Essex said.

All of the Marine Biology students are already familiar with Mr. James, the next new teacher on the list. Mr. James' love for marine biology began at an early age, while he accompanied his mother (also "The students here are friendly, academically serious and genuinely interested in learning," Mr. James said.

In his spare time, Mr. James enjoys surfing, diving, camping, and being a father to his four- year-old daughter, Ciara.

The next new teacher is French teacher, Patricia Lo. Unlike our other new teachers, Mrs. Lo is actually very famila proud mother of her three children and is a "renaissance woman" who likes gardening, listening to European music, going to operas, and reading books from her favorite authors John Grisham, Kim Folleck and Dan Rather.

The last teacher joining us this year is Mr. Folkman. Mr. Folkman teaches freshman English and history. Before teaching at



girl, who grew up in Carlsbad and attended Point Loma Nazarene University. This is Hill's first year teaching, and she admits that so far it has been a lot of fun. In her free time Mrs. Hill enjoys playing basketball, surfing, camping, and hiking.

Next on the roster is Jim Essex, who is an East Coast native, born and raised in Hartimpressions of La Jolla High School, Mr. Essex had nothing but positive reviews.

"La Jolla High School is fantastic and I'm overwhelmed by the friendliness of the staff and students," Mr. Essex said.

During his free time, Essex likes to run, read, travel, and practice archery, yet his true passion still remains teaching. a marine biology teacher) out to the Caribbean where James enjoyed snorkeling and looking at all the beautiful fish in the amazing underwater ecosystem. James earned his undergraduate in Marine Biology at UC Santa Barbara and became a marine biologist where he spent over 20 years in the marine biology field. iar with La Jolla High School, having stepped in last year as a long term substitute for Spanish teacher, Ms. Summer.

In Mrs. Lo's class, students not only become well versed in the French language from a native French speaker, but also have a chance to learn about French culture. When she is not teaching, Lo enjoys being LJHS, Mr. Folkman taught at a school in New York City and at various schools in San Diego. In his free time, Mr. Folkman enjoys scuba diving and caring for his two new dogs.

The La Jolla Hi-Tide welcomes all our new teachers and wishes them good luck for the school year!

HIGH TIDE

Guess W

September 23, 2008

FEATURES

By Aida Saam Staff Writer

I am a junior this year at La Jolla High School. I am currently single, so watch out ladies! I am six foot two

with hazel eyes, but they do not help me out that much since I am colorblind. I have two older brothers who both attended La Jolla High School.

After school you can find me working out with the Varsity football team during the fall, or tearing up the field with the Varsity lacrosse team in the spring. I train year round for my sports by lifting weights and running. Ι wear number 46 for football

and number 29 for lacrosse. When I am not too busy with school and sports, I like hanging out with friends. My friends and I like to go paintballing and just chilling o u t

> and watching movies. My youth group is a big part of my life and I am also very involved with m y

church. In fact, I do not think I could live without my church and my Bible. When I am getting pumped up for a game, I like to listen to really loud, hard-core music while I read

my Bible

for good luck.

My favorite movies are Dodgeball and Anchorman; they make me laugh every time I watch them. My friends and I constantly use the phrase "epod" like "dude that was sick as epod."

Playing the piano, guitar and base help me wind down my day. Guess who!

Photos courtesy of Haley Cottrell.

The Guess Who from the last issue was Adam Wild.

Frozen Yogurt Review

By Cassie Brazier Staff Writer

It is common to see students after school or on the weekend at a frozen yogurt place, whether it is to get a quick bite, go on a date, or just catch up with friends. Since there are several popular locations to get that delicious treat, the High Tide wanted to find out which ones students favored.

THE TEAM: Kyle Zímmer

WHAT: Yogurtland WHERE: Garnet St., Pacífic Beach PRICE: 30¢/ounce

At Yogurtland, the customers make their own creation. They serve the yogurt they want and get to put on all the toppings **(love the colorful spoons.**)

WHAT: Froglanders





6 like how there are a millíon flavors to choose from, and how they have Captain Crunch as a top-

ping. It tastes really good with chocolate.

Now That's Embarrassing!

Po 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.

Blast Off

I was running laps one day in football practice when all of a sudden I felt my stomach protesting the burrito I had at lunch. I ran to the bathroom, grateful that nobody was there. Right as I sat down, the entire football team decided to have a water break...right outside the bathroom! They started laughing hysterically and making jokes. They knew it was me too because I was the only one missing!



Party Foul

One night my friends and I were trying to find this guy's house for a party. He told us to come in through the back sliding door. I go in first and yell, "Heyyyyy!!!!!!!" Then I notice that nobody is home ... until this lady comes around the corner. We walked into the wrong house! I panicked and ran for the door, only to smash into the table on my way out. It was horrifying!



Granny Panties

When my grandma was dropping me off at a friends house, she decided to come in and say hi to my friend's mom. They started chatting and my friend's mom suggested that my grandma take this blouse that she didn't want anymore. My grandma misunderstood and thought that my friend's mom had said to try it on. So my grandma proceeded to take off her shirt in front of

Grade 12 Jake Shwisberg Grade 11

Larry Andrews Grade 10 Rylee Boland Grade 9

> Panda No Grade

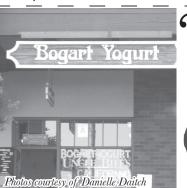
WHAT: Bogart Yo-

gurt WHERE: Garnet St., Pacífic Beach **PRICE:** \$2.00 small

Bogart is quite small compared to the other two and is a Pacific Beach classic.

WHERE: Pearl St., La jolla **PRICE:** \$2.75 for a "Tadpole"

Froglanders is a popular after school hangout spot and has been around longer than any of us have. They have a wide variety of delicious flavors.



66 They have excellent frozen yogurt with good toppings at a reasonable price.

So, although Bogart is good,

vote, it looks like Yogurtland

gets the gold on this one.

97

everyone in the room! I was so embarrased that I ran outside.



Sweet Treat

I was on a date with my boyfriend at Sea World and we were sharing a cotton candy. When I started to take a bite, I could hear him protesting, but I thought he was just flirting with me, so I took an even bigger bite. To my suprise, there was a big glob of bird poop that had splattered on the cotton candy and I had eaten the whole thing! To make matters worse, I threw up the entire thing on my boyfriend.



66 There are new flavors every week which míxes ít up. 🎝

6Frozen yogurt gooooood. Better than bamboo.

it will have to take the bronze medal in this battle. That leaves Yogurtland and Froglanders to duke it out for number one. After deliberating over this dif-It is not up to par ficult decision we picked our

with the other two. Favorite. So, with the deciding