

Volume LXXV VII Issue 3-December 16, 2010

Submit your articles, responses, and photographs to the *Hi-Tide* at [ljhitide@yahoo.com](mailto:ljhitide@yahoo.com)

## ASB Updates

Hey Vikes!

Happy Holidays! ASB hopes you all have an amazing winter break. Remember to participate in Ugly Holiday Sweater Day tomorrow.

Friday, January 7, we will be hosting Powder Puff Football during 5th period, so don't forget to purchase your tickets throughout the week to come cheer on your fellow classmates.

Also get ready for the Senior vs. Faculty basketball game, on February 18. Any varsity basketball players interested in coaching have the opportunity to sign up, as well as any senior players that would like to play in the game. Go seniors!

Good luck to all of our winter season sports: basketball, girls' water polo, soccer, and wrestling. Come and support all of La Jolla High's student athletes.

We will continue to have Friday lunchtime activities, sell class merchandise, and fund-raise to lower senior dues.

Good job and thank you to everybody who participated in the canned food drive, and the electronics recycling drive last week.

Sorry Vikings, but get ready for finals; they are just around the corner, but don't forget to enjoy your break.

Expect the New Year to be a great one, with a lot of fun activities, such as airband and ASB Ball, which will be held at Paradise Point. For any questions, comments, or concerns contact ASB at [ljhsasb@gmail.com](mailto:ljhsasb@gmail.com). Can't wait to see you all in the New Year!

Sincerely,

**Abbi Leib**

ASB Commissioner of Public Relations



Opinions

2-3

## Celebrating Ambassadors for Democracy

By **Emily Kuo**

Staff Writer

In 1991, the Norwegian Nobel Committee awarded the Nobel Peace Prize to Aung San Suu Kyi of Burma, a small country located in southeast Asia, "for her non-violent struggle for democracy and human rights."

For the last 15 of 21 years, she has been under house arrest in Burma.

On November 13, 2010 she was released from house arrest and according to *The New York Times*, drew "thousands of jubilant supporters to a rally in which she pledged to lead them in a struggle for political change."

In 1988, after massive demonstrations for democracy occurred in Burma in what is known as the 8888 Uprising, Suu Kyi gathered a mass rally of roughly half a million people in front of the Shwedagon Pagoda calling for a democratic government. Suu Kyi later helped create the National League for

Democracy (NLD).

In 1990, she received the Sakharov Prize for Freedom of Thought and the Nobel Peace Prize, a year later. She donated the Nobel Peace Prize's 1.3 million prize money to build a health and education center for



Leaders: Suu Kyi and Liu Xiabo promote democracy.

the Burmese people.

Recently, the 2010 Nobel Peace Prize was awarded to another dissident, Liu Xiabo of China, who is currently in prison. The award engendered many protests from the Chinese government.

Like Suu Kyi, Liu was blessed

for his "long non-violent struggle and has become the foremost symbol of this wide-ranging struggle for human rights in China," states the Nobel Foundation.

In his early life, Liu played a big role in the Tiananmen



Photos Courtesy of [www.google.com](http://www.google.com)

Square protests of 1989 uniting with other protesting leaders in a hunger strike.

He was promptly arrested a few days later after the military forced the protestors to leave.

After his release, he continuously criticized the single party Chinese government. In 1996,

he was arrested again for helping those still imprisoned from the Tiananmen Square protests.

Despite all the news coverage on these two peace dissidents, many high school students profess little knowledge of it.

When asked if they knew anything about these two stories, a junior replied, "No. Should I?"

However, one freshman, Marisa Liang, had heard about these newsworthy stories.

"The winners mentioned are working for a better future, which is basically the world our students will live in years from now and if we don't focus on changing our future for the better even as students we will not ever have control over our own society when it's our turn to become adults," Liang said.

Students are so used to living in a free country, they find these fights for freedom not relevant to their daily lives.

But it is important to know what is occurring in the rest of the world, as rogue governments can and have spewed terrorism into the United States.

## A Royal Wedding on the Horizon

By **Sarah Devermann**

Student Contributor

Sapphire rings, fancy dinners, and wedding dresses are all currently on the minds of the English royals. While there was much speculation if a royal proposal had taken place, it was confirmed on November 16 that the couple is truly engaged. William, the Prince of Wales, proposed to his fiancé, Kate, back in October, while the couple was on vacation in Kenya.

Prince William and Kate Middleton, both 28, have been together eight years. They first met at the Scottish University of St. Andrews. Kate now finds herself married to the man she had a poster of on her wall as a teenager.

The gorgeous sapphire ring that now marks the couple's

commitment towards each other was the late Princess Diana's engagement ring. It is a sapphire surrounded by 14 diamonds and cost 30,000 euros back when Diana wore it in 1981.

The ring is a perfect example of the concern many people have that Kate Middleton's life will mirror that of Diana's. Like Diana was, Kate is very giving and paparazzi have already been hounding her for years; as the wedding approaches, the amount of press following Middleton will most likely increase.

However, Prince William said, "No one is trying to fill my mother's shoes...It's about making your own future and your own destiny and Kate will do a very good job of that."

The royal wedding will be held at Westminster Abbey on April 29, 2011.

Money is one issue that many people have concerns about. English taxpayers are obliged to pay for the cost of security, estimated at 20 million euros.

However, others have different opinions about the big day.

"Their marriage would help lift the spirits of the British public which is suffering from the global recession," junior William Giammona said.

It is not only the couple that is getting ready for this event. The government has declared August 29 an English bank holiday in celebration of the big day. British Airways is offering "get-away packages" from April 27 to May 1.

While there are different opinions about the wedding, it is a very exciting time for the world, and people can only guess what the big day will hold.



Photo Courtesy of [www.msn.com](http://www.msn.com)



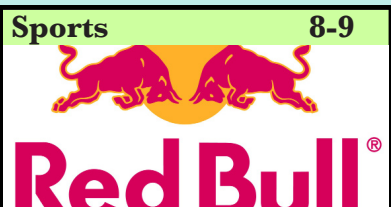
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Materialistic Holidays

What ever happened to tradition and holiday joy?

By Emily Kuo  
Staff Writer

It is that time of the year again; the winter holidays are just around the corner. In the past, holidays were a time when extended family gathered together to enjoy nice meals, exchange small gifts, and create unforgettable memories. However, these days no one can escape the massive marketing companies' attempts to entice the public into buying expensive presents to delight the eyes and minds of young children.

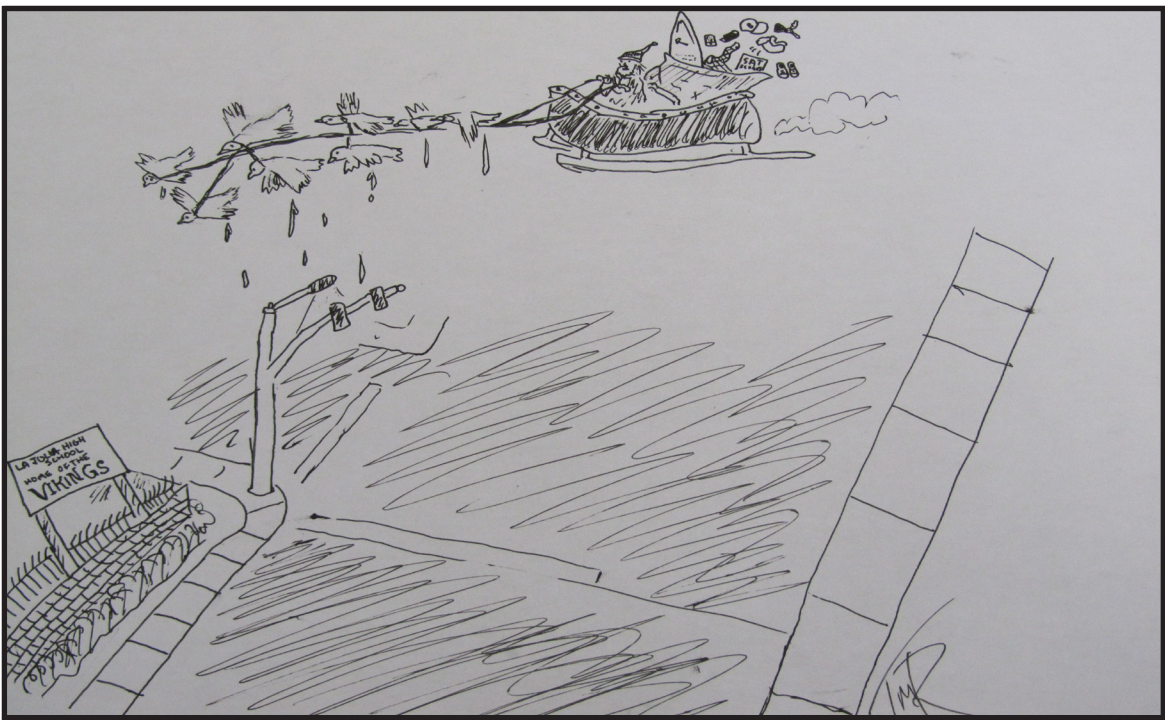
This blatant commercialization raises the issue that the winter holidays are increasingly becoming more materialistic. Do the powerful influences created by advertisements in all its media forms betray the true holiday spirit of family cohesiveness?

“Unfortunately, the media, which many people look to for social norms, portrays the winter holidays as a time to consume a ridiculous amount of products. The advertising industry takes advantage of adults, knowing they shop and indulge more at this time,” freshman Adam Hersko-Ronatas said.

Freshman Phillip Ryan agrees that the holidays have become too materialistic, “Yes, I do think that the holidays are overly advertised just to allow for large companies to make a profit out of gift giving. The whole mega budget of companies is kind of stupid.”

According to the online dictionary allwords.com, the definition of materialistic is “being overly concerned

Continued on Page 3



Ho, ho, ho! Looks like La Jolla Students are going to be receiving quite the assortment of gifts this year.

La Jolla High Stereotypes Reinforced

There is no escaping what www.Urbandictionary.com has to say about our school

By Tim Rayner  
Staff Writer

La Jolla High School prides itself on being a nationally ranked school full of many intelligent and diligent students. About 90 percent of LJHS graduates go off to college each year.

As witnessed in the big gym, we have excelled in athletics for the past 85 years. Being nestled in the heart

“The Students are a little snobby and there is a tendency towards lots of drugs.”

of La Jolla and close to the beautiful ocean, La Jolla is in a prime location for an excellent learning environment.

However, we have amassed quite a reputation among other schools in San Diego. And, sadly it is not as peachy as the school’s website implies.

Most of San Diego sees us as the 90210 of San Diego

County: snobby, rich kids who drive SUVs. We are seen as hot bimbos and drug dealers. After all, we are La Jolla’s only public high school.

“Pretty much everyone in San Diego thinks we’re really rich and snobby,” senior Johnny Savage said. “As far as drugs go, we’re mainly a marijuana-based school. But most of our drug users aren’t ‘druggies,’ so to speak. They tend to gravitate towards ‘smart’ drugs, like overdosing on [medication].”

People may say a lot of things, but in order to truly understand how the rest of the public views us, one must pay a visit to urbandictionary.com, a website where anyone can give their definition of anything and everything, whether it be a guide to modern American vernacular, or a popular opinion; hence the slogan, “Define Your World.”

Surprisingly, there was only one entry for La Jolla High.

The entry begins, “La Jolla High School is the public high school for the La Jolla Community in San Diego.

The school itself is falling apart, but the field,

pool and a few other choice places are pretty nice.”

It continues, “The students are a little snobby and there is a tendency towards lots and lots of drugs.”

Clearly one cannot talk about LJHS without mentioning the drug problem.

But the entry ends on a more positive note, “However, it has status as being the second best high school in San Diego. Tons of graduates go to college and universities...real close to

“About 90 percent of LJHS graduates go off to college each year.”

UCSD and the beach!” Well, at least we have that going for us.

Though La Jolla High generally gets positive reviews, the popular view is that of a school filled with stuck-up rich kids and surfers. And maybe a bag of marijuana, too.

But, hey—at least we’re not Bishop’s.

Just a Thought...

By Jasmine Mobasseri  
Opinions Editor

The promotion of safe sex is something that should not be frowned upon here at La Jolla High. Instead of avoiding the obvious fact that a fair handful of our students are engaging in sexual activity, we should embrace the opportunity to enlighten and educate our student body.

Let’s face the fact; the sexual education process at LJHS has been anything but promising. The ninth grade “life skills” course, yes, you know the one; the one with awkward and unrealistic drug deals and

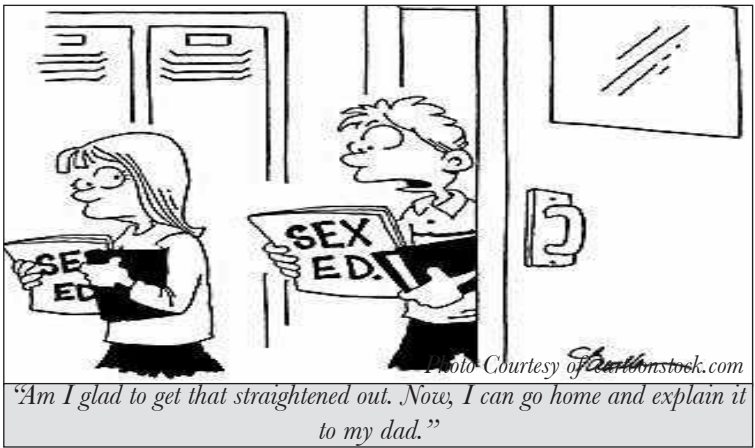
sexual harassment scenarios, is far from an adequate way

topic of sex should be paraded around the school, and I am

dances-I am trying to say that our school and our community need to wake up and realize that students may be having sex, and the previous methods of sex education are outdated and foolish.

When students have to endure “life skills” and awkward school plays about sex, they begin to see the entire topic as a joke.

Something needs to be done, because if I have to sit through another musical about eggs and sperm, or watch another 90’s video with badly dressed and badly trained actors, I may burst into tears. It’s just a thought.



of educating high school students about sex. I am not trying to say that I think the

not trying to say I think that condoms should be released from the ceiling of our school

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# Sleep Is Not Overrated

## School Starts Too Early

By Christine Han  
Staff Writer

The majority of high schools have kept a starting time that began in the 1920s when students needed to get back to their farms to tend to chores and labor. This means that class still starts at 7:25 am, which current studies have proven is the worst time for the teenage mind. Why do schools continue to use a system that

average of two hours of sleep per night on school nights, affecting their performance in class and their ability to work. It is just too early for teenage minds to function properly. “I get really tired in the morning so it’s a lot harder to concentrate on my work and tests,” freshman Zoe Ross said. According to Malhi, parents reported 60 percent of their children under age 18 complained of sleepiness dur-

starting times were changed from 7:15 to 8:40. The results of this change were obvious. Teachers reported that students were far more alert during the first two periods of the day and that attendance improved by five percent. From a revealing study like this one, more schools should be catching on. Experts say that teenagers need at least eight and a half hours of sleep each night. They have also shown that only fifteen percent of students get the amount of sleep they need. “Enough hours of sleep is a necessity to do well on tests and quizzes at school,” sophomore Rachel Scherman said. “Between the amount of homework that teachers assign and all of our extra curricular activities, cutting down hours of sleep is our only option to get what needs to be done and it’s unfair!” Pushing school back an hour, or even thirty minutes, would make a huge difference. There would be less people being tardy and students

would be much healthier and think more actively throughout the day. In addition to loads of dreadful homework is tricky. Having that extra hour or thirty minutes would

“I get really tired in the morning so it’s a lot harder to concentrate on my work and tests,”

-freshman Zoe Ross

problems focusing in school, lack of sleep can make teens more likely to be involved in a car accident. One study in the Journal of Clinical Sleep Medicine found that when high schools in Fayette County, Kentucky changed their start times from 7:30 to 8:30, the rates of teen crashes dropped by more than sixteen percent. While many people think that if school started later, students would be goofing off and staying up longer, they are wrong. When teenagers get cars, they need to be able to pay for gas, insurance, and other expenses. Therefore, they need to get a job. To handle a job and

make students realize they have more time to relax and would not feel as rushed to do everything they have to do. “I have to leave the house earlier to park so I wake up earlier. It sucks because those twenty minutes where I could be sleeping make a huge difference,” junior Eliana Pransky said. With an extra hour of sleep, students would do better overall: a better attitude, better grades, and better attendance. Sending students to school before they get the proper hours of sleep will only result in them not learning to their full potential. Sleep is nowhere near overrated.

Parents reported 60 percent of their children under the age of 18 complained of sleepiness during the day...

does not work well for students? Almost every week day, students are waking up at six in the morning to get ready for school, some even earlier. Studies show that students between the age of 13 and 17 lose an

ing the day and at least 15 percent of those children fell asleep during the school day. During the 1997-1998 school year, the University of Minnesota researched changes of starting times at Minneapolis high schools. Their schools’

# Airport TSA



Photo Courtesy of blog.al.com

By Grant Simington  
Staff Writer

“Don’t touch my junk,” is the battle cry of many citizens in the United States after the recent decisions made by airport security company TSA, or Transportation Security Administration. New full body scanners have caused an uproar all across the nation. These scanners were approved by the TSA for use because of the absolute level of security provided by them. An airline passenger who is going through a security line is required to undergo a full body scan. That person would have a full, three dimensional, x-ray snapshot taken of their body, which shows their figure along with anything illegal that might be hidden on the body of the passenger.

The problem with these scans is that people feel they are an invasion of privacy. The scan shows in detail the figure of any passenger having one taken and people are not overly fond of having a computer generation of their naked body projected on screen for analysis by a complete stranger. So TSA offers an alternative: a full body “pat down” which covers all major cavities in which a weapon or illegal substance could be hidden. Of course, being felt up by a random stranger is not exactly a fun time either. So what do Americans do? They complain. Huge outbreaks of anti-patdown and anti-scan rallies have occurred across the country. People are fired up about this topic. As it seems, Americans would

rather have their bodies laying at the bottom of a load of mangled building and airplane debris than subject themselves to a minimally violating two minutes of their lives. In fact, people are being driven dumb by this matter, and seem to want to make as much trouble as they can to reduce the security in airports back to its previous means. Here in San Diego, a man bought a one way plane ticket for \$99 for the sole hope of being subject to one of these patdowns so that he might be able to make a citizen’s arrest of the TSA agent. The man was not selected and ended the day only with an unused \$99 airplane ticket. Often, a person subject to a scan or patdown will complain of a breach of personal rights, claiming that they have the right to travel at any time and not be subject to harassment. It seems however, that these people are missing the point of the new security measures. The point of the scanners is not to harass the general public, only to attempt to improve airport safety. Nowhere in our country do more people gather who are all subject to the will of one man if that man can gain an advantage over the flight crew. Therefore, every viable security measure should be implemented to keep the public safe.

Continued from Page 2

with material possessions.” As part of the American culture, adults rush to the malls and wait in extremely long lines to find that “one perfect gift” for their child. “It is the social norm to give gifts during the holidays,” junior Allison Klein said. Gifts have been misunderstood as these lavish “material possessions,” hijacked by businesses, rather than meaningful, positive, and new experiences people would recall, such as tickets to a Broadway show, a cooking book, or a membership to the website Picnik. Teenagers reject functional items such as clothes. Instead, they focus their interests on electronics, gift cards, or money in order to enhance their social acceptance and have immediate satisfaction. “One year, I wanted a PS3 for Christmas, when I just received clothes, and I got upset,” ju-

nior Chris Tuulik said. Ever since the tradition of giving gifts, children and teenagers have been increasingly obsessed with obtaining more and more beautifully wrapped presents containing everything on their wish list. Sadly, Christmas and other holidays in general turn into the “holiday blues” when they do not receive that favorite Xbox 360 they longed for. Instead, they should be thankful for what they already have and enjoy spending time with family and friends. One way to curb materialism is to engage and reinforce family traditions, such as having a family game of flag football or gathering together in a ski trip; in essence: reestablishing family culture. In addition, adolescents should learn to volunteer and assist others in need. And adults should purchase gifts with more meaning and thought behind them.

## Sadaf Restaurant

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# WHEN I WAS SEVENTEEN: DAVE PONSFORD

By Jordan Linsky  
Staff Writer

Mr. Ponsford looks back on his teen years and shares how being seventeen was not only a fun time, but an extremely important one as well.

**High Tide:** What was happening in your life when you were seventeen?

**Dave Ponsford:** I was between junior and senior year in high school. It was kind of a weird time, in a sense it was a scary time.

In 1968 there were the assassinations of Martin Luther King Jr. and Robert Kennedy, protests over the war in Vietnam, and the violent Democratic Party Convention. I was also going to be susceptible to the draft.

**HT:** Did you play on your high

school football team?

**DP:** I was an offensive lineman and on defense I played seven positions. We weren't very good, but it was fun and I was focused on it.

**HT:** What did you drive when you were seventeen?

**DP:** A 1954 Chevy that I wish I still had.

**HT:** Did you have a favorite article of clothing which would be considered outdated nowadays?

**DP:** I have never been too much into fashion but my senior year was the first year you could wear shorts to school.

A friend of mine made a bet that I couldn't wear the same pair of shorts every day without washing them. I won the

bet.

**HT:** What's the most exciting or memorable thing that happened to you when you were seventeen?

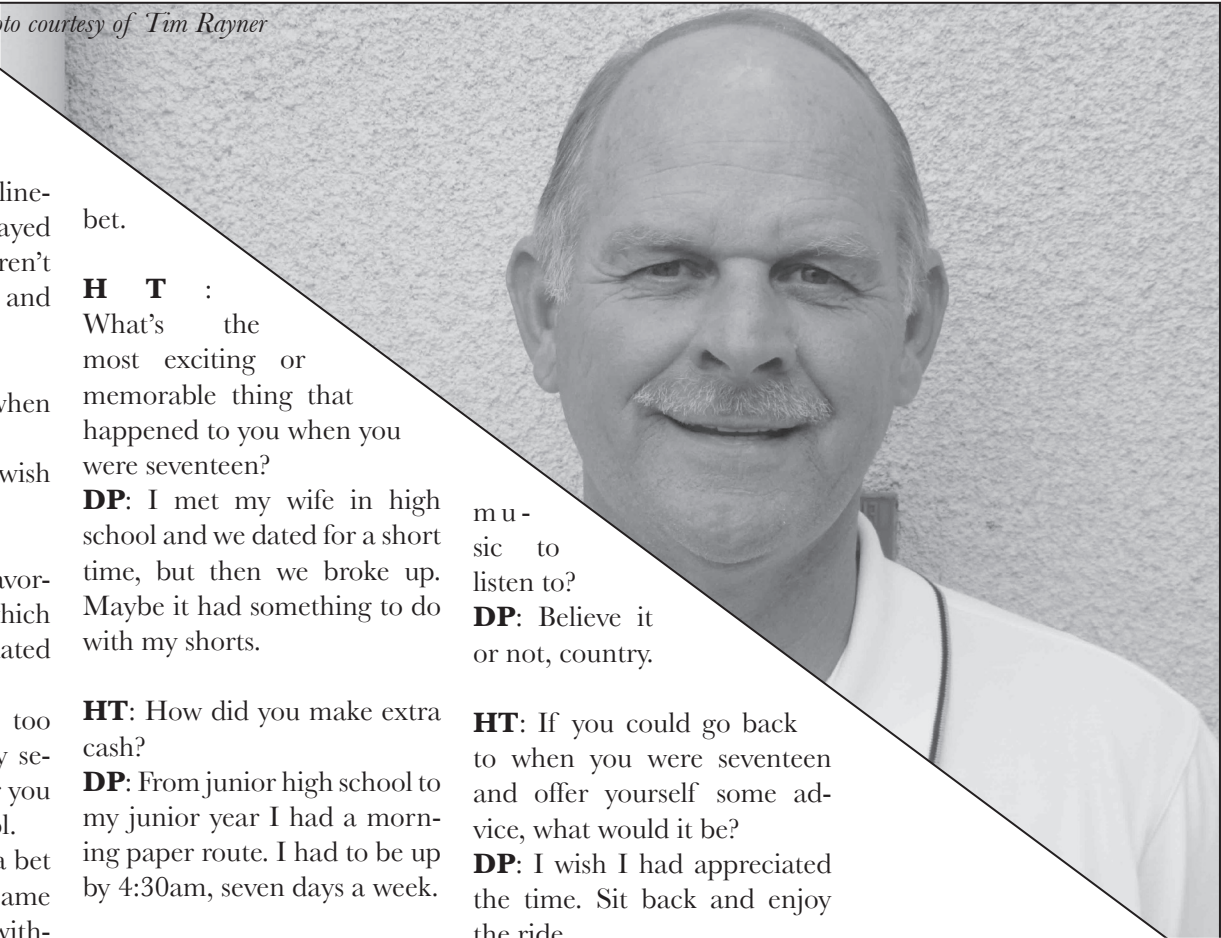
**DP:** I met my wife in high school and we dated for a short time, but then we broke up. Maybe it had something to do with my shorts.

**HT:** How did you make extra cash?

**DP:** From junior high school to my junior year I had a morning paper route. I had to be up by 4:30am, seven days a week.

**HT:** What was your favorite

Photo courtesy of Tim Rayner



music to listen to?  
**DP:** Believe it or not, country.

**HT:** If you could go back to when you were seventeen and offer yourself some advice, what would it be?

**DP:** I wish I had appreciated the time. Sit back and enjoy the ride.

Mr. Ponsford (pictured above) outside of his classroom.



By Bella Spies  
Staff Writer

1. Noun	5. Adjective	9. Plural Noun
_____	_____	_____
2. Noun	6. Noun	10. Plural Noun
_____	_____	_____
3. Plural Noun	7. Noun	11. Noun
_____	_____	_____
4. Plural Noun	8. Adjective	12. Past Tense Verb
_____	_____	_____

‘Twas the night before Christmas and all through the \_\_\_\_\_ 1 \_\_\_\_\_ not a creature was stirring, not even a/an \_\_\_\_\_ 2 \_\_\_\_\_. The \_\_\_\_\_ 3 \_\_\_\_\_ were tucked, all snug in their \_\_\_\_\_ 4 \_\_\_\_\_, while visions of \_\_\_\_\_ 5 \_\_\_\_\_ danced in their heads. Then up on the \_\_\_\_\_ 6 \_\_\_\_\_ there arose such a clatter. I sprang from my \_\_\_\_\_ 7 \_\_\_\_\_ to see what was the matter. It was St. Nicholas with his little \_\_\_\_\_ 8 \_\_\_\_\_ belly, that shook when he laughed like a bowl full of \_\_\_\_\_ 9 \_\_\_\_\_. He spoke not a word, but went straight to his work, and filled all the \_\_\_\_\_ 10 \_\_\_\_\_, then turned with a jerk. And giving a nod, up the \_\_\_\_\_ 11 \_\_\_\_\_ he rose. I heard him exclaim as he \_\_\_\_\_ 12 \_\_\_\_\_ out of sight, “Merry Christmas to all, and to all a good night.”

# Guess Who

By Mae Goodjohn  
Staff Writer

In the sixth grade I moved from New York to San Diego because my mom did not like the snow. I rarely miss living there because California is so great. I went to Muirlands Middle School and now I go to La Jolla High.

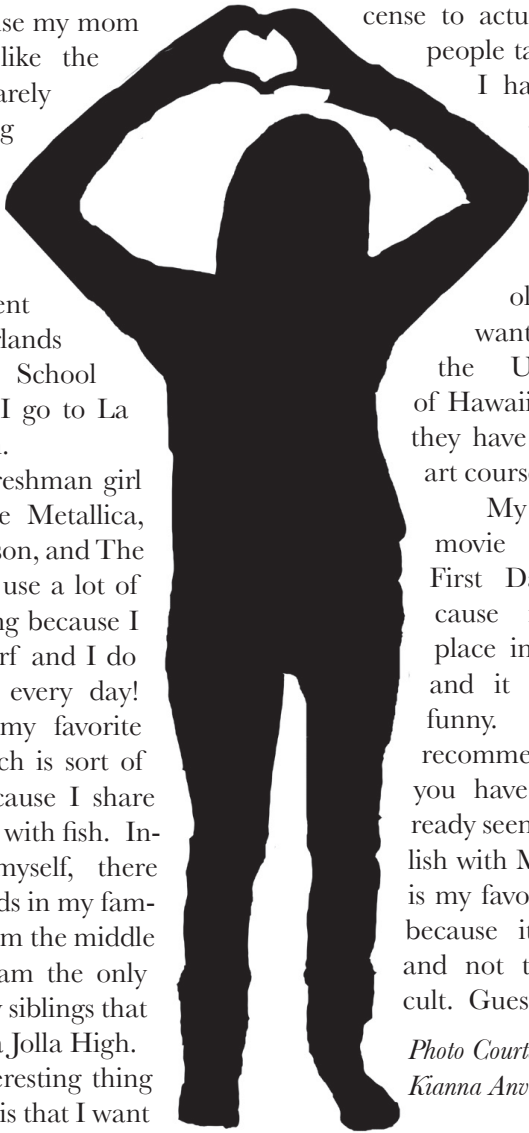
I am freshman girl and I like Metallica, Jack Johnson, and The Beatles. I use a lot of surfer slang because I love to surf and I do it almost every day! Sushi is my favorite food, which is sort of ironic because I share the ocean with fish. Including myself, there are five kids in my family and I am the middle child. I am the only one of my siblings that goes to La Jolla High.

An interesting thing about me is that I want to be a tattoo artist. I have not had any training yet but I have met a million tat-

too artists and gotten to know them. You have to be over eighteen and have a license to actually give people tattoos, so I have quite a while to get ready. When I am older, I want to go to the University of Hawaii because they have a lot of art courses.

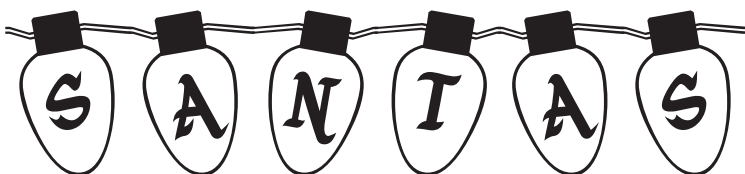
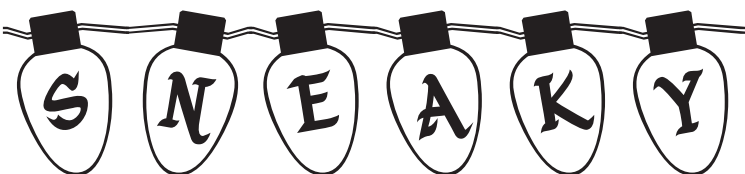
My favorite movie is Fifty First Dates because it takes place in Hawaii and it is really funny. I highly recommend it, if you have not already seen it. English with Mr. Gallo is my favorite class because it is fun and not too difficult. Guess Who!

Photo Courtesy of Kianna Anvari




The Guess Who from the last issue was Quincy Briscoe.






By **Bella Spies**  
*Staff Writer*

Children all over the world love Santa, mainly because he gives the best gifts. Most teenagers would agree that realizing Santa was actually their parents was an unfortunate event.




**Junior Madeline Felix**

“I was probably about eight years old, it was Christmas morning and I was opening gifts. I opened a gift that was supposedly from Santa. When I asked my mom where she got the pants, she casually said, ‘I got them at Marshalls.’ ”




**Senior Ronnie Calabrese**

“My brother set up a camera to try and catch Santa in the act. We were a little disappointed to only see our parents.”



**Junior Alex Wang**

“When I was seven, my mom told me to write down all the things I wanted for Christmas, so I wrote about a page worth of every toy I wanted. When Christmas came along, I got nothing from Santa.”



**Senior Melissa Pouk**

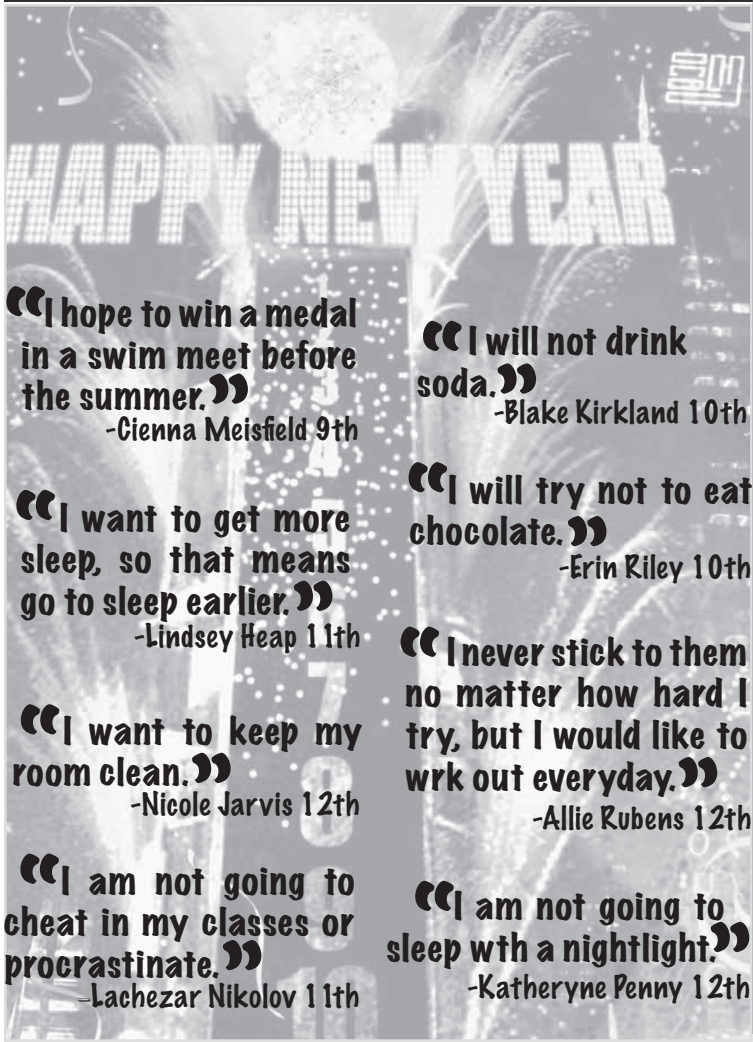
“I was about eight years old when I found out Santa didn’t exist. At our house Santa wrapped gifts in the same wrapping paper every year, this was known as the Santa paper. That year, my mom was wrapping gifts right in front of me in the Santa paper.”

# NEW YEARS RESOLUTIONS

By **Amanda Menas**  
*Staff Writer*

The New Year marks the end of one year’s calendar and the beginning of the next. In New York there is the ball dropping tradition, which started in 1906. In Greece, St. Basil fills the children’s shoes with presents at midnight. In Denmark, old dishes are saved year round to throw at the doors of friend’s houses. No mater where you are, there are still those who will celebrate extravagantly, and those who will simply let it slip by.

One tradition throughout the United States is to make a New Year’s resolution. If you need help coming up with some of your own, here are some ideas from fellow classmates.



“I hope to win a medal in a swim meet before the summer.”  
-Cienna Meisfield 9th

“I will not drink soda.”  
-Blake Kirkland 10th

“I want to get more sleep, so that means go to sleep earlier.”  
-Lindsey Heap 11th

“I will try not to eat chocolate.”  
-Erin Riley 10th

“I want to keep my room clean.”  
-Nicole Jarvis 12th

“I never stick to them no matter how hard I try, but I would like to wrk out everyday.”  
-Allie Rubens 12th

“I am not going to cheat in my classes or procrastinate.”  
-Lachezar Nikolov 11th

“I am not going to sleep with a nightlight.”  
-Katheryne Penny 12th

# Crazy Clubs

By **Quinn Miller**  
*Staff Writer*

Club day at La Jolla High School is the one day of the school year where everyone has a chance to sign up for their favorite clubs. This year, two new clubs stood out from the familiar line up: Ghosthunting and Mustache club.

Ghosthunting Club is led by president Moshe Porter, vice- president Hunter Lane, and secretary Genevieve Knock. It was started because of the “growing population of ghosts in La Jolla that need to be hunted,” said junior Moshe Porter.

San Diego has a long history of hauntings. Companies like Haunted San Diego and Old Town’s Most Haunted offer driving and walking tours of sites rumored to be patrolled by the eerie denizens of the spirit world.

However, Ghosthunting Club may ruin the industry for ghost tours, as the club plans to do their best to get rid of spirits.

“We plan to employ traditional methods of hunting ghosts,” said junior Genevieve Knock,” such as wrestling, butterfly nets, and exorcisms.” Knock stressed that the exorcisms are free and that anyone suffering from unwanted spiritual attention should contact Porter, the club’s resident exorcist.

Ghosthunting Club meets every other Wednesday in room 702, where they discuss, among other topics, the latest ghost hunting technology. The club is to offer nighttime cemetery walks and tours of the haunted Whaley House.

Mustache Club was founded by senior Alex Eve, senior Matthew Schug, and junior Noah Cirulnick because of an event called “Movember”.

“Movember is where we get sponsored to grow mustaches and give the money to charity,” said Eve.

The name comes from the slang for mustache, “mo”, combined with November. The event started on November 1 and challenged men to go 30 days without shaving their mustache. The men growing the mustaches, referred to as “Mo Bros”, signed up at [us.movember.com](http://us.movember.com) to participate in the charity. The funds raised went to Livestrong and the Prostate Cancer foundation.

Mustache club aims to get the guys at La Jolla High School willing to participate in Movember. However, while growing mustaches is left to the men, girls can take part in the charity as well.

“Mo Sistas are highly encouraged to join Mustache Club,” said Schug. “Mo Sista” is the term for ladies who love mustaches and help to raise awareness for the cause.

Mustache Club meets on “mustache Mondays” in room 309 with the mustachioed Mr. Ponsford as club adviser.



*Photos Courtesy of Tim Rayner*

*Top: Mustache Club founders Matt Schug and Alex Eve pose ‘stache-less; Bottom: Juniors Hunter Lane, Genevieve Knock, and Moshe Porter demonstrate how they hunt ghosts.*



# What do you do? Some favorite hobbies of some LJHS students...

By Heren Alanis  
Copy Editor

Imagine doing what you love with your friends and making people happy at the same time. Max

MacMillan



Millan does not have to imagine, because he is living it. MacMillan is part

of a group of high school students who make up Varsity Strings, a "band" that plays in concerts put on to help the community. They do not consider themselves a band because they do not have a set number of students who play together. The members take turns playing at different events, so they are friends through their mutual love for music and altruism.

"Varsity Strings is our way of saying, 'Hey, world, thanks for all you've given us. We're gonna have some fun playing for you tonight!'" MacMillan exclaimed.

Varsity Strings is made up of MacMillan, senior Jake Linsky, senior Valentine Byrne, junior Declan Halloran of Neveready fame, and senior Evelyn Liu. These talented teenagers play the guitar, ukulele, mandolin, drums, and

violin, respectively, in addition to singing and writing songs. At times other students from schools like Bishops and Mira Mesa High School join them.

Their free concerts for benefits, charities, and fundraisers, have raised 700 dollars for a nonprofit organization called Fresh Start, which gives surgical gifts, such as cleft lip repairs, to needy children. Varsity Strings has won three community service awards for their contributions.

Junior Declan Halloran, who plays the drums, said, "I like the fact that I get to do it for charity. It's fun and rewarding to know that you

contributed to the community by doing something you love." MacMillan and Liu are playing at the City of San Diego's Christmas Gala. For more information about Varsity Strings, visit their blog, [www.varsitystrings.com](http://www.varsitystrings.com).

By Wendy Nettleton  
Staff Writer

Hunting is a sport that many kids at La Jolla High do not even think

## students...

about trying, but for senior Larry Andrews it has always been a part of his life. His dad got him into the sport at a very young age when they went duck hunting in Arizona. Andrews primarily hunts ducks, but occasionally goes out on hunts to catch bigger game.

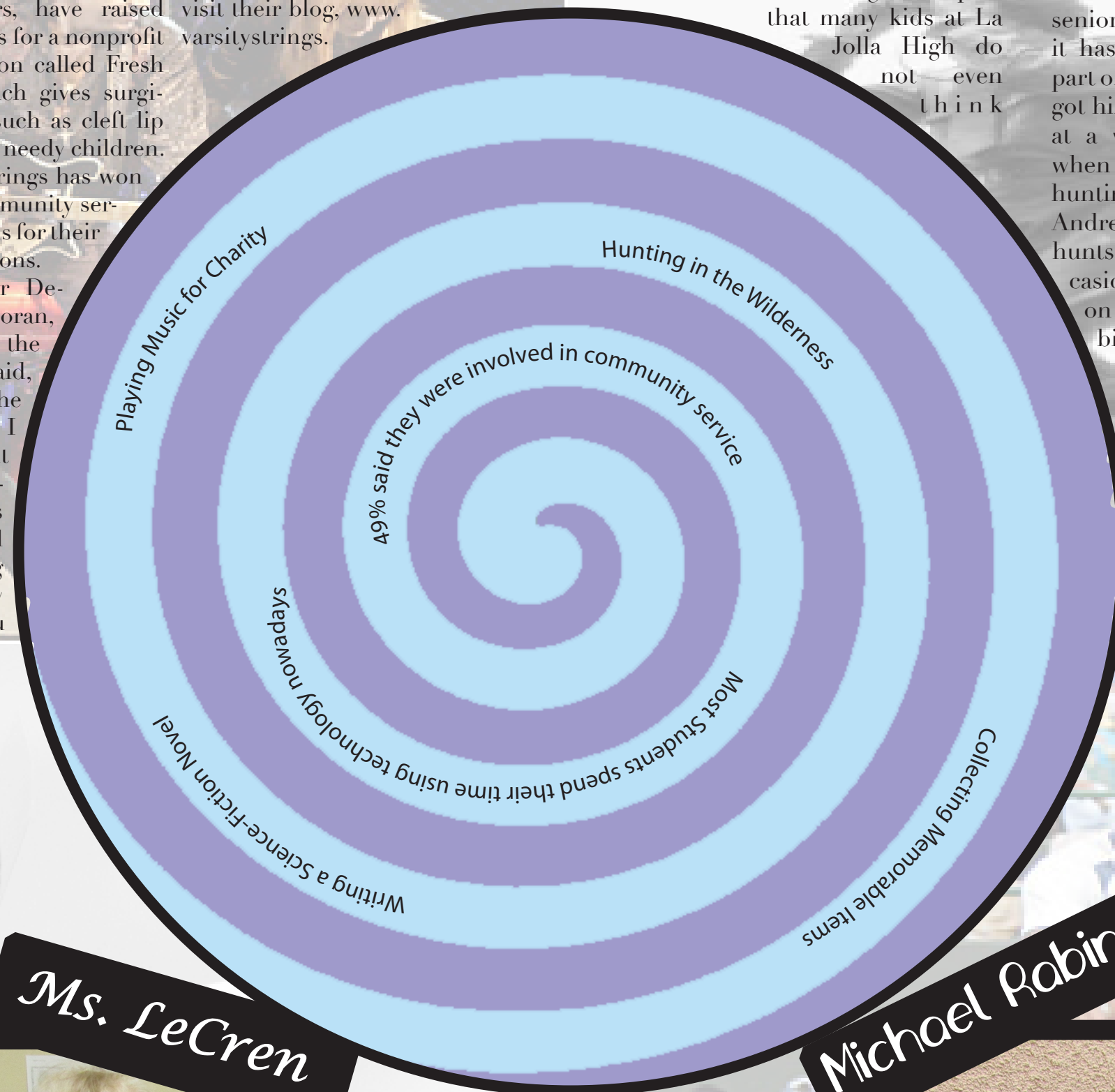
Andrews' best hunting memory was when he went to Mexico. While he was in Mexico, he went on a buffalo hunt

and shot his very first buffalo. Contrary to many beliefs, Andrews does not believe that hunting is disgusting or cruel.

He believes the sport is all about respecting the environment and experiencing nature, not tearing it apart. An-

draws respects this ideal so that future generations can enjoy the thrill just as he does.

Larry Andrews



Most students know the bare facts about their teachers, but the majority of students never learn the minutiae of their teachers' lives—their secrets, their pastimes, or their secret pastimes.

Though English teacher Ms. LeCren's pastime is no secret, a good part of the school probably had no idea that she has, for the past 15 years, been writing a novel, entitled *Deny the Errand*. Ms. LeCren teaches English and Writer's Workshop, and she has dabbled in writing in her spare time.

"I don't really consider [it] finished in a final draft form yet...It is a fantasy novel featuring a girl, who goes from age six to 12 in the beginning, and then by the second half of the novel, is 18," Ms. LeCren said.

She continued, "I started the novel because of a scene I wrote in a notebook...about a girl hiding under a bush and a mysterious older wizard-like man finding her and rescuing her."

Ms. LeCren shared that she was inspired when she read "that J.R.R. Tolkien got his initial idea for writing *The Hobbit* by scribbling a line on the blank half of a test paper...it was something like, 'In a hole in a hill lived a hobbit.'"

From the scene that Ms. LeCren wrote in her notebook 15 years ago, came a pastime that she enjoys very much. On the daily writing and revising of her novel, Ms. LeCren has this to say.

"I did it mostly during the summer, and would have to force myself to turn on the computer and write a sentence every day...I never really stopped at one sentence, and that's why I finally made some headway with the novel. I've also had...several of my students read and edit my draft. My next step would be to go over their edits and rewrite the entire thing."

So, for those students who enjoy reading fantasy novels, editing papers, or want to learn more about a teacher at their school, Ms. LeCren is clearly open to input. For those who might be interested in writing their own novels one day, see Ms. LeCren for pointers and advice.

Ms. LeCren



By Heren Alanis  
Copy Editor

By Wendy Nettleton  
Staff Writer

Michael Rabinovich



Senior Michael Rabinovich is a man of variety. He and his family collect items from many different places around the world. The first interesting item that Rabinovich collects

are thimbles. He currently has over 300 in his collection.

Rabinovich also collects many shirts and coins from all over the world. He has 18 different shirts, all from different countries. His favorite shirt would be a "vodka" one that he bought in Russia. Rabinovich tends to buy all of his collectables, but sometimes his friends bring him back souvenirs from their travels. Rabinovich's favorite coins in his collection are the liberty dollar coins and the most interesting he has are Egyptian pennies that have holes in the centers.

Besides thimbles, shirts, and coins, Rabinovich has another collection that is very unique. He collects tennis balls. These tennis balls are not just ordinary P.E. Racquetball

ones, but what sets them apart is that they are signed by many famous tennis players.

Roger Federer, six time Wimbledon champion and five time U.S. Open Champion has signed one of Rabinovich's tennis balls. Another autograph comes from Maria Sharapova. Sharapova is a tennis star on the rise, who made her mark at age 23. She has been ranked number one and has won Wimbledon and the U.S. Open. Even though Rabinovich believes that collecting souvenirs brings back memories from his past travels, he also has another reason for collecting them.

"The best part about collecting all the shirts, coins, thimbles, and tennis autographs is that I will hopefully sell them for big money in the future," Rabinovich said.



# STANDOUT ATHLETES

Featuring Callan Parra, Nick Sebald, and Eric Gomez

By Grant Simington  
Staff Writer

La Jolla High has a long history of sports dominance, especially in the winter season. Last year, Men’s Basketball just missed a three-peat CIF championship, women’s soccer lost in the CIF championship after having won last year’s game and placing second in state, and overall the Vikings’ wrestling team had one of its best CIF showings in history. Three athletes who played a major part in these championships were Nick Sebald, Callan Parra, and Eric Gomez.

Nick Sebald is a six foot five inch tall senior guard who has been playing basketball for eight years. He played on last year’s team, which lost in the CIF final game to Mount Miguel. This year, the team is off to a great start and Sebald insists that the talent will once again take them to the Championship game and beyond once again.

Sebald says he has no intentions to play basketball in college, even though he loves the sport. Finally, Sebald says that “[Basketball is] one of the best sports teams at La Jolla, so everyone should come to see the



Photo courtesy of Carey Kennedy

**Featured:** Star athletes: Callan Parra (left), Nick Sebald (center), and Eric Gomez (right) are shown in the picture above.

games.”

Anyone who has been out to see the games would know that not only is the team great but the atmosphere and the attitude of everybody in the crowd is often the best part.

Callan Parra, Senior forward and captain of the La Jolla women’s soccer team loves her sport. She has played on Varsity all four years and seen her team get to the State championships

her Sophomore year and the CIF championship last year. Callan plays soccer year round on her club team, and says the contrast between the club season and high school season is nice.

She enjoys the laid-back feel of high school soccer despite the team’s competitiveness. Parra is going to play division one soccer at Clemson University in the Atlantic Coast Conference next year.

Eric Gomez is a Sophomore who wrestles and plays football. Last year as a freshman, he placed in CIF but did not advance to State. As this was only his freshman year, Gomez hopes to dominate his weight class (189) in this year’s season.

Gomez says that he loves wrestling, but the main reason he does it is because “it’s great conditioning for football, and it really gets [him] stronger and in great shape.”

Gomez is not mistaken. As a Sophomore this year, he not only played on both offence and defense for the JV squad but also made multiple starts on the offensive line for the Varsity team.

The last offensive lineman to start on the football team as a senior was Jose Aviles, who ended up All CIF San Diego Section and All League and invited to play in All American scouting games. In short, Gomez is on his way to greatness as a Viking.



By Wilson Mokiao  
Staff Writer

Red Bull has become synonymous with extreme everything. Sports, parties, people, and Red Bull has worked hard to earn that reputation. The company sponsors athletes who are the top in their field, and who create new sports which are crazy and ill-advised.

It takes a certain type of person to jump out of a hot air balloon, or race on ice skates down a slippery slope. These athletes are sought out and sponsored to do even more reckless and impressive stunts, all in the name of Red Bull Energy Drinks.

**Red Bull Flutag:**

This sport, open to public teams, is right out of the week-

end project book. Teams construct human-powered flying machines to be pushed off a high pier into the water below. The contraption which can fly the furthest before crashing into the water is declared the winner.

Some of the machines are bike pedal biplanes, engineered by MIT’s aeronautics division; others are wheelbarrows with cardboard wings duck-taped on. Whether the pilot belly flops with a great smack, or the bicycle-plane soars to a new world record, Red Bull Flutag draws hundreds of spectators to each of its frequent, country wide meetings.

“Red Bull Flutag was an awesome experience, because there were some crazy pretend planes – my favorite was the

giant toilet. People seemed to cheer for the toilet much more than the carbon fiber glider,” senior Ferdinand Ekman said.

**Red Bull Stratos:**

This badly disguised suicide attempt is one of Red Bull’s sports in development. The company has decided to build a low orbit satellite, which will come complete with cameras and a bathroom. This satellite has only one purpose, the world’s tallest diving board.

Stratos is an extreme version of skydiving where the jumper starts at an altitude of 40,000 feet. Special pressure suits have been designed to allow the jumper to retain consciousness throughout the terminal velocity ordeal.

“I think that the bathroom is a perfect addition to the Stratos

satellite, I know I would want to use it before I fell 40,000 feet at 124 miles per hour,” senior Benny Gheletarer said.

**Red Bull Down Hill Crash:**

Downhill Crash can only be described as a combination of downhill BMX, Ice Skating and Hockey. Four men on hockey skates line up at the top of a track, about 4 meters wide and twisting and turning all the way down the hill.

The rules are simple, first two to the bottom win and no intentionally interfering. Full hockey pads and protective gear is worn, but by the looks of some of the falls, the pads do not help much. Some of the skaters reach a top speed of 30 miles per hour, and have to negotiate 90\* turns and

small jumps.

This sport, held most often in Canada, draws crowds in the thousands. “I went to Canada to see my grandparents, and while in Montreal, I stumbled into the Red Bull Downhill Crash finals, just in time to see a skater fly off the track and into the cooler holding all the Red Bull Drinks. This sport is insane,” seinor Haley Daniels said.

The X Games had better watch out, Red Bull Sports is quickly becoming the leader in adrenaline-fueled sorts where there is always an ambulance on hand.

Rest assured, there will never be a shortage of suicidal sports, new ideas are cropping up as often as heart failures due to caffeine intake.



# Club vs. School

## Which will you choose?

By **Jordan Linsky**  
*Staff Writer*

High school is an extremely stressful time. Between classes, homework, and school sports, it is hard to find time to relax. Now high school athletes are not only spending time working out with their school team, but are commonly found racing off to club practices as well.

The demand of two sports at the same time can be overbearing. Multiple practices, different coaches yelling directions, and countless expectations from both teams create conflicts for athletes. Practices interfere and weekend games overlap.

“There were conflicts between the sports concerning which one I should attend. Between cross country at school, club soccer, and club swim, free time was scarce,” freshmen Danielle Collins said.

College is a huge question for aspiring athletes. School sports are no longer enough to earn the free ride and starting position on a college team that many young athletes dream about.

Club sports and camps are recommended to students who want to pursue their sport past high school. However, the higher level clubs are more demanding, which means school sports are made a second priority or dropped altogether.

Senior Billy Walters, who

plays football and club soccer at the same time explains, “You definitely get more information about college through club sports, but you have to choose which sport you want to put more time into.”

Being stuck in between two sports is not only hard on the athletes, the coaches have to share their players and so do the teams. The main conflict many athletes face is whether to dedicate all of their time to club sports or continue juggling the two demanding sports at the same time.

Pressure from coaches makes this decision exceedingly difficult. Teams are families, and being forced to choose one or the other can be a painful choice.

“Certain coaches don’t allow you to do your club sport and a high school sport at the same time and they make you choose, which is unfair because the athlete should be able to decide if they want to play or not, but the coaches make the decision for you anyways,” sophomore Megan Carroll said.

The pressure for athletes is intensely prominent once they enter high school. Futures can be decided from simply choosing one team over another. Being caught between club and school is a situation that many students are faced with and have to choose which way they want to take their sporting career.

# Sport of the Month

~

## Snowboarding

By **Laura Wells**  
*Staff Writer*

What began as a pair of skis tied together by a rope has exploded into an extreme sport with a billion dollar industry. Winter is the season where everyone from pros to parents are grabbing their boards and heading to the slopes so that they can experience the adrenaline fueled sport of

invented in the early 1970’s, although it did not gain popularity until the early 1990’s. Snowboarding has evolved from a slalom-esque sport to something that Junior Noah Cirulnick says “is just like surfing”.

The general consensus among LJHS snowboarders is that Mammoth Mountain is the best place to hit the slopes on the west coast. Junior Julia

ers have used their skills to make a name for themselves in the world of snowboarding. Shaun White, dubbed the Flying Tomato because of his revolutionary 420 degree spin and flaming red hair, has become a household name to many Americans. Australian Torah Bright won the 2009 Winter X Games, competed in the 2010 Winter Olympics, and now holds a lucrative en-



snowboarding.

“When winter time comes, snowboarding is my life”, says sophomore Cassandra Bottelli, “there’s nothing better than the natural snowboarding high you get after five hours snowboarding.”

Snowboarding is a sport that basically consists of riding a snowboard down a mountain of snow; it is a pretty self-explanatory sport. It was first

Schroeder rides a Lib Technology brand board with a purple cat on it that she professes to be fond of.

“I’ve gone snowboarding at Mammoth since I was little and the snow there has never disappointed me. It is so much fun!” Julia first clipped her boots into her purple catted snowboard when she was eight years old.

Professional snowboard-

dorsement with ROXY.

For aspiring airdogs who are shredding on the bunny slopes (or in the case of many SWAT goers, not shredding at all), snowboarding is a sport that is easy to pick up, but difficult to master. Junior Lisa Cornick’s advice to newbies is to “Be patient, get out there as much as possible and don’t color coordinate your snowboarding gear with your snowboard.”

# Physical Therapy

## A trip to a safe recovery

### What to do when you need to recover.

By **Amanda Menas**  
*Staff Writer*

Nearly everyone who has played a sport knows someone who has been injured, or has been injured themselves. The worst part of the ordeal is usually not the injury itself, but the aftermath and the time that it takes to recover. Not being able to participate in a sport for an athlete is like not having books in a library.

To ensure the best pos-

sible recovery, the first step is R.I.C.E. Rest, Ice, Compression, Elevate. For injuries such as a sprained ankle, doctors recommend a minimum of 3 weeks. The first day is critical, then the patient is allowed to gradually begin using the injured extremity as much as tolerated. Ice for the first 48 hours is recommended post-injury. Every 3-4 hours, ice for 20 minutes. Any longer will cause damage to the tissues and not help the injury heal any faster. Compression and Elevation are usually clumped together, compress while elevate. Wrap

the extremity snugly, as to not cut off circulation. If fingers or toes become cold, blue, or start to tingle, it is necessary to re-wrap. Try to get the leg or arm above the heart, the higher, the less amount of blood that will flow to it and swelling should decrease.

“It all depends on the injury. R.I.C.E. definitely helps though, and there is an Ability Rehabilitation in La Jolla on Pearl,” said freshman, Hannah Orr.

Physical therapy is no different than sitting in a chair next to a doctor. They talk to the

injured about their problems, and talk to the ligament, tendon, or bone that was hurt. Physical therapy is simply letting the body learn how to reuse that part of it again.

“There is always something you can do to strengthen or stretch,” said LJHS’s physical therapist Jennifer Erhard, “Go to any doctor, and they will help.” Erhard has been at LJHS for 4 years helping 25-30 students during football season, the numbers decreasing through winter and spring.

Once the healing process has begun, massage and start to

work entire range of motion to the joint or muscle, being careful not to force which worsens the injury and may cause permanent damage. Eventually, you must be able to walk, run, jump and be able to make cuts before returning from leg injuries. Writing the alphabet with your big toe stretches the range of motion. A good shoulder exercise is shaking a pretend can in front of you at a 90 degree angle. Remember that the goal of rehabilitation is to return you to your sport as soon and as safely as possible.



A photograph showing various paint cans and brushes, with the title 'Mural of Many Colors' overlaid in a large, stylized font.

**Mural of Many Colors**

**By Kianna Anvari**  
*Features Editor*

Be a part of La Jolla art! On December 18, from 9 a.m. to dark, La Jolla schools, including La Jolla High School, will participate in an interactive mural event.

The goal will be to transform the blank concrete wall of an office building located on 7596 Eads Avenue.

The La Jolla school with the most participants will be eligible for a random drawing to earn a \$1000 grant for their school art program. All La Jolla High School students are encouraged to come and increase the school’s chances in the running for the award money.

The event is the second in the series “Murals of La Jolla” provided by Seattle artist and UCSD graduate Roy McMakin with funding from the La Jolla Community Foundation. McMakin said he wants to get as many people involved as possible, “young and old, kids and their grandpar-

ents” this Saturday.

Earlier this year, the Foundation created the La Jolla Arts Program to promote conversation and connections among residents while enhancing the aesthetic character of the community.

Ultimately, there could be up to ten or 12 temporary murals around town, all on private buildings. The murals will stay up for 12 to 24 months.

This Saturday, participants will be asked what their favorite color is, and then be allowed to choose from several shades of that color to implement in the mural. All who attend will get to be a part of the artwork.

In addition, at least three San Diego food trucks will offer Asian fusion food, New York-style pizza, and desserts for participants to enjoy.

Colorful iPod shuffles will be randomly handed out to eventgoers during the day, and every participant will receive colorful jelly beans.

Please come and support La Jolla High! Attendants do not need to stay for the entire day.

# Drug Tunnel Exposed

**By Quinn Miller**  
*Staff Writer*

On November 25, two San Diego Tunnel Task Force agents saw a tractor-trailer pull up to a warehouse in Otay Mesa. The trailer was loaded, and when it departed the agents followed.

When it was stopped at a border patrol station in Temecula, California, the truck was searched and 27,600 pounds of pot were removed. This amount is roughly equivalent to one marijuana cigarette for every California citizen

This latest drug bust led to the finding of an underground tunnel that exists under the Mexican-American border, used by Mexican drug cartels to smuggle weed into the U.S.A.

The tunnel emerges in two San Diego warehouses. It was initially impossible to enter the tunnel in the first warehouse discovered because of the three to four tons of marijuana blocking the way.

The Mexican end of the tunnel emerges in a small house in Tijuana, a couple hundred yards from the border.

The tunnel was the second

November 2010, and the 76th tunnel found in the past four years covertly connecting Mexico and the U.S.

“I’m surprised they keep finding tunnels like this,” junior Cheyenne Atapour said, “you would think they’d be easier to detect.”

Investigators claim that the passage found has a higher level of sophistication than others in the past.

The two by four foot tunnel goes on for approximately 83 feet, the length of about seven football fields. The sides are covered in wood paneling and hoses provide ventilation and lighting.

A rail and cart run the length of the channel. It is estimated that the making and refurbishing of the tunnel cost two million dollars.

The passageway discovered is thought to have been used by the Sinaloa drug cartel, a criminal group responsible for 45% of all drug trafficking in Mexico.

The cartel is active in the Mexican drug war, a vicious and bloody conflict between adjacent cartels for control of turf.

The Sinaloa gang has been responsible

deaths through either beheading or dissolution in pots of acid.

“It’s sad how much violence exists because Americans want to get high,” junior Neda Amin said.

One may be appalled by such violence, but as long as there is a market for illegal narcotics in America the trafficking will continue.

In spite of there having been over 1.6 million drug arrests in 2009, 858,000 of which were for marijuana, the U.S. ranks number one out of 17 countries polled for marijuana and cocaine consumption.

With the closure of another drug trafficking tunnel, one may hope the U.S. and Mexican governments are closer than ever to stopping the illegal drug trade and the violence that results from it.

For now, however, bloodshed and brutality reign.



Photo Courtesy of [www.yahoo.com](http://www.yahoo.com)

# Victory for Elizabeth Smart

**By Christine Han**  
*Staff Writer*

Elizabeth Smart’s case has been on many people’s minds ever since her abduction back in 2002. Smart was forced to live as a polygamous wife of Brian David Mitchell for numerous months. Mitchell is currently going through trial in the U.S. District Court and Wanda Barzee, Mitchell’s ex-wife is ac-

her. She was raped almost every day, was forced to use drugs, and taken to California against her will.

Smart was rescued on March 12, 2003 by a passerby when she was walking on a street with Mitchell and Barzee.

Mitchell acted peculiar during the entire case, even going as far as singing Christmas carols for more than twenty minutes, which caused him to be removed

16.

Prosecutors believed Mitchell was purposely acting mentally sick to avoid prosecution. However, DeMier said he did not fit such patterns of inconsistent behavior.

On Monday, prosecutors in the trial called in witnesses to refute a defense by his attorneys. Lawyers then made final arguments and the case was sent to the jury.

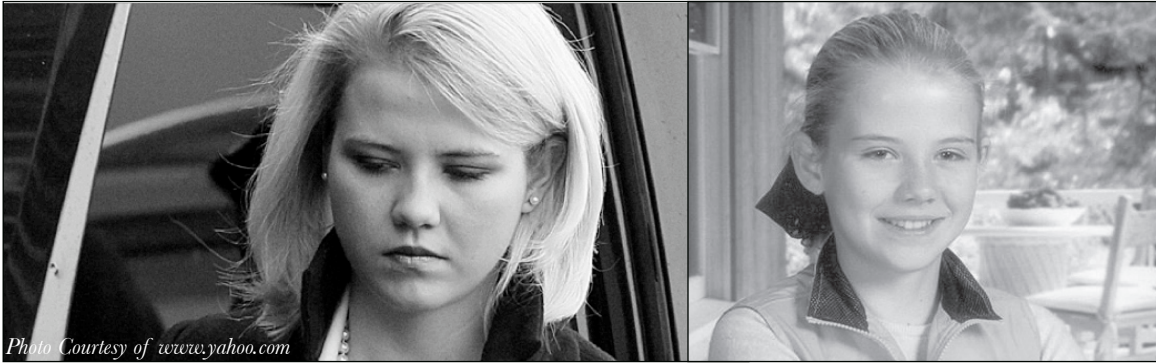


Photo Courtesy of [www.yahoo.com](http://www.yahoo.com)

commodating a 15-year prison term for her involvement in the kidnapping. If Mitchell is declared guilty, he could spend the rest of his life in jail.

Mitchell is charged with abducting Smart from her home in Salt Lake City, Utah on June 5, 2002. Smart was 14 when she was held by Mitchell in captivity for nine months.

During the prosecution case, she recalled that Mitchell abducted her at knifepoint from her bed, took her several miles away from home, and raped

from court one day.

However, on Wednesday, it was Smart who stormed out of trial after hearing from Utah state psychiatrist Paul Whitehead that the main reason why Mitchell raped her was because he wanted to impregnate her.

The defense claimed that Mitchell is mentally ill, and therefore cannot be held responsible for what he did.

An assessment from a few decades ago found by Dr. Richart DeMier claimed that Mitchell was pre-psychotic at the age of

By the end of the week, shocking and relieving news came on Friday when the court clerk declared Mitchell guilty; he now faces a possible life sentence.

Smart waited more than eight years for this to finally happen. It is a miraculous victory for her after her long ordeal.

Public self defense classes are located in a variety of areas in San Diego. The more awareness and caution a person has allows for less of a chance for something like Elizabeth Smart’s abduction to occur.

# KOREAN CONFLICT

## Tension between North and South continues

**By Jake Foerster**  
*Staff Writer*

On Tuesday, December 24, 2010 at 2:30 p.m., North and South Korea engaged in a small artillery fight after North Korea shelled the small island of Yeonpyeong. The attack killed two South Korean marines, three civilians, and wounded many others.

South Korea evacuated the island and went on high alert, warning North Korea that there would be stern retaliations for any more attacks. Yeonpyeong warned South Korea to halt military drills near the island, which led South Korea to fire into disputed waters. North Korea then bombarded Yeonpyeong with artillery, claiming that the South Korean military exercises implied they were planning an invasion.

North and South Korea have a very complicated history that dates back to the end of World War II. At the end of World War II, Korea was divided along the 38th parallel. Soviets occupied the North and Americans occupied the South without Korean approval. When the two powers disagreed over proper leaders for the country, Korea was split in two soon after.

In North Korea, Kim Il-sung was declared prime minister on

September 9th, 1948. After a short amount of time being divided, both states declared that the division was unacceptable. Then, from 1948 to June 25, 1950, both sides engaged with armed forces in some bloody conflicts along the border. These conflicts continued until North Korea dramatically attacked South Korea, which started the war. The war ended after three years when the two Koreas signed a three-mile wide buffer area between the nations that no one would enter. The area today is known as the Demilitarized Zone or DMZ.

“They should have a meeting to come to a compromise and do the best they can to fulfill that compromise,” freshman Spencer Harvey said.

After the attack, President Obama was outraged at North Korea’s actions and has been building diplomatic pressure against North Korea as well as asking China to condemn the country. China, however, does not wish to condemn North Korea because they are loosely allied; the country urged both Koreas to try their best and work their problems out.

Meanwhile, the United States has begun negotiating with the countries, especially South Korea, to make a joint decision over the next course of action.



# New TV Series

By Eddy Gonzalez  
Staff Writer

As 2010 comes to an end, many new TV series are being introduced for the New Year. This includes a wide range of genres, from comedy to outrageous sci-fi shows. These new series' include *Hawaii Five-O*, *The Defenders*, *Mike and Molly*, *Nikita*, *Bob's Burgers*, *Raising Hope*, and *The Event*.

*Hawaii Five-O*, starring Alex O'Loughlin is about a detective, Steve McGarrett, a decorated Naval officer turned cop, who returns to Oahu to investigate his father's murder and stays after Hawaii's governor persuades him to head up the new team. The show runs Mondays on CBS (10-11 p.m. PST).

*The Defenders* stars Jim Belushi and Jerry O'Connell in a comedic drama about two dynamic Las Vegas defense attorneys who go all-in when it comes to representing their clients. Nick and Pete are the local go-to guys with an eclectic client list who are still looking to hit their own jackpot. The show runs Wednesdays

on CBS (10-11 p.m. PST). *Mike and Molly* is a comedy from Chuck Lorre who also produces *Two and a Half Men* and *The Big Bang Theory*. It is about a working class Chicago couple who finds love at an Overeaters Anonymous meeting. Officer Mike Biggs (Billy Gardell) is a good-hearted cop who sincerely wants to lose weight. While speaking at an O.A. meeting, Mike meets Molly Flynn (Melissa McCarthy), an instantly likeable fourth-grade teacher with a healthy sense of humor about her curves. The show runs Mondays on CBS (9:30-10 p.m. PST).

*Nikita* was a deeply troubled teenager, she was rescued from death row by a secret U.S. agency known only as Division, who faked her execution and told her she was being given a second chance to start a new life and serve her country. What they did not tell her was that she was being trained as a spy and assassin. Ultimately, Nikita was betrayed and her dreams shattered by the only people she thought she could trust.

Now, after three years in hiding, Nikita is seeking retribution and making it clear to her former bosses that she will stop at nothing to expose and destroy their covert operation. The show runs Thursdays on The CW (9-10 p.m. PST).

*Bob's Burgers* is a new animated comedy series from creator Loren Bouchard (*Dr. Katz, Professional Therapist*) about a man, his family and their floundering burger joint. Despite the greasy counters, lousy location, and occasionally spotty service, Bob and his lovable, quirky family are convinced their burgers are their ticket to success. The show will run this coming January.

*Raising Hope* is a sweet, offbeat comedy that follows Jimmy Chance (Lucas Neff), a well-meaning screw-up trying his best to raise his infant daughter with the help of the eccentric family who did a less-than-stellar job of raising him. The show runs Tuesdays on Fox



(9-9:30 p.m. PST).

*The Event* is an emotional, high-octane, conspiracy thriller that follows Sean Walker (Jason Ritter, *The Class*), an average Joe who investigates the mysterious disappearance of his fiancée, Leila (Sarah Roemer, *Disturbia*). Unaware of his actions Sean begins to expose the biggest cover-up in U.S. history. The show airs Mondays on NBC (9-10 p.m. PST).

No matter one's television show preferences, there will be all kinds of new adventures waiting for everyone this upcoming season.



By Eddy Gonzalez  
Staff Writer

Three-dimensional (3-D) film is a technology that gives the illusion of objects popping out of the big screen into the audience. This technology has made a huge comeback and is being used in many movies today.

The process of 3-D film uses a motion picture camera to record the images. Then, from two different perspectives, special projection hardware is used to provide the illusion of depth when viewing the film with a pair of glasses specialized for 3-D films.

3-D films have been unpopular for sometime because of the expensive budget needed to film for 3-D. However, recently 3-D film entertainment has returned.

3-D films were first introduced in the 1950s in American cinema. In the 80s and 90s IMAX (Image Maximum) made 3-D viewing popular again due to its high-resolution graphics. Most currently, James Cameron's *Avatar* made the once forgotten technology popular again.

Despite the fluctuating popularity in 3-D films Junior Julian Clark says, "It is here to stay this time, only because it sells. It might be the downfall of big budget films. The higher the budget the more likely it will be shot in 3-D. More films are going to rely solely on the fact that it is 3-D then putting effort into interesting plots. 3-D might be the future for technology in the film industry, but it may weaken the overall storyline. Any production can now make money as long as they mention 3-D in the trailer. The effect is amazing, but people need to be reminded that films are about storytelling, not 3-D."

On September 28, 2010, George Lucas announced that all six films of the *Star Wars* saga would be converted to 3-D. The films will be re-released in order beginning with *The Phantom Menace* in late 2012. The announcement as stirred up plenty of controversy, although without a doubt, fans will camp out for the new edition.

With the rising interest in the once dead market of 3-D films, the resurrection of 3-D production will establish a new era in how we watch entertainment.

## Arrested Development

### Fans of the the popular television show hope the rumors of an upcoming movie are true

By Heren Alanis  
Co-Copy Editor

At its time, the comedy *Arrested Development* aired for only three seasons between 2003 and 2006. But what an amazing three seasons it was.

*Arrested Development* was known for its mockumentary-style camera work, deadpan humor, and ridiculously hilarious plot twists.

The actors that starred in the series were Jason Bateman, Portia De Rossi, Will Arnett, Michael Cera, Alia Shawkat, Tony Hale, David Cross, Jeffrey Tambor, and Jessica Walter, all absolutely hilarious performers whose antics were nothing but hysterical.

Unfortunately, despite being critically acclaimed, *Arrested Development* never got the high ratings that it needed in order to continue production.

Nevertheless, *Arrested Development* fans are one of the most loyal fan-bases ever. They remain devoted even

four years after the last episode was aired. And now, could it be? Rumors are circulating that an *Arrested Development* movie is in the works. Diehard fans shiver with anticipation.

Senior Marco Becerril said, "I'm stoked for the movie! Hopefully it lives up to the TV show."

However, this anticipation is not fully realized quite yet because the cast and crew has been vacillating about the possibility of a forthcoming film. But, some interviews have shed light on the possibility of a 2012 release date.

"I can't wait for it to come out, Michael Cera is one of my favorite actors," senior Charlotte Towner said.

Through various interviews, the cast and crew have all expressed much excitement as to the possibility of such a film being released.

In an August 10, 2010 interview on *The Daily Show* with John Stewart, Jason

Bateman was asked about the possibility of a movie being made, to which he replied "Last week Mitch Hurwitz, the genius behind it, said he had half the script written, which was news to me. So that's good news, that puts us on par to maybe shoot it next year, I hope."

La Jolla High Students are overjoyed that a movie is possibly coming up.

"I'm so excited that they're bringing it back! I've been waiting for this for a long time," senior Amber Bello exclaimed.

The only problem with the immediate release of the film has been with the series creator, writer, and director, Mitchell Hurwitz finishing the script and finding the time to begin production in between the making of his new television series, *Running Wilde*.

Incidentally, *Running Wilde* star Will Arnett is the actor who played Gob Bluth in *Arrested Development*. Arnett

also expressed enthusiasm in anticipation of an *Arrested Development* movie.

But despite such eagerness, in a recent interview Arnett refused to give any hints about the possible plotline, saying, "I would suspect that it's going to be sooner rather than later now, I will say that....[and] if it goes in the direction Mitch [Hurwitz] is suggesting, it'll be super hilarious."

Those people who have never heard of *Arrested Development*, or have only seen one or two episodes, are encouraged to inform themselves about the show by starting to watch it now (it can be found on Netflix and various other online television sites) or run the risk of missing out on an exceptional experience.

Whether or not the film is made, it can be sure that there will be a lot of buzz surrounding the release of a movie based on such a well-loved television show.



# 2010 What You Missed & What You Wish You Missed

As the year ends, we tend to reminisce; with each year a new set of music, movies and scandals emerge. Throughout these long 365 days, there has been good and bad. Here are some of the things you may have missed, and some of the things you probably wished you missed.

## Movies you may have missed in 2010:

### The Kids are All Right

A movie rarely creates a feeling this intense and interesting. Starring Annette Bening and Julianne Moore, *The Kids Are All Right* delves into the life of two kids raised by lesbian parents. Taking the Sundance Film Festival by a storm, this movie has created a lot of hype due to its hip and comfortable telling of this unique family.

### Solitary Man

*Solitary Man*, starring Michael Douglas, Jesse Eisenberg, and Mary Louise Parker, follows the life of a sixty-something year old man who is constantly running away from commitment.

Michael Douglas portrays this womanizer perfectly, and ultimately makes the movie.

### Youth in Revolt

Michael Cera is wonderfully rebellious in *Youth in Revolt*, showing his hidden dark side. This funny film is different from many other of Cera's works and will definitely be entertained.

### Black Swan

This psychological thriller will get inside the heads of its viewers. Natalie Portman and Mila Kunis' performances are chilling, creating a cold atmosphere and an amazing, unique film.



## Movies you wish you had missed in 2010:

### Eat Pray Love

Although this movie is not the worst of 2010 it was definitely the most disappointing. The plot was slow and it focused too much on eating and less on the real importance of the book. With so many highly regarded people

### The Last Song

Miley Cyrus' lips stayed pursed in a pout throughout the whole film, not to mention her acting falls completely flat. This Nicholas Spark's remake is not much more than Hannah Montana trying to fit into the real world.

### Morning Glory

Although Rachel McAdams pulled the film away from being absolutely terrible, this movie followed too many clichés. Filled with too many montages, this movie does not reach McAdam's full potential as an actress.

### Get Him to the Greek

This movie is an idiotic movie, with rare laughs, if any at all. Jonah Hill and Russell Brand are promising actors, but the stupidity of the plot puts a damper on this film.

## Songs you may have missed:

- 1) VCR by The xx
- 2) Wilderness Survival by Overnight
- 3) Zebra by Beach House
- 4) I'm Not Your Toy by Le Roux- Nero remix
- 5) I Like That by Richard Vission

## Songs you wish you had missed:

- 1) Grenade by Bruno Mars
- 2) Hey soul sister by Train
- 3) Billionaire by Travie McCoy and Bruno Mars
- 4) This Afternoon by Nickelback
- 5) Bed Rock by various artists

## Scandals of 2010

A few of the most exciting and surprising events that took place this year



### TIGER WOODS IS A CHEATER

Various actresses and porn stars have began coming forward in the Tiger Woods scandal, as the days pass, more and more women are coming forward and admitting their long lasting affairs with the infamous golfer.

### WIKILEAKS

WikiLeaks, a nonprofit news organization, has claimed they have brutal footage of the U.S. military wrongfully murdering Afghanistan civilians. WikiLeaks' co-founder Julian Assange is threatening various other countries with other incriminating information.



### NEW LIFE FORM FOUND

A new life form has been discovered that seems to survive without phosphorous, which was previously conceived to be an essential element of life. This little bacterium has substituted Arsenic, something that is quiet dangerous to humans.

### MILEY LIGHTS UP

Miley Cyrus, apparently unaware of the outcome of Proposition 19, was seen and video taped smoking from a bong. Sources say it was the legal substance salvia, but no one knows for sure. The video of the Disney star has now gone viral on youtube.

