

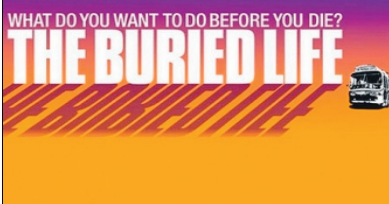
# HIGH TIDE

Volume LXXVVVI Issue 6-April 9, 2010

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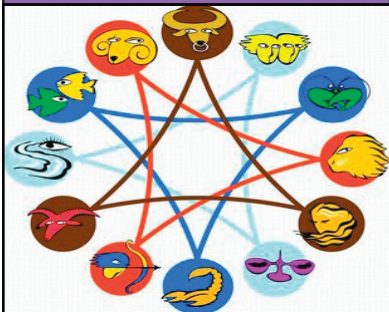
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## Earthquake Shortens Day

**By Iman Hassaine**  
*Editorial Intern*

A 7.2 magnitude earthquake in Mexicali on April 4 was the most recent in a string of many earthquakes in 2010. The quake could be felt in San Diego and generated several aftershocks.

Our recent brush with disaster may give us a new appreciation for the significance of recent quakes around the world.

The devastating earthquake in Chile on February 27 not only had a profound impact on the people and country of Chile, but also on the entire planet. Scientists from the National Aeronautics and Space Administration (NASA), confirm that the earthquake shifted the earth's axis and shortened the length of a day.

Earthquakes involve the shifting of hundreds of kilometers of rock by several meters, changing the distribution of mass on the planet. This shifting affects the earth's rotation. As a result of this latest earthquake, the earth moved about eight centimeters or approximately three inches, and the length of the day was essentially short-

ened by 1.26 microseconds (millionths of a second).

"These natural disasters are inevitable. My heart goes out to the earthquake survivors and their families. We often think

day by 6.8 microseconds and also shifted the earth's axis. The earthquake in Chile had a magnitude of 8.8 on the Richter scale and scientists are predicting a larger earthquake in the

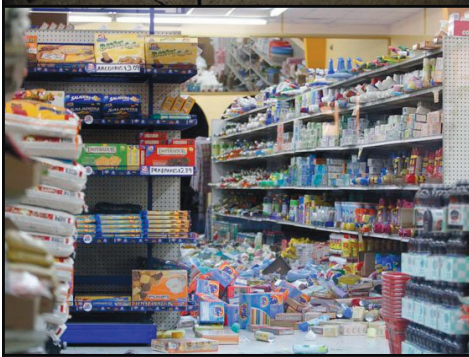
tensity rises logarithmically, so a magnitude 9 earthquake is 100 times more powerful than a magnitude 7 earthquake.

"I have been hearing that a larger earthquake is headed towards the Pacific so we all need to watch out — anything is possible," junior Cameron Mamer said.

"Since two large earthquakes occurred so close together, it makes me uneasy about the future with these natural disasters. Every country must be equipped for such an event," senior Jessica DeStasio said.

This natural disaster in South America had a profound influence on people all over the world. Even though Americans are not experiencing the earthquake's destruction first hand,

the earthquake's effect on the length of Earth days could have additional repercussions in the future.



**Images from the Quake:** After this article was written, a 7.2 magnitude earthquake occurred in Mexicali on April 4. The earthquake was the most recent in a string of many earthquakes in 2010. The quake could be felt in San Diego and generated several aftershocks. Cracks in the street (top left), messy aisles (bottom left), and broken windows (bottom right) were just some of the damage that resulted from the April 4 Mexicali earthquake. People evacuate from a show at the Old Globe due to the earthquake (top right).

these events can't happen to us but it is possible," sophomore Emily Mandel said.

An earthquake like this occurred in 2004 when a quake with magnitude 9.1 generated a tsunami in the Indian Ocean. This earthquake shortened the

Pacific sometime soon.

The largest earthquake ever recorded was 9.5 on the Richter scale; the earthquake in Chile closely approached that record.

The Richter scale is the most commonly cited statistic on the intensity of earthquakes. In-

## ASB UPDATES

Hey Vikings,

We hope everyone had a great Spring Break! ASB has many fun events coming up as we move through the last quarter of the year.

The week of April 12th-16th will be Multicultural Week in anticipation of Food Fair, which will be Friday, the 16th, during an extended lunch period. Monday, the 12th, will be Music Day, Tuesday, the 13th, will be Art Day, Thursday, the 15th, will be Dance Day. All Multicultural Week activities will take place in the quad during lunch.

The first-annual Career Fair

will be held Thursday, April 15th during third and fourth periods through lunch. The event will be in the big gym and over 30 representatives from a wide variety of careers, including arts, music, management, teaching, fashion, science, and many more, are scheduled to attend.

The Commissioners of Spirit & Activities will be hosting a dodgeball tournament from April 19th-23rd in the big gym. Students can sign up in teams of six until April 16th. That week will also be Spirit Week in order to build excitement around the games. Spirit days are as follows: Monday-Twin

Day, Tuesday- Decade Day, Wednesday- Mismatch/Nerd Day, Thursday- Pirate Day, Friday- Multicultural Day.

La Jolla High School is well into the Hurley Walk the Walk video competition. The second round of video highlighting Hurley products have been posted online at [hurley.com/wwt](http://hurley.com/wwt), and the third video will be uploaded next Monday, the 19th.

The Freshman are now selling Class of 2012 shirts for \$10. Stop by the Student Store to pick one up.

The Sophomores are also selling class shirts and water bot-

les.

The Juniors have a big fundraiser coming up—the class of 2011 will be working at local polling precincts for the primary gubernatorial election on June 8th. Although the deadline to sign up has passed, any Juniors interested will have the opportunity to work in the gubernatorial election next fall. Juniors are also invited to attend the National College Fair held at the San Diego Convention Center on April 20th.

The Seniors are busy planning GradNite 2010, which will be at Disneyland on Wednesday, June 16th. Tickets will go

on sale this week for \$95. Seniors are also busy compiling photos for the senior video. If you have any pictures of you and your friends participating in senior activities, please join the LJHS Senior Video page on Facebook.

ASB elections for the 2010-2011 school year are coming up soon. Applications for Officer and Commissioner positions are now available in room 304.

Sincerely,  
**Danielle Daitch**  
*Commissioner of Public Relations*  
*Sports Editor*



# Compton Cookout

## UCSD battles racism

By Iman Hassaine  
Editorial Intern

Most have heard about the racial tension UCSD has been experiencing due to the recent “ghetto-themed” party. During February (Black History Month), an offensive party was thrown off-campus by UCSD students to mock the month’s true importance.

The so-called “Compton Cookout” event urged all participants to wear chains, inexpensive clothing, and to speak flamboyantly, the San Diego Union-Tribune reported. Female participants were expected to be “ghetto chicks.” The invitation to the party even includes a list of criteria which is derogatory and extremely offensive to students at UCSD, and many others who have heard of this incident.

UCSD is prestigious and has a great reputation in academics and values; therefore, it is a disappointment to many across the country that such a great university has students involved in such racist activity--even if it was all just for “fun.”

One UCSD student, Elize Diop says, “It’s insulting... we’re being made fun of, we’re being made a mockery of and we’re not being taken seriously.”

Senior Kwase Badu said, “The students were being completely racist...it is offensive and it is ruining UCSD’s

not being punished though, since the event was not on campus or run by a student organization. Indeed, UCSD officials are distressed at this news concerning their students and the university’s status, but officials have no reason to penalize party hosts.

Campus chancellor Marye

African-American, many students are hurt by the racist turmoil.

Campus administrators held a “teach-in” against intolerance, and hundreds of students from UCSD and other universities staged a campus protest, demanding that officials make more efforts to combat racism.

UCSD student Chevelle Newell told 10News, “The part where it talks about black women ... that’s not what I am.”

This whole event was extremely offensive and it proves that racism runs rampant through even the most disciplined institutions.

It is truly unacceptable that educated university students are throwing these racial mocking events without considering the impact they will have on others. University students must now go back to the basics and learn the “golden rule” once more.

Mutual respect and civility on campus must be taught again, and despite UCSD’s standing, the school will be looked at differently from now on.

“The students were being completely racist... it is offensive and it is ruining UCSD’s reputation.”

- Senior Kwase Badu

reputation.”

At first, the fraternity Pi Kappa Alpha was to blame; however, Garron Engstrom, the fraternity’s president denied all charges related to their involvement.

Apparently, many fraternity members were responsible for posting invitations all over Facebook. These members are

Anne Fox stated that the university “strongly condemns this event and the blatant disregard of our campus values.”

It is true that the university cannot punish the students responsible for creating the event, but why are students holding these racist events in the first place?

Although UCSD is only 2%

## Teen Pregnancy... Jealous? Didn’t think so.

Television educates, rather than advocates, sexual awareness among youth.

By Jasmine Mobasseri  
Editorial Intern

*The Secret Life of an American Teenager* and *Sixteen and Pregnant* have caused a stir amongst those who believe that shows like these are glorifying sex and pregnancy. In the past, the topic of sex was not nearly as public and open as it is now. The idea of teenage pregnancy was kept quiet and the matter was avoided.

cent flourishing of sexual education, some choose to continue to be embarrassed and ashamed of the publicity given to these issues.

“I think that these shows make it easier for kids to talk about sex with responsible adults instead of just friends,” says sophomore Molly Denison

Studies have shown that in recent years, when sexual awareness has become more common, the rate of teen pregnancies has decreased. With teenagers knowing that their sex life is not shameful and doesn’t need to be hidden,

they need if they are considering engaging in sexual activity.

Shows that frankly discuss and revolve around the topic

they can relate. These shows are mainly based to show the reality of it all, especially *Sixteen and Pregnant*, because some-

“The shows are an alarming wake-up call; however, it is the viewer who interprets the show in their own way”

- Planned Parenthood consultant Dana Derissi

of teenage pregnancy do not encourage teens to have sex.

If people think that these shows are glamorizing pregnancy at a young age, they obviously do not know the definition of glamour.

These shows, though not completely accurate, clearly attempt to grasp the hardships and troubles that come along with teen pregnancy. Not one of those girls or families in the shows has a typical teenage life.

“The shows are an alarming wake-up call; however, it is the viewer who interprets the show in their own way. I believe most will get the message because

times the girls are happy but then realize what they really wanted,” says Planned Parenthood consultant Dana Derissi.

People will take what they want from things that they listen to or watch. Just because one person perceives openly discussing sex as influential, does not mean others are going to see it like that.

TV shows allow teens to relate to what other people in life may be experiencing.

Now that sex and teenage pregnancy is a more comfortable subject to discuss, teenagers can get the help and advice they need in order to stay protected and stay safe.

“I think that these shows make it easier for kids to talk about sex with responsible adults instead of just friends”

- Sophomore Molly Denison

However, times are changing, and sex and pregnancy are now issues that are commonly talked about.

Instead of supporting the re-

## Cloudy with a Chance of Complaint

A little rain isn’t the end of the world

By Kianna Anvari  
Editorial Intern

As the light of spring begins to fill the warm La Jolla air, residents remember the gruesome winter that preceded it. La Jollans, usually spoiled with clear and sunny skies, endured a winter that took a turn for the worse.

Starting around December, our bubble was hit hard with gusty winds and torrents of water from the sky, supposedly called “rain.”

Many were baffled as the droplets of condensed atmospheric vapor struck the earth with vigorous force. Questions even arose as to whether the United Nations should have been alerted about such drastic disasters or not.

School was a complete crisis of its own. The outrageous six inches of rain came as a shock to almost everyone. Students were forced to switch from shorts to pants, Uggs were soaked through, straightened hair was curling, and it seemed as if La Jolla would never see the light of day again.

It is no surprise that the rest of the United States mocks southern California’s reaction to rain.

Why shouldn’t they? Even if it only sprinkles in La Jolla, it seems as if everything turns to chaos. Not only do we not know how to drive on wet roads, but also our livelihoods become completely dysfunctional.

About the same time that La Jolla believed it was struggling for survival, the rest of the world was facing hurricanes, earthquakes, and other natural disasters.

While actual problems such as these have been occurring in numerous countries, La Jollans still find the need to over-exaggerate about the occasional raindrop.

They also find it preposterous that the world ignored the fact that they had to turn on their wind shield wipers for the first time in months.

There are actual problems which were occurring, and still are occurring, around the world. A few showers do not equate to a natural disaster or anything to complain about.

La Jollans should try to remember the serious problems occurring around the world the next time they have the urge to whip out their rubber galoshes when it sprinkles.



The La Jolla High School

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# Guilty Criminals Back on the Street

Sex offenders still pose a threat to communities

By Sarah Devermann

Staff Writer

No human deserves rape or murder. However, sex offenders everywhere are committing these crimes. San Diego's community has come together over the recent issues regarding sex offenders. People are outraged that innocent lives are being taken away. They have justly realized that there needs to be a change in the laws, and that it needs to happen fast.

"The current laws regarding sex offenders are not strict enough. Innocent people are dying because of them. Harsher penalties should be put in place to protect our citizens," freshman Dana Becker said.

California has the largest number of registered sex offenders over any other state: 62,211, with this number on the rise. In La Jolla alone there are six, and these criminals can easily commit the same crime again with the state's ridiculous laws.

So why are these monstrous people allowed on the streets?

While many convicted sex offenders live and work in local communities, there are various

laws that restrict them from doing different things. However, these laws are not near strict enough. Some of the laws were made as results of individuals' tragedies.

Megan's Law was created in result of the rape and murder of Megan Kanka. This law allows the public to access sex

feet of a park or school.

While current laws require strict punishments and rules for convicted sex offenders, they are not stopping the crimes these people commit. Innocent lives have been taken away because lawmakers are afraid to spend too much money on creating new laws.

girl in 2000, Gardner served only a five year jail sentence, even when his psychiatrist prescribed no known treatment for him.

"There is no known treatment for an individual that sexually assaults girls and does not admit to it in any way," psychiatrist Dr. Matthew Carroll wrote.

With the current sex offender policies, the government itself is responsible for these murders. How many of these tragic crimes will it take before the laws to change? The answer is that too many have already taken place. Even individuals who escape murder and survive these horrid crimes are hurt for life.

"Many people do not realize the emotional imprint these criminals leave on their victims. Such heinous crimes and criminals must be stopped by enforcing stricter laws," senior Lilly Sedaghat said.

So how many more lives will be taken because of the government's absurd laws? While second chances can be a good thing, they should not be given to any individual convicted of sexual offense.

“ Many people do not realize the emotional imprint these criminals leave on their victims. Such heinous crimes and criminals must be stopped by enforcing stricter laws,

- Senior Lilly Sedaghat ”

offender registries from their personal computers. One can find, for free, former offenders' addresses, names, and pictures online.

Jessica Lunsford was abducted, raped, and murdered by a 47-year old man in 2005. There are different versions of Jessica's Law; in California convicted sex offenders are prohibited to live within 2,000

Thursday, February 25th was a sorrowful day when one of these tragedies took place in our local community. This was the day high school student Chelsea King was raped and murdered while running in a community park. John Albert Gardner III, a formerly convicted offender, was the man who committed this crime. After molesting a 13-year old

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# LOTSA MATZAH

## What To Do With Your Leftover Matzah

By Olivia Polger  
Editorial Intern

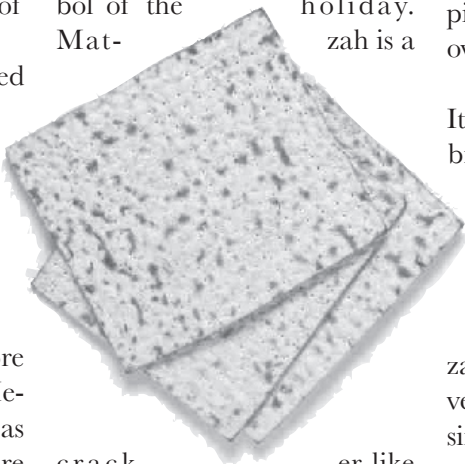
Many know Passover as a Jewish holiday in the spring, around Easter time, where tradition forbids any bread to be eaten for eight days. However, Passover is much more than that and is considered one of the most important holidays of the Jewish religion.

Passover is a highly respected Jewish holy festival commemorating the Hebrews’ escape from enslavement in ancient Egypt. Exodus, the second book of the Torah, tells the story of ten plagues that were forced upon the Egyptians before Pharaoh would release his Hebrew slaves. Plagues such as lice, vermin, and pestilence are just some of the many plagues, followed by the tenth plague, the killing of the firstborn. The Hebrews were instructed to mark the doorposts of their homes with the blood of a lamb and, upon seeing this, the spirit of the Lord “passed over” these homes and spared the family, hence the term “Passover.”

It is written in Exodus that

when Pharaoh freed the Hebrews, they left in such a hurry that they could not wait for bread to rise. In commemoration, for the duration of Passover no leavened bread is eaten, which is why it is called “The Festival of the Unleavened Bread.”

Matzah is an important symbol of the holiday. Matzah is a



crack-like flatbread made of white plain flour and water. The dough has holes in it, making it unable to rise during baking, but produces a hard, flat bread.

It is quite difficult to observe this holy day breadless, so here are some fun Matzah recipes to try at home.

### Matzah with Butter

Matzah with some butter or

jam is an ideal Passover breakfast with a glass of orange juice.

### PB&J Matzah

Just a little bit of peanut butter and jelly on Matzah is great for lunch or a snack.

### Pizza Matzah

Pour some tomato sauce and mozzarella cheese on top of a piece of Matzah. Place in the oven for about ten minutes.

“Pizza Matzah defines good. It gives you all the pleasures brought by pizza plus the deliciousness of Matzah. It’s a win-win situation,” sophomore Rick Saxe said.

### Lasagna Matzah

For dinner, Lasagna Matzah always hits the spot. It is very easy to make and is very similar to regular lasagna. Instead of adding noodles to the lasagna, substitute the noodles with Matzah.

### Chocolate Matzah

The truly best dessert during Passover is chocolate covered Matzah. You can find it at Vons or Trader Joe’s, and it is delicious!

Passover is a very special holiday and is observed differently in various households.

# MAD LIBS

## 1. Place

## 2. Noun

## 3. Liquid

## 4. Plural Noun

## 5. Article of Clothing

## 6. Noun

## 7. Body Part

## 8. Plural Animal

## 9. Adjective

## 10. Adjective

## 11. Noun

## 12. Adjective

## 13. Adjective

## 14. Adverb

When you go to the \_\_\_\_\_, you must take along a big blanket, a thermos bottle full of \_\_\_\_\_, lots of suntan \_\_\_\_\_, and a couple of folding \_\_\_\_\_,

Then you put on your \_\_\_\_\_ so you can get a beautiful \_\_\_\_\_ to last you all summer. You also should have a big hat to keep the sun off your \_\_\_\_\_. If you want exercise, you can find some \_\_\_\_\_ to play volleyball with. Volleyball is America’s favorite \_\_\_\_\_ game. You can also bring a/an \_\_\_\_\_ lunch, such as hard boiled \_\_\_\_\_, a few \_\_\_\_\_ sandwiches with mustard, and some bottles of \_\_\_\_\_ cola. If you remember all of the above and get a place near a/an \_\_\_\_\_ lifeguard, you can sunbathe \_\_\_\_\_ all day.

Courtesy of madlibs.com

# Sudoku

Easy

2					6
	1	6	4		5
6					1
5					2
		2	5	1	
1					4

Hard

					4
			6		
	3			5	
	6			1	
		4	1		
3					

# The Price is Right

## Weird things you can buy on-line

By Tania Mashkoory  
Staff Writer

EBay is a shopping website where you can buy electronics, clothing, books, jewelry, cars, and babies? If you thought eBay was a place where you could only buy collectibles, think again. A used Britney Spear’s toothbrush proves to be considerably normal next to the five wacky things ever to be put up for auction.

### A Man’s Life

After his wife divorced him, Ian Usher decided he was over his life and wanted to start over. He decided to sell everything



he owned including his house, wardrobe, car, job, and even his friends. Hoping to get an offer of at least \$420,000, he settled for an offer of \$339,000.00. The 44 year old left his home in Australia in search of a new adventure.

### Michael Jackson’s Underwear

Michael Jackson’s underwear

is still up for auction for a starting price of \$1 million. The underwear is a size 28 Calvin Klein brief. It was confiscated as evidence in the 2003 child



moles- tation case, which may cause some people to steer clear from MJ’s underwear.

### Vampire Killing Kit

Not all vampires are like Edward Cullen, and in that case, it wouldn’t be such a bad idea to have a vampire killing kit. This vampire killing kit included a crossbow with silver tipped arrows, ebony wood stake, a large bottle of holy water, and other items to help fight off vampires. All these items are conveniently and safely stored in a large wood box. The final bid was \$4,550.

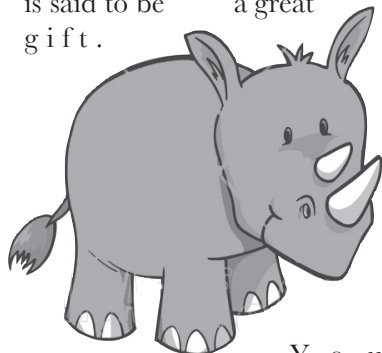
### Cornflake shaped like Illinois

Two sisters from Chesapeake, Virginia were eating breakfast when one of the sisters realized

that one of her cornflakes was shaped like the state of Illinois. She luckily noticed it right as she was going to eat it. They put it on sale and got an offer of over \$1,000. Instead of investing the money, the sisters decided to spend it on buying more boxes of cornflakes in hopes of finding more flakes shaped like various states.

### Rhino Dung

Want some rhino dung? A wildlife group is selling different kinds of rhino dung to help fund conservation projects. The dung is dried and mounted in a trophy case and is said to be a great gift.



You don’t have to be limited to just one kind of dung; you have the choice of black, white, Indian, and Sumatran Rhino. Only 17,500 rhinos remain in the wild, so bid for your dung while it’s still fresh starting at just \$660.00 a bid.



# CARTALK

**By Aida Saam**  
*Staff Writer*

La Jolla is famous for its high-class residents. Multimillion dollar mansions are not the only thing La Jollans cherish; they have cars to show off as well. With five designer sports car dealerships in the heart of La Jolla, it is hard to miss these extravagant cars roaming around the streets or in the parking lots of the grocery stores. Many La Jolla High School students have their own cars to show off. Whether it is a custom-made Mustang or a bright red bus, they are hard to miss when driving on the streets.



**Clayton Silver**

I drive a 1971 Volkswagen bus transporter. You cannot miss it on the streets. It is a huge bright red bus with white on the top and sides. I just bought it about two months ago with my own money, so this baby is brand new and all mine. I installed a super nice sound system in the front and back. The car is so big that the back needed some speakers so everyone in the car can hear the music well. The bus can fit up to eight people in it. The size is perfect for me because my friends and I surf a lot and it easily fits all our boards and wet suits in it



without cramming our space. The coolest part is that the seats in the back fold out into a bed so I can basically live in it if I wanted to!

**Gianni Doemny**

My car is a 1957 Chevy Bel Air station wagon. It was my



older brother's car, but when he left for college it became mine. I drove it for the first time on my 16th birthday. The exterior is bright red,

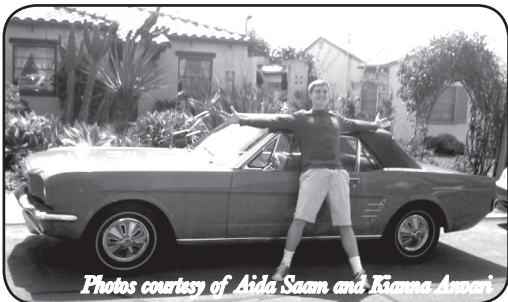


and it has a white leather interior. The inside of the car is the coolest part though; the gas pedal is in the shape of a foot and there are magic 8 balls everywhere. The stick shift in the shape of an 8 ball, all the locks have 8 balls on them, and the air valves have 8 balls on them as well. There are dice hanging on the rearview mirror and everything. All my friends like to go and drive around in it; it's pretty sick.

**Will and Michael Peterson**

Our car is a 1966 red Ford Mustang with white leather in-

terior. It has been in our family since 1996 when it was purchased. Our aunt bought it and then it was given to our grandparents and now it is ours. All of us brothers share the car, but it is never a problem. The car is really cool because it was purchased when Ford had only been making Mustangs for two years. It has all original leather and is a convertible. It goes really fast too, but we never go over the speed limit! Everyone likes to ride in it because it's a different kind of car you don't usually see around.



## Guess Who

**By Brittney Schrift**  
*Editorial Intern*

I may have "Gingy" written on the back of my Improv uniform, but that is not my only nickname. I have also been called "Ron Weasley" and "Cheese-O" throughout my four years at LJHS.

I am a senior this year; go class of '10! I am excited for the future; however, I will miss the dances, basketball games, and of course Improv shows and plays that I have attended and performed in over the years. I have been doing Improv since sophomore year, and my first show was at Bishop's towards the end of that year.

I used to have stage fright, but ever since I started theatre in my freshman year, I have grown comfortable in the spotlight. I am usually very busy with theatre and Improv, so I do not have much free time. When I do, I love to make videos, play pick-up sports, and play the guitar. I also love spending time with my friends and girlfriend, who I have been going out with for four months.

I have played soccer my en-

tire life, but unfortunately it conflicts with my other commitments so I am unable to play for the school. I still play for a club team- the Rancho Sante Fe Attack.

I have a great family who comes to all of my shows. My sister, Brittany, attends University of Arizona. She is an amazing dancer and has taught me

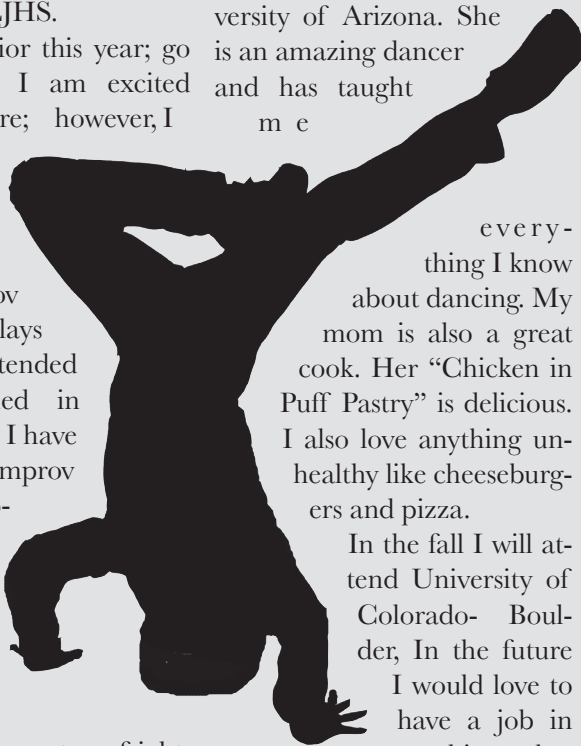
everything I know about dancing. My mom is also a great cook. Her "Chicken in Puff Pastry" is delicious. I also love anything unhealthy like cheeseburgers and pizza.

In the fall I will attend University of Colorado- Boulder. In the future I would love to have a job in anything theatre related, or something as different as business or marketing.

With only three short months left, I hope to make the best out of what is left of my high school career. Come by and checkout an Improv show or play; you will not be disappointed! Jack Bauer.

*Photo courtesy of Haley Cottrell*

**The Guess Who from the last issue was Robin Pomerence.**



## Club Spotlight

**By Christina Kirby**  
*Editorial Intern*

Hand Up is one of the many volunteer organizations at La Jolla High School that works to make a difference in the San Diego community. This club combats hunger through a variety of different activities for people who are struggling to provide food for their families.

This program is a county wide organization that has clubs at many different schools throughout San Diego. Club president Rachael Sherman and vice president Freda Spencer are on the Hand Up Executive Committee- the board that meets to decide different events.

So far this year, Hand Up club has hosted numerous activities to help fight local hunger. The club helps keep the "food pantry" at the Jewish Family Services abundant with food for poor families.

Hand Up also frequently visits Camp Penelton, where they give food to struggling military families. They also host small parties for the military families and have crafts and games for kids as well as information about nutrition for the adults.

During the winter holidays the club also hosted a family.

their genuine gratitude is just the greatest feeling."

Hand Up has even more upcoming events to finish off the school year, including a toiletry drive that will be held through school.

The largest event of the year, "Rock Out for Hunger," will be held May 22. This event will be held downtown

at Anthology for teenagers and young adults. The fundraiser will have an auction, dessert tasting, music, raffle, and more to help fight hunger. Currently, club members are working hard to get sponsors and prepare for the event.

"The Rock Out for Hunger is going to be a huge production and it's really exciting to be a part of something so big

that is helping so many people. Even if it is only getting one sponsor, I know I will be making a difference," junior Sara Ashcraft said.

Hand Up Club has successfully helped reduce hunger throughout San Diego County this year and would always appreciate more student volunteers to help with this noble cause.

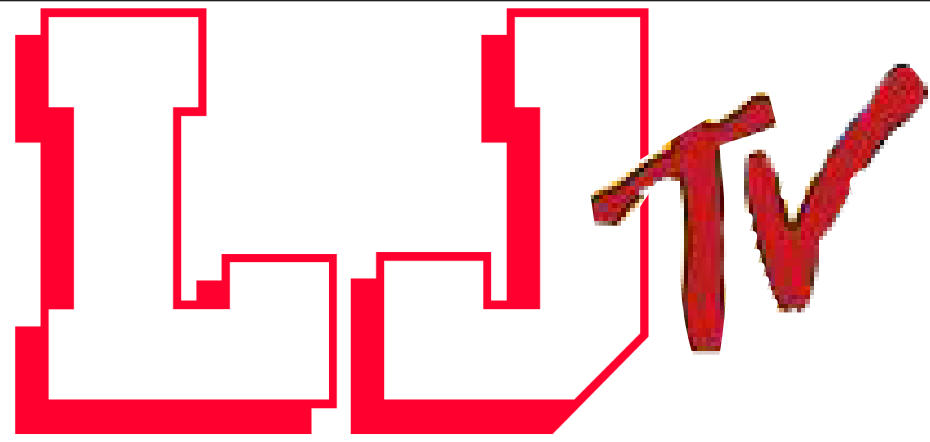


*Photos courtesy of Sarah Devermann*  
**Lending a Helping Hand:** from left to right: Vice President Molly Ackerman, President Rachel Scherman, and Secretary Kat McCall.

The family was able to create a "wish list" and Hand Up members provided them with the items they asked for.

"Hand Up really makes me feel good as a person. I love knowing that I am making a difference and benefiting the lives of those in need," freshman president Sherman said. "Getting to know the people we are helping and hearing





# THE BURIED LIFE

## WHAT DO YOU WANT TO DO BEFORE YOU DIE?

By Christina Kirby

Staff Writer

"What do you want to do before you die?" This is the question that Duncan, Ben, Dave and Jonnie, from the MTV show *The Buried Life*, ask as they travel the nation in their purple bus. These four men have composed a list of 100 activities they want to do before they die and have made a pact to complete it. However, they have also promised that each time they complete one of their tasks, they will aid a stranger to complete one of theirs.

Originally from the same town, the current cast of *The Buried Life* realized their mutual feelings towards life. They all wanted to accomplish certain tasks and experience a variety of different things, but meanwhile they wanted to help others. They made a list and started a documentary that eventually became *The Buried Life*.

Just this past year, the television show aired its first season on MTV and was met with great enthusiasm. But what attracted viewers? Perhaps it is the fact that this is not a typical reality show.

"I really love *The Buried Life*. The guys are funny and entertaining, but my favorite part is that it's different from other trashy reality shows. While doing crazy things, they also help



others," junior Savannah Youngs said.

For others, the appeal to the show comes from the cast's willingness to put themselves "out there," and to accomplish tasks that they think are important in life.

"It is cool how they take all the things other people say they are going to do, and make it a reality. I feel like I don't do enough things in my life that matter and wish that I took more initiative like they do," junior Scotty Fletcher said.

For certain, *The Buried Life* asks the important question of "what do you want to do before you die?" Six La Jolla High students have been asked just that, and here is what we found out.

## Forest Morrow

By Freda Spencer

Staff Writer

Senior Forrest Morrow was excited to go to Willow Springs Raceway to try his hand at racing his new BMW. About halfway through the track, Forrest began to notice his car acting up. His speed accelerated up to 90 miles per hour. The car jolted and began to slide sideways.

"I definitely realized the importance of up-keeping my car, and checking everything before I drive."

"I realized that what was happening was actually really serious, and knew that I had to get out and away from my car ASAP," Morrow said, "just as it got to be really bad, I managed to drive to the pits and jump out of my car."

His engine blew up seconds later. Forrest felt blessed to have gotten away from his car safely, but was devastated when he learned his car's repairs would take weeks.

"I definitely realized the importance of up-keeping my car, and checking everything before I drive. But I still want to go back to the track to finish a race one day. Next time I will just be extra careful," Morrow said.



## Scotty Fletcher

### Near Death Experiences

Junior Scotty Fletcher was eight years old when he was run over by a car while riding his bike. After being rushed to the hospital, Fletcher received screws in his hand, a cast for his broken arm, 40 stitches, and 12 staples in his legs.

"After almost dying, I took less chances and realized it was more important to be aware of my surroundings," Fletcher said.

He was told that if he had not been wearing a helmet, his skull would have been crushed and he would have died.

"After almost dying, I took less chances and realized it was important to be aware of my surroundings."

"Ever since then, my mom, who watched my crash, has been really adamant about me wearing a helmet, whether I am skating or riding a bike... it's a good thing though; the experience made me realize how important they are," Fletcher said.



## Jenny Kirby

When freshman Jenny Kirby was in eighth grade, her appendix ruptured. It caused her great pain, two weeks in the hospital, drastic weight loss, and a very frightening few weeks for her and her family. When her appendix ruptured, Jenny did not know what the sharp pain that she was experiencing was, so she waited an entire day until she went to the hospital; if left without care for more than one or two days, ruptured appendixes often turn fatal.

"I realized how much I missed my friends and family and I appreciated them for being there during that scary time."

Once in the hospital, Jenny received surgery on her appendix, but soon the pain came back. She had contracted an infection and had to have a second surgery. Jenny stayed a total of almost two weeks in the hospital, and during this time realized how much her friends and family mean to her.

"While I was in the hospital, stuck in my bed for weeks at a time, I realized how much I missed my friends and family and I appreciated them for being there during that scary time," Kirby said.



KARINA



1. Go to the bottom of the ocean
2. Travel to Australia
3. Invent something to help the environment
4. Snowboard with Shawn White
5. Ask Taylor Lautner out on a date
6. Attend the MTV Music Awards
7. Get backstage passes to an Eminem concert
8. Stand at the edge of a volcano
9. Play basketball with Miami Heat's Dwyane Wade
10. Adopt a child from a foreign country

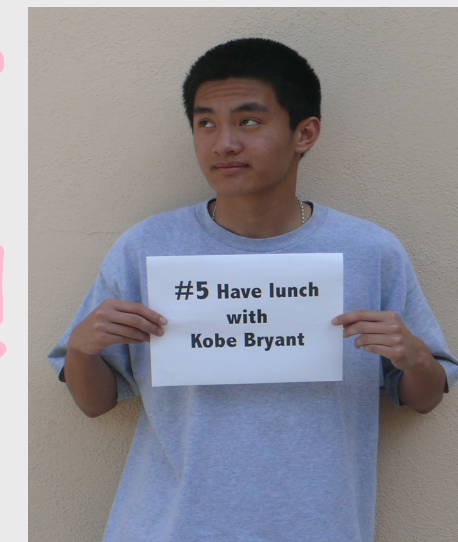
BISTRONG

By Elyssa Kanter

Staff Writer

Freshman Karina Bistrong was born in Florida. She moved to Salt Lake City, Utah, back to Florida, and then finally settled in San Diego. Her father is a landscaper and her mother is a web designer. Bistrong lives with her mother and sister, a junior at La Jolla High. Bistrong listens to all different kinds of music and enjoys going to the beach. She would like to study at UCSB after high school. Currently she is enjoying La Jolla High and has played on the freshman basketball team.

Sophomore Tony Tran grew up in San Diego. He has a younger sister and his parents are originally from Vietnam. Tran was on the junior varsity basketball team earlier this year. He practices every day for a couple of hours. Tran hopes to be on varsity next year. Tran would like to attend UCLA after high school. He wants to become a doctor when he is older.



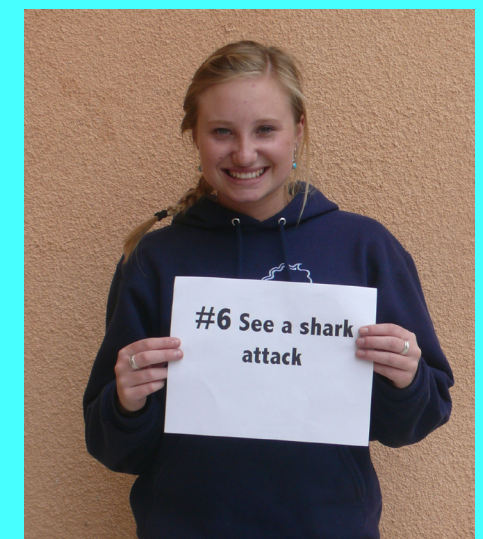
1. Meet Michael Jordan
2. Go to the Great Wall of China
3. See a real mummy in Egypt
4. Get backstage passes to a T.I. concert
5. Have lunch with Kobe Bryant
6. Ask Megan Fox out on a date and take her to Hawaii
7. Help kids in Haiti
8. Become a successful orthopedic doctor
9. Buy a gray Lamborghini
10. Buy a house in Fiji

TRAN

Junior Ally Reilly is the youngest in her family. She has a sister and a brother, who both graduated from La Jolla High. Additionally, several of her cousins have or are currently attending La Jolla High. She enjoys playing outdoors at the beach or playing soccer, but is not limited to outdoor fun. She is an avid World Of Warcraft player. Reilly's favorite class this year is AP Psychology. After high school Ally hopes to go to UCSB.

1. Travel the world
2. Go to Las Vegas with Alan, Doug, Stan, and Phil (from the Hangover)
3. Front row passes to a Miami Dolphin game
4. Go skydiving
5. Own a fast car
6. See a shark attack
7. Kayak down a waterfall with Natalie Russell
8. Find a sunken ship with gold
9. Go on a date with Nate from Gossip Girl
10. Punch a girl in the face

ALLY



REILLY

Senior Maria Olea grew up in San Diego. She has two sisters and one brother. Her father works at Seaport Village and her mother works for Housekeeping at the Hilton Hotel and General Atomics for the army. Olea's favorite class this year is AP Statistics. She enjoys listening to Hip Hop and Reggaeton music. Olea plans on going to community college and then transferring to a university.

Junior Hall Wilson is the youngest in his family. His brother graduated in 2007 from La Jolla High. Wilson's father works for Taylor Guitar and his mother worked in a museum, but is now a chef in training. Wilson has been pole vaulting for the track team for the last two years. His favorite band is Metallica and he drives a 1966 blue Mustang. Once Wilson graduates, he hopes to continue his schooling at UCSB or UCSC.



WILSON

1. Own a fast car
2. Go to Jamaica for two months
3. Go on a road trip to Mexico with friends
4. Ask Megan Fox out on a date
5. Grow a French mustache
6. Wear a Wingsuit while base jumping
7. Go cliff diving
8. See Marijuana legalized
9. Live in an igloo for a week
10. Jump out of an airplane without a parachute

MARIA



OLEA

1. Travel to France
2. Become a successful doctor
3. Make a lot of money to go shopping
4. Jump out of a plane with a parachute
5. Ask out my crush
6. Help an orphanage in Mexico
7. Raise money to build a school in Mexico
8. Go on a cruise
9. Attend UCLA medical school
10. Get a lot of piercings, all over my body.



# Click Here for College?

By **Jacqueline Berracasa**  
*Staff Writer*

Many La Jolla High students are using recruiting websites in the hopes of gaining recognition from various colleges. Sophomores Matt Costelloe, Oscar Carrillo, Jorge Flores, and Bobby Schuman are all using [www.berecruited.com](http://www.berecruited.com).

This is one of the more popular websites at La Jolla High, perhaps because it is free and has a high success rate. Other popular recruiting websites include [www.maxpreps.com](http://www.maxpreps.com) and [www.captainu.com](http://www.captainu.com), both of which charge for their services.

On [www.berecruited.com](http://www.berecruited.com) students sign up for free and make a profile with their name, sport, school, and all of their statistics. College coaches then have the ability to browse through the student profile and contact players that catch their eye.

Football player Matt Costelloe is quite involved with the website. He, along with many of his teammates, got a head start and made a profile his sophomore year of high school. Costelloe hopes to play for a Division II college; although

he has yet to talk to any coaches, he is a fan of the website.

“I thought it was pretty cool how you can get to know coaches from different colleges,” Costelloe said.

Sophomore Oscar Carrillo would also like to play football in college. He made a profile on the website after observing the success his cousin had with the website. Carrillo believes he has a huge advantage by starting the recruitment process this year.

“Many students wait until their junior or senior year to make a profile and by that time it is too late in the season to get recognized. By making one my sophomore year, the coaches have a chance of seeing me improve over the years,” Carrillo said.

Carrillo has already spoken to the coaches at Washington State University and is considering going there.

Jorge Flores is also getting a head start, with the hope of playing water polo in college. Coach Atwell told him about the website and he has had quite a bit of success so far. He has talked to the coaches

at William Jessup University, Rensselaer Polytechnic Institute, and Lynn University.

“If [I am contacted by] other good schools, I would consider them,” Flores said.

Bobby Schuman is a big fan of the website. He is very involved with it but says that it still takes a lot of follow up and commitment on the student’s part. He also warns that not all coaches look at [berecruited.com](http://berecruited.com), so simply making a profile on the website is not enough; the students must do their own research.

“You don’t choose your college; the college chooses you,” Schuman said.

Although none of this year’s senior athletes have employed the website in their college search process, it will be interesting to see the successes of upcoming classes with the contacts they make through various recruiting sites.

Whether used to peruse schools of interests, or to initiate contact with future alma maters, students will find that recruiting websites are helpful tools in their search for their future plans.

# A Change of Pace

By **Kaylee McNeil and Heren Alanis**  
*Staff Writers*

Track is one of the most competitive sports out there, and possibly one of the more diverse as well. The entire team works relentlessly to prove themselves in their various events, whether it be sprints, distance, discus, shot put, pole vault, high jump, triple jump, or long jump.

“Track is an amazing sport,” junior Zoe Wescoe said. “There are so many different events to do and the team ethic is great.”

The girls’ distance runners on the track team can often be seen going nearby the Bike Path, Bird Rock, and Torrey Pines Road. The team is a close-knit group of about ten runners who used to go by themselves for long runs to train for their meets. However, since the recent tragedy involving the brutal attack and subsequent death of Poway High School senior and cross-country runner Chelsea King, that has changed.

“I used to go running in the San Clemente Canyon area a lot, but now, because of the attack, I definitely don’t do that anymore. The team doesn’t run on the bike path as

refrain from listening to iPods while they are running so that they can stay alert.

“I run with friends and teammates now because I realize that the danger is always

there, especially when you don’t expect it. We often run in big groups now just in case,” freshman Natasha Chandler said. “What happened to Chelsea really was an eye-opener and brought us closer as a team.” “A lot of the girls are very emotionally involved in her case. Although we all know never to run alone, we still are very shaken up by the case because it very well could have been one of us. We are very saddened by her untimely death, but we do not run with fear, rather courage and determination,” senior Sarah Crabbe, the Track and Field manager, said.

The girls are not only going to exercise great safety precautions this season, but they will demonstrate great talent as well. Support your teammates at their meet at La Jolla on April 8 versus Kearny Mesa High.

much as we did before either, and we are sticking together,” junior Ilana Fricks said.

The girls make sure that they stay together and always watch out for each other. They have started a sort of “buddy-system”: they find a member of the team who runs about the same speed as them and they stick together. The girls also



*Photo courtesy of facebook.com*  
**Taking the Lead:** Junior Ilana Fricks leads the competition in a meet against Point Loma. She is a strong supporter of the team sticking together.

# Sport of the Month

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# Hot Yoga

By **Danielle Daitch**  
*Sports Editor*

Yoga has long been regarded as a practice that revives the mind, body, and soul. Whether done on its own or to supplement another athletic endeavor, yoga offers a series of gentle stretches and poses that realign and promote flexibility throughout the body.

Recently, a distinct style of yoga, Bikram, has become more popular. Unlike standard yoga, those practicing Bikram do so in a room heated from 100 to 105 degrees Fahrenheit. The added heat and humidity allow one’s muscles to loosen, preparing the body for deeper stretches. Another added benefit: the heat prevents injury, both in the practice and in other sports.

“I love the heat that Bikram offers because I feel like my body is gaining more benefits,” junior Rachel Hamilton said.

The original teachings of Bikram synthesize classic yoga techniques and incorporate various breathing methods. It is popular with younger students looking for a way to supplement their various sports.

Bikram classes can range

*Photo courtesy of trinityyogatoronto.com*

from a 90-minute long controlled series of postures, to an up-tempo hour of increased movements to stimulate the cardiovascular system as well as the various muscles.

Many students at La Jolla High have decided to dive into the world of Bikram yoga. Though reactions to the practice are mixed at first (who ever thought they could sweat THAT much?), those who continue with it find that over time, they build up a tolerance to the sweating and find great joy in the benefits Bikram has on their body.

“I can’t believe how intense it is. It’s like I took a shower in my own sweat,” junior Mauricio Medina said.

A local company, CorePower Yoga, offers a free week to anyone who is looking to try Bikram for the first time.

“I like CorePower because they offer a wide range of classes; they have something for everyone,” senior Holly Cramer said.

CorePower has studios all over San Diego, including Pacific Beach and La Jolla, so making hot yoga part of your exercise regime is as convenient as it is beneficial.

# Having A Ball

By **Jessica Wood**  
*Staff Writer*

La Jolla High’s Men’s Volleyball Team is known not only for their impressive winning streak, but also their sense of humor. This team makes having a good time as important as their team’s success and it has seemed to work magic for them.

“There’s no stress, so when game time comes around we aren’t worried about whether or not we win, but rather that we have a good time,” senior John Walsh said.

As 2008 and 2009 CIF Champions, this talented group is beginning their season with high hopes of winning their third consecutive CIF title. Their focus for this year is fitness, strength, and team camaraderie—all elements that have contributed to their success in previous years.

“Volleyball is a girl’s sport and our team is in touch with

our feminine side so I’m pretty sure that’s why we are so good,” senior Max Greenberg said.

Much of the team’s chemistry comes as a result of the close relationship they have with one another. Seven of the Volleyball Team’s key players have just come out of an incredible season playing for La Jolla High School’s Basketball team and nine out of 13 of the players are veteran Varsity team members.

During the weekends, the team tries to get together for team bonding and often will play beach volleyball on the courts in Mission Beach.

Even their practices are made into fun events. Aside from playing their daily games, they’ll also sometimes have costumes practices where they all dress according to a certain common theme.

All the team members will agree that Volleyball season is as much fun as it is hard work.



# STANDOUT ATHLETES

By **Jacqueline Berracasa**  
*Staff Writer*

**Eric Hedlin**

Junior Eric Hedlin has been swimming the majority of his life and seems to be a natural at the sport. His dedication has earned him the “Most Valuable Swimmer” award with his swim team, North Coast Aquatics. Not only has he won awards, but he has swam next to highly-acclaimed swimmers such as Michael Phelps. Despite having a busy schedule Hedlin still manages to keep up with his schoolwork.

**4:20AM:**  
Hedlin has an early wake-up call. A big bowl of Cheerios helps him get his day off to a good start.

**5:00AM – 6:30AM:**  
The swimmer has an intense early morning practice.

**7:25AM:**  
He starts his school day with honors US History. In an attempt to reduce his afternoon work load, Hedlin starts his homework in class to make the most of his time.

**8:30AM:**  
The athlete has now been awake for almost 4 hours and hunger sets in. He begins to snack on his favorite meal, spaghetti and tomato sauce, but his AP Psychology

teacher asks him politely to put it away. Hedlin eats spaghetti for lunch and dinner every single day of the week. It is truly his favorite meal.

**10:30AM:**  
Hedlin is now ready to eat the rest of his gigantic bowl of spaghetti during his favorite class of the day: AP Calculus with Mr. Kinsel.

**12:15PM:**  
Finally, the day is almost over for Hedlin. He has one class left, then he is able to jump in the pool.

**1:15PM-2:30 PM:**  
Hedlin finally gets a moment to relax...but not for long: he must get ready for practice by gathering his belongings and, of course, making himself another bowl of spaghetti.

**3:00PM-6:00PM:**  
Hedlin endures another long

practice. He ends up practicing for four and a half hours a day for two days a week and three hours a day for three days a week. Weekend practices are three hours long

make another bowl of spaghetti for dinner. He eats, does only about 20 minutes of homework, and then falls asleep around 8:30PM.

a morning practice on Tuesdays and Thursdays. She energizes with a healthy breakfast such as cereal or a banana and a granola bar.

**8:30AM:**  
After a long morning practice, Knight begins to get hungry during 2nd period, AP Environmental Science.

**10:30AM-11:30AM:**  
She enjoys her last class of the day (it is also one of her favorites): Ceramics. Still, her day is far from done she still has another three hours of swim practice, then homework to do.

**11:30AM-2:30PM:**  
Knight eats lunch, starts her homework, and gets ready for practice.

**3:00PM-6:00PM:**  
The athlete practices with her club team at the Jewish Community Center.

**6:45PM:**  
Knight eats a nutritious dinner, usually consisting of a salad, pasta, or chicken.

**7:00PM-9:00PM:**  
Knight does about 2 hours of homework, and then gets ready for bed.

**9:30:**  
Knight hits the sheets to prepare for another long day.



Expert aquatics: Hedlin stands proud on the left, and Knight (right)

Photos courtesy of Heren Alanis

from 7:00AM to 10:00AM.  
**6:00PM-8:30PM:**  
Hedlin returns home from practice and begins to boil a pot of water in order to

many La Jolla High School records, including the 100 meter back stroke and relays.  
**4:10AM:**  
Knight wakes up early for

## The Ladies of Lax

By **Olivia Polger**  
*Editorial Intern*

The LJHS Girls Varsity Lacrosse Team begins the 2010 season with nine returning players and 11 new members. This year will be very different from the 2009 season, as the team has lost a total of nine seniors and ten varsity players.

“Our season so far has been going well. Since we’re such a new team, we’re still getting to know one another on and off the field, but I’m really optimistic for our future. The girls have a lot of potential and great attitudes. After playing in a few games with my new team, I’m confident that we are going to achieve great things,” senior Cami Felt said.

The players have been training very hard every day during their 5:30-7:30 p.m. practices, preparing them for their one to two games during the week. They also squeeze in a 5:45 a.m. practice at the Shores

on occasional Fridays. The girls are trying to learn how to play together, work hard, and build different strategies to help the team improve.

“It feels great to be on the varsity team this year.

All of the girls have really welcomed me, and they make practice fun every day,” sophomore Sara Sharp said.

There have been 11 new additions to the team this year. They are all eager to learn a lot this season and improve their lacrosse skills for upcoming seasons.

Aubrey Sloan, Sara Sharp, Lindsey Heap, Wendy Nettleton, Leela Lebb, Maile Luther, Nikki Exerjian, Catherine Russell, Kim Battaglin, Karina Weiner, and Amber Bello have been working very hard during their first season on varsity to

take the team to a new level.

The returning members to the varsity team, Cami Felt, Julia Neri, Kenzie Kepper, Kersten Morgan, Jillian Frager, Lauren Coles, Lex Becker, Julia Haerr, and Angie Calvelli, have been helping the new team to feel comfortable with the plays and give some tips to keep the Vikings on a positive streak.

“We also have a completely new freshman goalie, Wendy Nettleton. She has never played at the high school level, but is learning really fast and is already amazing,” sophomore Julia Neri said.

Even though the new season starts off with a brand new team, the odds look good for the Girls Varsity Lacrosse team and all the members feel confident about this season.

Come support the Girls Lacrosse team at their home games next week: Tuesday April 13, against St. Catherine’s and Wednesday April 14, against Patrick Henry. Both games begin at 6 p.m.

## Serving Up Success

By **Jasmine Mobasseri**  
*Editorial Intern*

La Jolla High’s Men’s Varsity Tennis team has admirable and accomplished players that work extremely hard in order to balance school, practice and competitions. These dedicated players practice daily, and often spend their weekends training on their own or with other coaches.

“I play clinics at the La Jolla Beach and Tennis club and I also have a private coach out of school,” senior Erwin Hernandez said.

Some of the tennis players are making their way into college level tournaments. Seniors Erwin Hernandez and Chris Langbort have recently competed in the Pacific Coast Men’s Doubles Championship. This tournament was originally designed as a showcase for college teams.

Competing in college tournaments gives these players an

idea of just how much more they will need to improve in order to make it to the top.

“College competitions are a lot harder, but its good getting a feel for how the college players compete and learning the mental aspect of it,” junior Jonathan Lo said.

Players like Hernandez and Langbort are hoping to continue playing tennis through college.

“I do plan on playing college tennis. It just depends on how good I get in these couple of years which will determine how good of a college I get into,” freshman Addison Appleby said.

With dedication and hard work these talented players will be able to succeed in their sport. The possibilities are endless for these boys. Who knows? Maybe in the future they will be playing in the Pacific Coast Men’s Doubles Championship competing against La Jolla High’s next generation of promising tennis players.



# Decoding the United States Census

By Ashley Wei  
Editorial Intern

The arrival of spring 2010 signifies the appearance of United States Census questionnaires in the mailboxes of all 300 million U.S. residents. Introduced in the Constitution, the census is a survey that asks ten questions revolving around the number of people living in each household. The questions also ask for the race and gender of each listed individual. Censuses were due on April 1, 2010, also known as National Census Day.

Those who did not mail their forms back will be visited by official census takers from April to July; the employees will record answers to questions at the door. The census is required to take place every ten years, and has been since 1790. This year, the forms will be distributed among homes from mid-March to April, and all residents will be obligated by law to fill out the questions.

The answers citizens and non-citizens give will determine the number of seats a state occupies



in the House of Representatives. Their answers also determine how nearly \$400 billion in federal aid will be divided to fund a variety of services including hospitals, schools, emergency, public-works projects, and senior centers. For these reasons, it is imperative that U.S. residents return the ten question document to the United States Census Bureau with the provided postage-paid envelope.

“The census is a really important part of our country, especially now. [It is] exciting that this is happening again after ten years,” sophomore Vivian Thai said.

Information collected through the census is also important in providing statistics that can

be beneficial to communities. The data is vital to the process of changing electoral district boundaries as based on changing populations. Census data can also be used to petition for environmental legislation and make positive changes to the way of living for a community. An instance of this occurred in Phillips, a Minnesota town, when they petitioned for further examination of a proposed energy facility. The town used census results to prove that it had a higher number of elderly inhabitants and children under five that may be harmed as a result of the proposed facility.

The census will also provide important information about the changing population in the United States. Current census

projections predict that by 2050, minority groups will become the majority in the country. Since 2008, minorities have constituted nearly half the children in the U.S., and that trend continues to rise. Such data could impact the country’s legislation on health care, education and immigration in the future.

“It’s important because it’s the only way that the U.S. government can...get their demographic statistics right... but the government is using a lot of money to reach out to those who don’t speak English and that’s costing money,” sophomore Yuhao Wang said.

This year, the United States Census Bureau has invested

greatly in a media campaign to remind citizens of the census’ impact and encourage U.S. residents to participate. Based on results from the 2000 census, the Bureau concluded that paid advertisements were essential in boosting mail-in responses by the public.

Every one percent increase in mail responses saves about \$85 million. The campaign consists of several television commercials with a distinct jingle and slogan, “We can’t move forward until you mail it back.” The census has even partnered with Nickelodeon’s Dora the Explorer to remind the public that “Children count too.” Additionally, The Bureau has launched a road tour, which travels around the country to promote the census.

The United States Census only occurs once a decade yet it has remained an important government tool in gathering information about the country’s population. As one census commercial reminded, ten questions in ten minutes will impact the next ten years.

## Extreme Makeover: U.S. Education

By Amy Liew  
Business Intern

In 2002 President Bush’s administration passed the No Child Left Behind Act, which required each state to set their own educational goals. Now Obama hopes to replace this program with a new program called the Common Core State Standards. With the creation of the program, he hopes to develop a common goal and level of achievement so that students are prepared for college and the work force. With the exception of Alaska and Texas, 48 governors have agreed to replace their state standards with these new goals.

“I disagree with this plan because it will only lead to the lowering of our standards. La Jolla High School sets its own curriculum to an extent and is a model of success that other schools and school districts should emulate. La Jolla High School should not be forced to conform to these new standards,” music teacher Mr. Foster said.

During the creation of these new plans, the National Governors Association and the Council of Chief State school officers worked with teachers, experts, and different school administrations to create standards for each grade level. The public can voice their opinion on these standards by commenting on this document.

“I think the Common Core State Standards will be able to give students equal opportunity throughout different school districts; however, it will take

some time before all schools can implement this into their own school districts,” junior Zoe Wescoe said.

These goals will give states clear guidelines so that students will be able to reach these goals. Increasing the required standards for each grade level, will allow students to compete on an international level after they have graduated from college.

Obama has agreed to give states four billion dollars if they agree to participate in his new plan to reform the education in United States. In the plan, students will be required to reach certain benchmarks in their grade levels involving language, math, and history.

“We want to challenge all the stakeholders -- parents, teachers, unions, school administrators -- to not only raise standards, but also make changes required to meet those standards. This can be achieved by having the best teachers and principals, making sure that there’s a focus on low-performing schools, and ensuring that an American student can compete at the international level,” President Obama said.

The staff and the students at La Jolla High School have already achieved many of the benchmarks listed in the Common Core State Standards. Through this program, schools around the nation will be able to compete with each other on the same playing field and be prepared for college or future jobs. Adherence to this program will not only improve the lives of current students, but also students from future generations.

## Five Steps to Stay Safe

By Brittney Schrift  
Editorial Intern

With the recent attack and murder of two local girls, it is important for teens to learn about different ways they can prevent such attacks. There are several ways to protect yourself, and here are just a few.

**1. Be Aware of Sex Offenders in Your Area:** If you visit [www.meganslaw.com](http://www.meganslaw.com), you can enter in your area code and find out how many offenders live in your area. Another website, [www.familywatchdog.com](http://www.familywatchdog.com), is also helpful. After entering in your state and area code, you will be shown a map with red diamonds on it. Upon clicking each diamond, a box pops up showing the offenders name, address, alias(s), picture, offense(s), and any scars/tattoos they may have. There is also an iPhone app, “WatchOut! For Offenders” that has the same information as the websites.

“I live in the Shores and after using the family watch dog website, I found that I have about three offenders who live in my area. Now when I go on my runs I am extra careful and watch my surroundings,” sophomore Devon Bowman said.

**2. Be Alert:** Scanning your surroundings, especially when alone, is very important. Do not text while walking. When walking in a public area, look over your shoulder every minute or so. Try to stay out of alleys, but if you are in one, try to walk on

the opposite side of where most cars are parked. This will give you more space and time to react in case of an emergency.

**3. S.I.N.G.:** As show in the movie “Miss Congeniality,” follow the acronym “S.I.N.G.” Solar plexus (nerves located in the abdomen), instep(top of the foot), nose, groin. If attacked, hit one, or all of these place. Then run while screaming.

“Before watching Miss Congeniality I did not know anything about self-defense, then I learned about S.I.N.G. and now I feel like I could handle myself in a situation,” sophomore Sarah Buechler said.

**4. Be Confident:** An assertive attitude could mean the difference between being a predator’s new victim or not. Keep your shoulders back and head up and make direct eye contact. If a stranger comes near you and speaks to you in an aggressive, suspicious way, respond back with a confident and assertive voice. Finally, try to create distance between you and someone you feel could be threatening you. It is better to

be safe than sorry.

**5. Learn Self-Defense:** There are many self-defense classes you can take, where you can learn important moves to get someone off of you in the midst of an attack. San Diego Fight Club in El Cajon and Japan Karate DO in Clairemont are both reliable options.

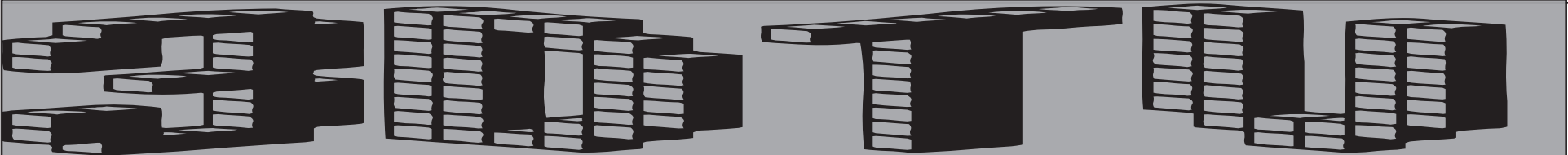
Seniors Genoa Sullaway and Briana Jones are taking Krav Maga, an Israeli self-defense class. Krav Maga involves wrestling, grappling and striking techniques.

“Krav Maga not only teaches us important moves to protect ourselves, but it is also an incredible workout!” Sullaway said.

Regardless of your age or gender, no one is out of the realm of being attacked. The cautionary tactics listed above are great ways to better your odds of being safe. Strangers are to be just that, strangers, so stay on your toes in all situations.







By Amy Liew  
Staff Writer

During the 21st century, the advancement of technology has rapidly transformed society and its way of life. It has greatly improved medicine and the entertainment business. Technology has become a fixed part of the lives that many students lead at La Jolla High School. “Even though technology is building a better society, it has the power to bring it down because people can become too dependent on technology,” sophomore Manuel Bravo said. Apple has produced over 150,000 apps for their customers to use where popular sites can easily be accessed such as Facebook or Twitter. Apple has even created an app that can turn on or off the light in homes and virtually anything that entertains the human mind. Some toddlers and kids even have an iTouch that has become their current source of entertainment. For some Apple costumers the

Macs might be too big and the iTouch may be too small, so Apple has released their latest gadget, the iPad. The iPad is the combination of their Macs, iPod and iPhone all mixed into one. While convenient, some students are concerned that technology is going too far. “I think technology is out of control and that it is diverting people’s attention from what’s important such as family, to spending money on trying to catch up with the latest trends,” junior Michael Zhao said. Within the last few years, technology has dramatically affected the lives of students inside and outside the classroom. The projectors and the document cameras allow students in the classrooms to see clearly what the teacher

is demonstrating. Just recently, some of the projectors in all the math classes have been replaced by the Promethean boards. This allows math



students to have more hands on experience with the materials they learn about in class. “Some people may say that it aids us in learning, but it is also a huge distraction when

the computer is constantly demanding attention,” junior Sung He Kim said. LCD and LED televisions have been around for the last decade, but now major electronic companies are going to be launching 3D television. Now movie watchers do not have to spend over ten dollars just to watch one movie in 3D. VHS has now been replaced by DVD and now Blu-Ray is dominating in the entertainment business. There are constantly new ways of watching movies where it is has become a challenge to keep up with the current trends of entertainment. Newspaper and magazines also take advantage of the internet because it is easy to posts all sorts of stories and

news online. Books are now replaced with the newest innovation such as the Nook and Kindle. Readers can store hundreds of books in these thin and portable devices instead of having to lug around a few hundred pages. Some schools even want to replace textbooks using this device because it is easier than carrying ten pound of pages every day to class. From the projectors used by teachers to the constant use of cell phones, technology created a society where it’s difficult to escape the advancement of technology in the 21st century. Within weeks after the release of an iPod or a laptop, it is constantly upgraded to something cheaper and better. Sometimes students at La Jolla High School need these technological advances to keep up with their school work and it is a great resource outside of the classroom.

Photo courtesy of thinkdigit.com

# Horoscopes Your Future Is Revealed...

By Taylor Jetter and Aida Saam  
Staff Writers

**A r i e s** Closed door meetings may seem intimidating, but remember they aren’t always about you. The result of one such meeting midmonth could be a new project that renews your confidence.  
**L o v e** It is the perfect time to try something new. Whether you are in a relationship or single, spice up your love life with a little variety.  
**T a u r u s** This month the bright light of the Sun shines on your house of hopes and wishes. Although your wish may be realized, it could come in an unexpected form and develop into something far surpassing your expectations.  
**L o v e** Life with your partner seems to be a bit routine. Change things up with a new activity or outing that you both enjoy! Instead of hanging out only on weekends, why not make Wednesday night Sushi night?  
**G e m i n i** The full moon lights up in your house of creative

expertise and work. Toying around with a situation may cause it to become fulfilled.  
**L o v e** Although the start of the month may cause a rift between you and your special sweetheart, take a moment midmonth to reassess your options and either move on or get that romance back on track.  
**C a n c e r** Just when you think you know it all, a surprising twist will occur. Despite the twists and turns of early April, reinforce your goals. Thank a kindly Universe for your good luck this month.  
**L o v e** Love is in the air! You and your special someone have been getting along great and it seems like nothing can go wrong! Keep up the good vibes and stay open and true to yourselves and to each other.  
**L e o** There’s no Leo pouting this month. Your creative juices flow, but you seem to have hit a wall midmonth. Don’t worry, though: you’ll be back to work near the 23rd.  
**L o v e** Being single isn’t as bad as it seems. Grab your girls and plan a girls night out or call

up your boys for poker night. Sometimes being single can help you sort out what you are really looking for later on in life.  
**V i r g o** Early April brings challenges with the powerful Mars up in your grill, but keep your head up and take them on like the professional you are.  
**L o v e** So you haven’t called your partner back in a few days, so what? Maybe you decided that you wanted to walk a different way to avoid that certain someone. Avoidance won’t resolve your problems. Sit down and talk it out or things will just end up getting worse.  
**L i b r a** With your talent for finding the right words, you shine in academics this month. Your optimistic energy could help you end something that you’ve wanted to cut off for some time, such as a pesky habit.  
**L o v e** Remember that childhood friend that you used to hang out with everyday? That you shared your peanut butter sandwich with and played magic shows all day long in the sandbox with? Well you two are all grown up now, but that doesn’t mean the magic still isn’t there!

**S c o r p i o** Saturn represents your personal style. It shines on romance and any creative brainchild you’re nurturing. There’s electricity in the air and your vibrations reach the ears of those in positions of power.  
**L o v e** Love is all around you! Your friends and family give it to you unconditionally, but now a special someone is giving off those vibes too.  
**S a g i t t a r i u s** Friends wonder about your desire to escape the spotlight and spend time inside your home. You may simply desire downtime before emerging with a new plan.  
**L o v e** You are just living life and meeting all new different kinds of people! Hanging out with different people on the weekends is opening you up to a whole new array of friends. Keep it up and you may find that someone exciting.  
**C a p r i c o r n** How you live is slowly changing. Your communication skills greatly improve this month. You’ll charm your way to your goal. Your smooth conversation eases a stronger association with someone important.

**L o v e** Although being single isn’t bad, you want that special someone to connect with when you are having a bad day. Ask your friends if they have anyone to introduce you to! Taken? Reconnect with your boo this month.  
**A q u a r i u s** Aquarius is usually in the driver’s seat, but there will be a lot of difficult choices this month. Stay confident and April will go out with a bang.  
**L o v e** As spring approaches, you find yourself in a bit of a rut romantically. Try a new hobby or something unexpected and you may also find an unexpected cutie in the process.  
**P i s c e s** Your work environment is great this month. Hard work is rewarded by great financial income, good grades and much happiness.  
**L o v e** Things are going great this month. It seems like you are on fire with prospective cuties or one you already have. Remember, though, that certain things take hard work to keep around, so don’t take anything for granted and show any or all cutiepies that they matter.



# Everything Old is New Again

Fashion
By Rebecca Huntly-Playle  
Editorial Intern

The 80’s brought many iconic styles that are still present in the current decade. Leggings and Ray Ban sunglasses have appeared as a recent trend on campus and everywhere else. Skinny jeans and off the shoulder shirts have made a comeback and are once again considered “in.”

“High waisted skirts, shoulder pads, and bright colors are all making a comeback from the eighties,” sophomore Sarah Buechlersaid.

“I have been seeing a lot of high wasted pencil skirts and big belts recently,” senior Sasha Altschuler said.

For men, skinny ties, loafers, and skinny jeans are all popular styles. The show *Gossip Girl* has introduced current men’s styles and how these older styles are making a comeback.

Other styles that have made a comeback include Oxford shoes, which many students are

wearing since they are both cute and comfortable. These have been popular with older men since the early 1900’s and later became popular with students in the 1930’s and 1940’s. Leather jackets are being sold almost everywhere in a variety of colors and styles. These were made popular in the 50’s by bad boys of the movies like James Dean and Marlon Brando. High waisted skirts, empire waist dresses, and drop waist dresses are also appearing on many girls. The empire waist dates

back to the 1800’s while the drop waist was popular in the 1920’s.

Whether you are trying styles from the past or making new styles your own, it is interesting to see how styles progress throughout the decades and how fashion manifests itself at La Jolla High.



Movies

Some timeless favorite never go out of style. Movies are remade with more current celebrities due to their original popularity. The movie *A Star is Born* has been made three times because it became so famous after its original production. The last remake with Barbra Streisand and Kris Kristofferson had Kristofferson as a famous singer on the decline instead of a movie star on his way down. It is currently in production for release in 2012, starring Beyonce.

*Alice in Wonderland* was originally a book that was made into a Disney movie, since then it has been remade many times. The current version is in 3D and hardly resembles the Disney movie.

*The Poseidon Adventure* was remade a few years ago and had a lot of success at the box office. The latest remake had more special effects that were not as dated as the original.



Music

The Kings of Leon and the Killers both have a much older sound from the 70’s and 80’s. Kings of Leon uses sounds like rock from the late seventies. The Killers are part of the post punk revival and derive their sound from 80’s bands like The Cure and The Smiths. They have done a good job embodying these earlier decades and making the music their own. Artists like Alicia Keys mirror female solo musicians like Lauryn Hill or Erykah Badu that had their break in the 90’s, but still have the skill to write their own music and make their own rhymes. They are not the cookie cutter rap or hip hop star and deserve more credit for the work they have done. These artists have a classic sound that will always be popular among today’s youth.



# COACHELLA

By Freda Spencer  
Editorial Intern

It is that time of the year again... Coachella! There seems to be quite a buzz at La Jolla high surrounding the festival. The impressive lineup featuring headliners Jay-Z, Muse, and Gorillaz has students very excited.

This year is bound to be greater than ever, with many new features added to the festival. For the first time, festival-goers will be able to go in and out of the venue. If a quick trip to the car, camping site, or hotel is necessary, those who wish to leave will be allowed. Camping has also been made easier with the option to rent a plot of land, meaning that cars, RVs, buses and any vehicles that will fit on the 10’ by 30’ plots are allowed in addition to tents. For those who are camping, a late night roller skating party will be held Thursday- Saturday from 10pm- 3am. For only \$5 an

hour you can have a blast and skate to 70’s and 80’s era music all night!

**If you like...**  
**Outkast, Talib Kweli** then you might like **De La Soul** This upbeat hip-hop group with its roots in Long Island, New York is not your average hip-hop group. De La Soul is known for its pioneering in “Jazz rap” and “alternative hip-hop,” offering a fresh new sound with a classic hip hop feel.  
**Song to check out:** Me, Myself and I  
**Kylie Minogue, La Roux, Lykke Li** then you might like **Little Boots.** Little Boots, or Victoria Christina Hesketh, is an English singer who’s music is often defined as “electropop” or “alterna-pop.” With an electronic dance feel to many of her songs, Little Boots channels famous musician Kylie Minogue. Little Boots shares Fellow

Coachella ‘10 performer, La Roux’s style of upbeat and dance-able electronic.  
**Song to check out:** New in Town

**The 1950’s, No Doubt** then you might like **The Raveonettes.** The Danish duo that is The Raveonettes provides a taste of 50’s and 60’s rock with every song. With a mixture of the eras, electric instrumentation, catchy beats, and a touch of No Doubt’s fearless style, The Raveonettes create a sound that is quirky and all their own.  
**Song to check out:** Ode to LA, or the remake of 1963 hit “My Boyfriend’s Back” by The Angels

**Cold War Kids, The Killers, Black Keys** then you might like **Band of Skulls.** Defined as alternative, blues, and garage rock, Band of Skulls is a somewhat new band from Southampton, England. The singers’ unique voices and style combined with elements

of classic rock provide for a promising performance.  
**Song to check out:** I Know What I Am

**“Watcha Say” by Jason Derulo, The OC soundtrack, Cascada** then you might like **Imogen Heap**

The British singer and songwriter Imogen Heap has a very unique song and style that has been inspiration for many others in the entertainment business. The popular television show The OC featured many of her songs in all seasons of the show. Her song “Hide and Seek” is also featured in the pop hit by Jason Derulo, “Watcha Say” and has been remixed by DJ Tiesto. Imogen’s laid back but electronic sound is different from anything else and will provide for a unique musical experience.  
**song to check out:** Speeding Cars.

Kenji Bloutin-Ito has attended Coachella for the past two years and looks forward

to his third year. “The three artists I am most excited for are De La Soul, Club 75 and deadmau5,” Blouin-Ito said. His fondest memories of his past Coachella experiences?

“You meet all types of people in all different mind sets and from all backgrounds.” But this year Kenji and his friends have bigger plans.

“Every year, Coachella gives away free tickets for life to whoever has the best “carpoochella” car. My friends and I are going to decorate our car and carpool... and hopefully win it this year.”

Unlike Kenji, a Coachella alum, this will be junior Sara Ashcraft’s first year going to Coachella and she couldn’t be more excited. “The lineup this year is like a dream come true but the bands that I am most excited for are The Specials, Phoenix, Vampire Weekend and Grizzly Bear... it should be the best three days of my life!” Ashcraft said.