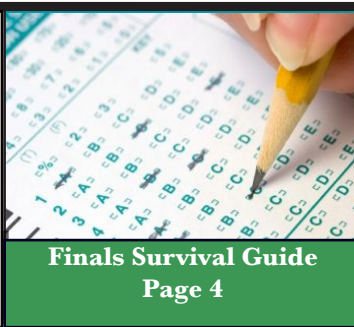


HIGH TIDE

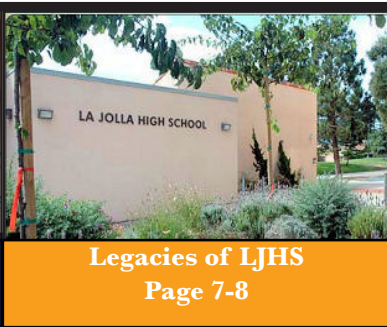
Volume LXXVVV Issue 4-January 29, 2010



IN THIS ISSUE



Finals Survival Guide
Page 4



Legacies of LJHS
Page 7-8



Row, Row, Row your Boat
Page 9



The Dark Side of Disney
Page 12

UC Price Hike Worries LJHS Students

Increased UC Prices = Personal Crisis?

By **Kianna Anvari**
Staff Writer

On Monday January 4, two determined UCSD students stood outside of the State of California office building downtown holding a sign with two words: "Student Occupied." Pedestrians walked by with confused faces as they tried to understand what the small sign meant. A few photographers and journalists were also at the scene.

The sign was representing a small protest against increased UC tuition fees. About ten students had signed in with the security guard at the front desk, pretending that they had official business. To the guard's surprise, they were not there for an appointment, but instead to protest.

According to the security guard, the students were asked to leave or else they would be arrested. If the students had obtained a permit to protest, they would not have been arrested; but they did not apply for a permit because they did not believe it would have been approved.

This protest was but a fragment of the aftermath caused by recent tuition increases. On November 18, 2009, the University Of California Board Of Regents met to discuss budget problems at UCLA Hall and voted 17 to 4 in favor of a 9.3 percent student fee increase for the 2009-2010 year. This will raise undergraduate education costs by more than \$2,500, or 32%.

Outside the building, a crowd of about 300 students and labor union activists held a large rally at UCLA hall to show their disapproval of the policy. Other demonstrations were held simultaneously at several other UC campuses across the state. Some students expressed

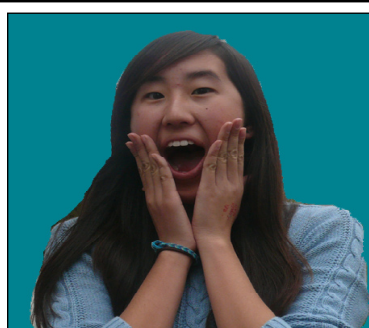
their disapproval with anti-fee-hike chants and choruses of

tax revenues and states have shifted more of the cost of public colleges and universities to students.

"Like most people I was upset when I heard about the tuition increases. I applied to a few UCs because they are very good schools, but the prices are making me reconsider," senior Sonia Nuhic said.

The annual cost of a UC education, not including campus-based fees, will rise to \$10,302, about triple the UC costs from a decade ago. Room, board, and books often add an additional \$16,000.

Many are wondering how the tuition increases will affect the students of La Jolla High. Because of the budget cuts and raised tuition fees, many students will have to apply for financial aid or scholarships. No student wants to be bom-



barded with credit card bills and drowned in debt when they graduate from college. Students usually have part-time jobs throughout college in order to pay for their luxuries, but now they will also have to worry about repaying their financial aid.

Other students, like senior Braden Fudge, are unaffected by the tuition increases.

"The tuition increases didn't change my decision to apply to UCs," said Fudge.

Recent tuition increases have inspired many to think about the future of education in general. Is this only a preview of what is to come? Many are questioning the logic behind the UC budget cuts and even future budget cuts that will affect LJHS. Cuts totaling more than over \$100 million have been approved by San Diego Unified School District's Board of Trustees for the next school year. If these drastic cuts continue to increase, the UC protesters will need to make extra signs for the students of La Jolla High.

UC Tuition Increase by the Numbers

- **\$8,851: Current Tuition**
- **\$10,302: Proposed tuition for 2010-2011 year**
- **32%: Proposed percent increase**

"We Shall Overcome." Others threw sticks and other objects as they pushed against a large group of campus police. As a result, several students and police suffered minor injuries and 14 arrests were made.

The UC fee increases, similar to California State University increases, are part of a national trend. With the introduction of the recession, colleges have experienced sharp declines in

ASB UPDATES:

Hey Vikings!

As we head towards second semester, there are many events coming up to get excited about. First is the Hurley-sponsored Walk the Walk competition. The contest requires LaJolla students to post a series of videos on Hurley's website; the success of our school depends on how many votes we receive online. Please go to hurley.com/

wtw beginning February 8th to vote for LJHS's first video. Supporters are allowed to vote once per day, so please do not hesitate to vote as many times as you can. We would like to represent as much of La Jolla High as possible, so if you are interested in participating in later videos, please visit the ASB room to learn how you can get involved.

ASB Ball will be held Saturday, February 27 at the

House of Blues. Tickets will go on sale beginning in February.

All classes are busy preparing their acts for Airband, which will be held Thursday, March 4th. There will be two shows, at 5:00 p.m. and 7:00 p.m. Tickets will be sold starting February 22. If you are interested in being a part of your class's act, please contact your class representatives, or stop by room 304 for more information.

Seniors have started to

plan the Senior vs. Faculty basketball game. Any interested seniors are encouraged to contact the senior class to sign up. Seniors will also be holding a fundraiser every Friday at lunch to lower senior dues. In addition, senior shirts are being sold for \$15.00 each.

Juniors are also planning lots of fundraisers, so listen to the bulletin for specific dates and sales.

Sophomore shirts have arrived, and will be sold every Tuesday, Wednesday, and

Thursday, excluding February 1st through 5th, which is finals week.

The freshmen class will be hosting a movie night on March 12th. Listen to the bulletin for more details.

Thanks to everyone for making first semester great!

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Cutting the Contraceptives

By **Iman Hassaine**
Staff Writer

Thousands of college students across the country are facing the price increase of birth control pills. Prices for these oral contraceptives are doubling and tripling at student health centers as a devastating result of a complex change in the Medicaid rebate law. Colleges were unaware that the law change would affect them, and this event has had a significant impact on students. Medicaid is the main federal health insurance program for the poor, and has been greatly effected since the 2005 deficit-reduction bill. Drug companies have lost interest in providing discounts for these products to college campuses because of the rebate law. “It is just a consequence that the college students have to deal with; because of our economic situation, anything can be cut or taken away,” said junior Alice Schukin. This horrible situation affects such as University of Rhode

Island and Indiana University. Numerous people are suffering from the soaring prices. Just a few months ago, students were paying ten dollars a month and currently the prices have soared to \$22 per month for prescriptions. Many students are already struggling with finances and the realities of paying for school, working, or even single parent-hood, so this change could impact them dramatically. “It is wrong that the new law has such an impact on students who have grown accustomed to the campus discount,” said sophomore Neda Amin. Many colleges kept prices low



for a few months by buying the pills in bulk before the new law took effect, but have now run through their stocks and are beginning to increase prices. Many students fill the prescriptions quarterly so are only now realizing the raise. About 39 percent of undergraduate women use these pills, according to data held by the American College Health Association, and they are upset by the increase. If the recession and the medical laws do not improve in

the near future, schools could expect to see a price raise of a several hundred dollars per year. This is tough on many students who have been able to benefit from the price discount. Some students said they doubted the price increases would dissuade many students from buying contraceptives, but said it would surely be noticed. “It won’t stop people from buying them, obviously, but it will definitely give the college campus less revenue in the future,” said an anonymous student. Regardless of the raise, these contraceptives are a necessity and people will buy them either way. A spokesman for Medicaid recently has stated however that the company is reviewing a proposal made by the American College Health Association to exempt college campuses from the price escalation. Many college students across the United States are hoping the prices will go back to the way they were.

Dr. King’s Dream

By **Rose Di Toro**
Staff Writer

As Black History Month approaches, now is a good time to reflect on how far the country has come in ensuring liberty and justice for all. Martin Luther King Jr. was one of the founders and voices of the Civil Rights movement. His vision was of a world void of racial biased discrimination. But how does this affect La Jolla High? The San Diego Unified School District spends thousands of dollars each year to bus students in from neighborhoods all over the city to ensure that La Jolla High has a diverse student body. This decision can be beneficial for the overall attitude of La Jolla’s students because it gives them a chance to reach out and befriend students from different ethnicities. However, do all students at La Jolla see this as an opportunity to expand their social circles, or do they become even more segregated? “If you walk out at lunch time you’ll see that a lot of students don’t mix. They tend to hang out with students of their own race,” said Government teacher Mr. Jones. It can be difficult for people

to mix with others who are different from them. They may feel discomfort because of what is unfamiliar. People tend to migrate toward those similar to them, because of the familiarity. After all, there is a certain security in surrounding oneself with those whose ideals, interests, heritages, and socio-economic statuses are perceived to be related to theirs. Some students choose to see past prejudices by hanging out with a mixed group of people at lunch. “I hang out with a group of different people. I accept them for the way they are,” said junior Sofia Hardy. Many people feel uncomfortable dealing with this issue and hyper sensitivity toward the topic only hinders the evolution of racial acceptance. As long as La Jolla students continue to segregate themselves into exclusive groups, they miss out on opportunities to expand their way of thinking and the way they view their fellow classmates. This topic deserves further exploration. If La Jolla High’s students find the courage within them to see past other’s differences, change will happen. As Martin Luther King Jr. once said, “The time is always right to do the right thing.”

Overzealous Security

When too tight is too much

Two-and-a-half billion invested into “security.”

By **Wilson Mokiao**
Staff Writer

Ever since the “Christmas underpants bomber” incident, security in airports has been questioned. The media has blown the severity and frequency of terrorist attacks out of proportion. In reality, 7,015,630,000 people flew on a flight last year, while only 674 were on a plane where there was an attempted hijacking. The reason behind the hype and fear associated with terrorist attempts is simply that it is an opportunity for the government and airlines to look good in the public eye. “The Christmas bomber is a classic example of how dysfunctional our government is,” said a Fox News correspondent, “why wasn’t this prevented before it happened?” Why does the media scream over the odds of 1 in 10,408,947 (the chance someone will be on a plane during an attempted hijacking) and not over odds like 1 in 500,000 (the odds someone will be struck by lightning)? Spending tax dollars on un-

necessary airport security is just as ridiculous as trying to cover the whole United States in a plastic bubble to stop lightning. Air marshals and X-ray machines serve as a deterrent, not as an actual preventative measure. Regular citizens have subdued both the shoe and underpants bombers without any government help; there were no air marshals on board. The new proposed X-ray full body scanners serve the same purpose as air marshals: they are meant to prevent any terrorist from trying to hijack a plane. The X-ray machines would not actually catch terrorists. All of the effort and hassle is meaningless. The safety of the taxpayer does not require any of the new and controversial scanning equipment. A conservative estimate puts the money spent on airport security in the past few years, and it sums up to two-and-a-half-billion dollars. The security of airports is extreme, and is unnecessarily so. Our money could be put to much better causes, like education and foreign aid, both things that would prevent terrorism in the first place.

Gaurding the Jewel

By Elyssa Kanter
Staff Writer

La Jolla was voted “Best Place to Live in America” in 2002. The committee members, whose job it is to preserve La Jolla and make it a prestigious place to live, have been doing an amazing job. But the efforts they take to make this happen often result in regulations that many La Jolla High students consider “over the top.” Many people discuss how to make La Jolla as exclusive as possible; these “La Jollans” have established 88 pages worth of rules in order to survive in this beach city. The book of rules is called San Diego Municipal Code Article 9 La Jolla Planned District. Remember the McDonalds on Prospect? This fast food restaurant sparked a controversy because of the french fry odor. According to regulations, a fast food restaurant cannot have the

smell of food transcend property lines. This McDonalds’s lease was not renewed. The Taco Bell on La Jolla Boulevard recently closed, to the dismay of many LJHS students. There are not many fast food places allowed into La Jolla, but Taco Bell fit all of the criteria to set up its business. Although Taco Bell did not break any regulations, many La Jolla High students are upset that this chain restaurant is gone. “I am devastated Taco Bell is gone. No more Crunch Wrap

Supremes or Cheesy Gordita Crunch. Nowhere else in La Jolla can I get more for my money,” junior Kersten Morgan said. Apart from drive-through and fast food rules, La Jolla is filled with many other bizarre and unnecessary ones. For example, only 59 types of retail establishments are allowed to engage in business. There are also many pages in “The Code” dedicated to what color a business building can be. There is even a section in “The Code,” that specifies what spe-

cies of trees are allowed to be grown. Apparently, the Jacaranda tree is for all portions of La Jolla Boulevard and Pearl Street within the Planned District, the designated tree. “Social rules” in La Jolla also create a snobby atmosphere. In La Jolla, “For Sale” signs are not socially acceptable. A long time ago these signs were removed to keep certain ethnicities out of this community. This is not a written rule, but it is a rule in which real estate brokers participate. “I think many of the ‘social rules’ are unwritten and are just an understanding,” anonymous La Jolla High student said. La Jolla, the “Jewel City,” retains its own small-town atmosphere and city pride. However, regulations supplied by “The Code” are unnecessary and should not be enforced in this small beach community. La Jolla will continue to be a special place even if it includes a multicolored building.



Dress like you are in Public Not at home

By Herén Alanis
Staff Writer

Attention guys and girls: start dressing appropriately. Guys: sagging pants are out. Just accept it. Ladies: it’s winter; stop wearing mini skirts, short shorts and spaghetti straps. You’re going to catch a cold; it’s for your own good. Some may say, “it’s more comfortable” or, “wearing my pants high is lame.” It’s probable that it’s more comfortable than trying to walk with your pants falling off. You don’t have to wear your pants like Urkel from Family Matters; you just have to wear them on your hips, where they belong. You may find that it’s actually very comfortable. As for guys’ shirts, frankly, they’re a fire hazard. The extra fabric hanging around you could get caught on corners or such. That’s embarrassing. Don’t you want to show off to your girl? Maybe you’ll get more attention from girls if you dress normally. As for the girls, we know you want it to be summer all year, but that’s just not realistic. Yes, in a way, school is a fashion show, but come on girls – it’s winter, and it’s cold. There are plenty of cute and appropriate options for cold-weather clothing that actually keep you warm! So stop complaining about the cold and take a look in the mirror, you’re probably cold because you’re wearing sandals, a miniskirt and a teeny tank top. That teeny tank top probably doesn’t even cover you completely. Please girls, we know you think it’s “like sooo cute!” to show off your belly, but really, you just look like you’re wearing your shirt from fifth grade. Same with the small baby shorts, if you can even squeeze into them. You look like you are trying to be twenty, but while wearing your ten-year-old sister’s clothes. Leave something to the imagination and learn how to dress yourselves without looking trashy. Girls appreciate it when a guy can dress well. They would prefer guys who dress with refinement and good taste to guys who are constantly trying to keep their pants from falling off and trying not to trip on the hems of their jeans. People appreciate it when others dress with class. They would prefer to date girls who don’t have every inch of their bodies exposed to the elements, or guys who look like they need ten belts to keep up their pants.

Got Commitment Problems? It wouldn’t be a surprise

Commitment dies throughout the years

By Kianna Anvari
Staff Writer

Listen closely, it is not difficult to hear the echoing of similar stories throughout the halls on Monday mornings. “I only hooked up with him on Saturday night because I hadn’t hooked up with a guy in like, a week.” It seems as if this generation has become obsessed with “hooking-up” and “mingling” with more than one partner with no strings attached. Although some may think this phenomenon is a phase of high school, it is also common among college students. But what exactly does a hook-up entail? This vague term involves anything from kissing, to whatever may follow. The hook-up is reversing the traditional way of dating. Before, the idea was that hooking- up would occur after dating someone, but now it seems that hooking- up occurs first, with very low chances of any relationship whatsoever. The hooking-up fad has become very common among

students because it is linked to the technological advances of today’s society. Texting has swept the nation with its ability of quick communication, but sadly it can be in some cases the major focal point of a “relationship.” Before, one would actually have to talk to someone to ar-

he should have the courage to ask me out in person. Girls appreciate a guy who takes initiative, rather than one who hides behind his cell phone.” Hooking-up has become an issue to those seeking an actual relationship: one guy, one girl, dinner and a movie. Unfortunately, many now see this scenario as cliché or outdated.

“The staggering 50% divorce rate reflects how today’s society has been molding citizens into untrustworthy people.”

range a date. This farfetched concept now seems ludicrous to any teen. Texting can also be used to ask that special someone out, to simply avoid the fear of getting shut down in person. Junior Coral Mireles believes that it is pathetic to be asked out through a text. “If he really likes me then

Numerous people cherish the fact that they can hook-up with whomever they want, without a forced commitment. But the real mystery is: why? Why is hooking-up more appealing than committing? Trust issues may be a reason why some prefer to keep a distance with commitment. Also, students are so preoc-

cupied with friends, school, and establishing themselves, that they do not have time for relationships. This may be why most high school relationships end after about two weeks. “I think that people are afraid of commitment and don’t want to feel tied down. Students should just stay focused on their schoolwork,” junior Kyle McGriff said. The staggering 50% divorce rate reflects how today’s society has been molding citizens into untrustworthy people. Perhaps people get divorced so easily now because there is no longer stigma attached to it, or maybe because the courts have built an industry around it. Commitment has stretched even further than the romantic aspect. It seems as though teens have become flakey in terms of plans with friends and even sports. More than often, teens lack the motivation to stay committed to a sport for more than a couple of weeks. The truth may be that many of us fear being vulnerable if involved in an intimate relationship. For no apparent reason, commitment has turned into an issue among many teens because the freedom to hook-up with whomever is far more appealing than rejection.

HOW TO PREPARE FOR FINALS

By Rebecca Huntly-Playle
Staff Writer

Finals are a stressful time for everyone; you get little sleep and stay up late studying. However, there are much more effective ways to study.

First of all, you must remember to get some rest and eat a healthy diet. Your mind cannot possibly work when you have been eating junk food all day.

Eating three healthy meals a day can, and will, make a difference. It is also important to be well rested before taking such difficult exams.

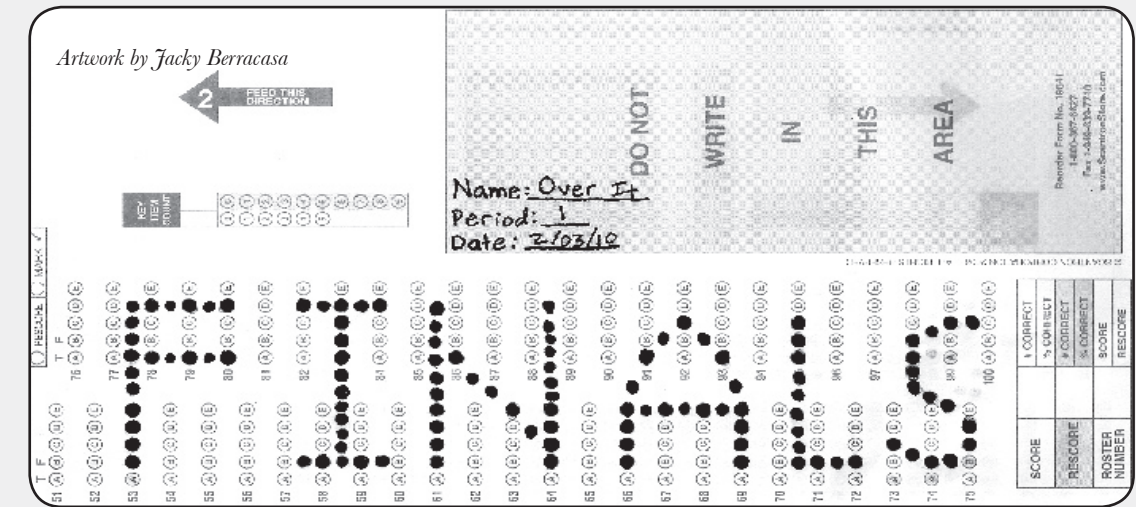
“I always eat a good breakfast the morning of a big test,” sophomore Emily Mandel said.

Studies have proven that studying in frequent but short sessions is more effective than cramming for hours straight.

The brain works best in ten minute sessions; study for ten minutes, then take a break for a little while. When studying

for hours you usually get distracted and stressed, but this method helps prevent that.

“I like to take breaks so I can relax and focus better,” senior Michael Wang said.



It is hard to study when you have your mind on other issues.

Make sure you are relaxed when you study. The brain cannot absorb information when you are unfocused.

Instead of reaching for the

steady flow of energy to boost brain power. Chips and candy are contain the type of carbs that are rapidly absorbed, and do not give your mind lasting mental energy.

“Turn off your phone, computer, and T.V. and lock your-

self in your room. Promise yourself that in 45 minutes you can take a break. This is a great way to stay focused and not go insane,” junior Katherine Penny said.

When you start studying, make sure to have all of your needed supplies.

Get everything organized: food, pencils, study material, etc, so you will not disrupt your study time.

Good lighting, a comfortable

chair, and a flat table or desk will make all the difference in aiding your concentration.

Review your material once more later in the day so that it is firmly implanted in your brain.

Approach studying by first trying to understand the main concept and then diving the details of the idea.

When you are memorizing facts or names for tests try to relate it to people or items in your own life in order to recall the facts quickly when taking the exam.

To prepare for finals, study in frequent but short sessions, get a good night sleep, eat healthy snacks, prepare your environment before starting, and do not let yourself get stressed out.

Finals are only as difficult as you make them. Approach your exams with a positive attitude. Use these study tips and remember: you can succeed if you prepare!

OH, YOU PRANKSTER

senior pranks at La Jolla High

By Olivia Polger
Staff Writer

It has been a tradition at La Jolla High School since 1922 that the graduating class executes a signature “senior prank.” Some senior class pranks have been outrageous while others were less likely to be remembered in the history books.

“As long as the pranks are not destructive and do not vandalize the school, the current administration accepts the tradition and is amused every year by what each senior class conjures up,” Ms.Behnke said.

Some of the pranks, how-

ever, are not so amusing to the janitors who have to clean up the mess.

Most senior students put a lot of effort into making the pranks fun for the class. One year, the seniors decorated the campus in Christmas lights and ornaments, followed by hiding Easter eggs with prizes



es in them all around the school. To show Viking pride, a group of seniors painted a mural of a Vikings ship by the 800 building, and one class of seniors even built a Vikings ship in the

One senior class spray-painted the walls at school with racial jokes. Another class even put fish into the school vents and the whole campus smelled like dead fish.

Some outrageous pranks end up costing the school thousands of dollars, like when the locks on the doors were super glued shut and the teachers could not get into their classrooms. The school had to pay for every one of those locks to be replaced.

The most memorable senior pranks may be the funniest, but sometimes they go overboard. Taking all of the benches around campus and putting them on the roof was a big hit one year, but put the faculty through the trouble of taking them down again.

There have been many fun pranks executed at La Jolla High School that will never be forgotten, but the past few years have not lived up to the tradition.

“This is my third year at La Jolla High School and I still haven’t seen a good senior prank,” junior Trevor Shelburne said.

Pranks that were risky have all been done, but pranks that are fun and classy don’t go out of style, and don’t risk our senior privileges. So bring it on, Class of 2010!

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quad.

In 1995, the seniors worked hard to come up with something sentimental. They took the goal posts from the soccer field and hid them around campus. The administration had to find them through a scavenger hunt that led to the senior breakfast where the graduating students said thank you to the principal, Mr.Salcedo, who was leaving the school that year.

There have been some rebellious pranks that test the privilege of being able to conduct a senior prank. Last year, the seniors teeped the campus and burned profane words into the grass. Many were not able to walk at graduation for vandalizing the campus.



Harvesting the idle mind since 2009

By Sarah Devermann
Staff Writer

Raising pink cows, growing fruit trees, and planting crops are just a few of the many activities you can do on the Facebook application Farmville. Zynga launched this game last June and it has grown to be extremely popular; with more than 74 million users, it is currently the number one application on Facebook.

But why do so many people play this game? Are there not more important things to do besides harvesting virtual crops?

“It takes me away from the real world and makes me feel more rural,” freshman Dana Becker said.

Farmville is a relaxing and social game, yet it is highly addicting. People have even admitted to setting their schedules around the harvest time of their virtual crops.

“I think there’s something fundamentally human about

planting and growing, especially food. Maybe it’s in our DNA and social consciousness, for some reason. It just feels good,” Zynga employee Mark Scaggs said.

While some people are be-

“I think Farmville is obnoxious because it serves no purpose but to fill the empty void of social-networking, and its only product is a plenathoria of senseless postings,” freshman Nicholas Halbert said.

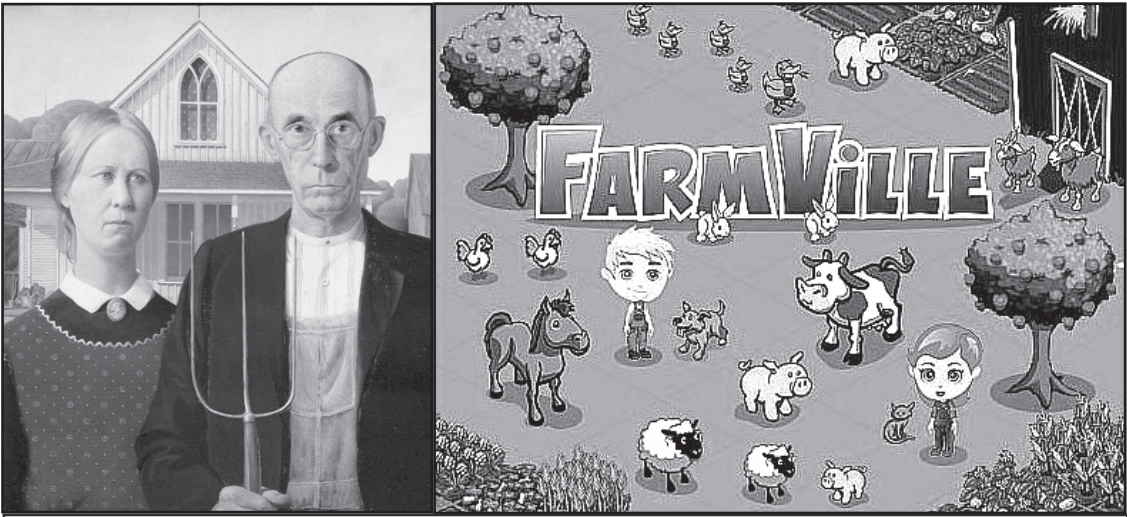
ity of harsh agricultural work. Unlike real farms, there is no slaughtering of animals or pest infested crops, the weather is always perfect for farming, seeds and trees grow within a matter of hours, and all crops

real farmers negatively because it makes farming look very easy and simple, when in reality, it isn’t,” sophomore Isabelle Poulin said.

While millions in the real world are poor and starving, people are spending real money to buy extra coins on Farmville so they can have more virtual crops. There are even websites for “Farmville Art” and Farmville social groups.

“Liking just the idea of farming has little potential to transform the world, Farmville’s online community of artificial soybean farmers won’t improve our food system. To do that we need real farming, and that’s not a game. It’s time to support actual small farmers and stop playing around,” journalist Peter Smith wrote.

While Farmville is relaxing in moderation, arranging crops to look like the Mona Lisa and waking up in the middle of the night to harvest virtual cranberries may be taking it too far.



Farming through the ages: *Has digital farming gone too far?*

coming addicted to Farmville, others find it annoying. There are multiple Facebook pages that express their dislike for the game. The largest, “Not Playing Farmville,” has almost two million fans.

Research shows that Farmville players outnumber the amount of real farmers in the United States by more than sixty to one. And while the game may be fun and relaxing, it is not at all like the real-

get sold. Plus, instead of hours of backbreaking labor, virtual farms are plowed with the click of a mouse. Farmville is a fairytale compared to the daily life of real farmers.

“I think [Farmville] affects

Guess Who

By Tania Mashkoory
Staff Writer

I am one girl you don’t want to mess with. I am on the Varsity wrestling team and, believe me, I can take anyone down. I aspire to be like Joanie Laurer, who is one of most famous women wrestling champs.

I’m eighteen years old and was born on Thanksgiving. I attended Bird Rock Elementary. I’m a senior and proud of it. 1-0 you know! My favorite food are hot wings and I get them just about every weekend.

I love to swim in my spare time, whether it be in the ocean or in my pool. I am always doing weird things in public, which embarrasses my friends to be seen with me.

I describe my personal style as extremely comfortable. I wear jeans and a sweatshirt almost every day.

My best friends are Nathaly Moungvong and Aryanna Abraham and you

will almost always see me with one of these awesome girls.

My favorite T.V. shows of all time are *Keeping Up with the Kardashians* and

Family Guy.

Oprah rocks too. My celebrity crush is Tyrese Beckford; he is so fine. I’m a huge fan of the San Diego Chargers. I am guilty of being one of

those crazed fans who is found yelling at the T.V.

One of my favorite movies is *White Chicks*. My favorite book is *Where’s Waldo*, even though there are not very many words in it.

During the winter I like to go snowboarding any chance I get. Amusement parks are always fun. I believe that ice cream makes everything better.

I hope to attend the University of San Diego for college. I want to work for the United Nations with UNHCR helping refugees in Africa. I consider myself a kind-hearted person.

The Guess Who from the last issue was Kyle McGriff.

Photos courtesy of Haley Cottrell

Club Spotlight

By Brittney Schrift
Staff Writer

One of the most misrepresented cultures in the world today is that of the Persians. Misinformed people across the globe judge without attempting to understand or learn what one of the oldest cultures in the world is all about.

La Jolla High’s Persian club is a gateway for teaching youth to form their own opinions about people with an educated mindset.

Persian club is brand new this year, and is run by President Payam Hariri, Vice President Cameron Ravanbach, and Secretary Lily Sedaghat.

Hariri’s main motivation for running this club is to show people about the rich and ancient culture of the Persians. Hariri is very dedicated to this club, and his involvement comes at a crucial time in history. The club highlights the fascinating things about the culture and exposes the extremely diverse members to it. During every meeting they teach a common Persian word or phrase and play

Persian rap music. They also have delicious Persian kabobs, which Hariri speaks highly of. Hariri also feels like there are so many different aspects of the club that one could always find something interesting or new to learn and share with friends.

“It’s a legit club; we have Persian rap, Persian food, and

popular worldwide, has attained a substantial amount of international and critical acclaim. Lastly, the Persian heritage is artistically eclectic and includes major contributions from both the east and west sides of the country.

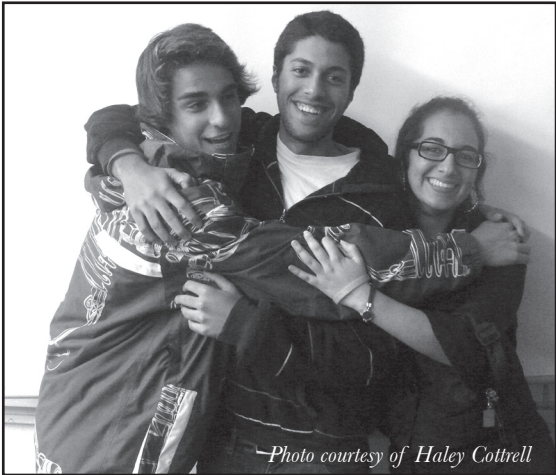
Sedaghat hopes that this club will raise awareness to what is going on in Iran today. She says they show videos regularly about the history of the Persians and what they are like today.

“The Middle East is portrayed so negatively in today’s world, and our hope is to show the students of LJHS that many of the stereotypes they hear are completely untrue,” senior Sedaghat said.

The members all thoroughly enjoy participating in the club and are always excited for the next meeting.

“Persian club rocks,” sophomore Tara Ravanbach said.

Persian club hopes to expunge the false accusations and misconceptions about this wonderful culture by informing the local youth about what is going on internationally. The club meets every other Tuesday in room 305. They encourage all students to attend and become enriched in the heritage of the Persians.



Persian Love: *Vice President Cameron Ravanbach, President Payam Hariri, and Secretary Lily Sedaghat share their Persian pride.*

What is your favorite thing about La Jolla High School?

Senior Says...



"Being on the football team is my favorite thing, because of my teammates. It just wouldn't feel right if I wasn't on the team," Tony Murillo said.

Juniors Say...



"We love how close La Jolla high is to the beach. Also, Mr. Marcus is a great teacher, especially with his hawaiian shirts," Scotty Fletcher and Riley Morales said.

Sophomore Says...



"Volleyball! The team is very closely knit because we're still all friends even though the season is already over," Julia Devine said.

Freshman Says...



"I love how people are so nice. On my first day of school the upperclassmen helped show me around," Sarah Alton said.

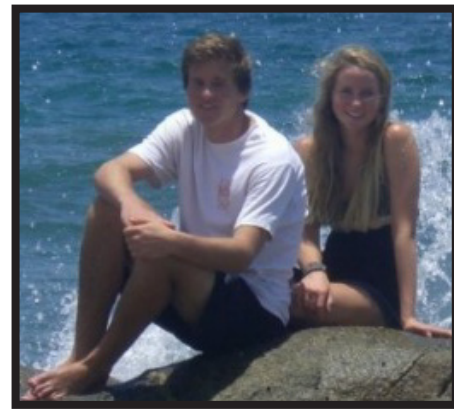


By Suquoia Geary and Elyssa Kanter
Staff Writers

Neri Family

One family legacy at La Jolla High School today is the Neri's. The legacy began in 1974 with Jim Neri. Jim Neri attended La Jolla High for three years and graduated in 1977. The next person in line is Wendy Brazier, who later became Wendy Neri; she graduated in 1986. During Wendy's time at school she played on a CIF championship volleyball team. Although it appears they only attended La Jolla for a partial term, when the Neri's attended high school, people only went for 3 years because junior high ended after 9th grade. Next is Ry Neri, a current senior at La Jolla High. He began his time here in 2006 and plans to graduate in June. His sister, JD Neri, is currently a sophomore who started in 2008 and plans to graduate in 2012. Along with Ry's parents and sister, his aunt and uncle, Wendy's brother and sister, all attended La Jolla High. Trevor Brazier, Ry's uncle, attended La Jolla High from 1986 to 1989 and during his time he also played on the volleyball team. Cassie Brazier, Ry's aunt, is also currently a senior at La Jolla High.

Ry and JD Neri



Neri Family



Mr. Eveleth

One thing people may not know about Mr. Eveleth is that he and his family have been at La Jolla High for quite a while. The legacy began in 1961 with Rick Eveleth (Mr. Eveleth's father) who started at La Jolla High before graduating in 1964. In 1969, he returned to the school to work as the basketball coach. In 1974 Vicki Mitchell, Mr. Eveleth's mother who later became Vicki Eveleth, came to work at the school as well. Vicki Eveleth worked at the school as the ASB advisor. Ty Eveleth soon attended La Jolla High and graduated in 1997. During his time he played on the same basketball team that his father coached. Then, in 2003, he returned to work at the school as a counselor. That same year Mr. Eveleth's parents retired. Mr. Eveleth's wife Kelly also worked on campus as an assistant basketball coach for four years. Mr. Eveleth currently works on campus as a counselor for all students with the last name HE- PI and as coach for the girl's basketball team. "If all is going well and I'm still working at LJHS, I hope that one day my son, Parker, will attend LJHS as well, to carry on the family legacy," Eveleth said. It turns out that with the exception of a 4 year hiatus when Rick Eveleth was attending college, there has been an Eveleth on campus since 1960; that's 46 years with an Eveleth!

Eveleth Family



Papa



Mama

A Tale Of Time Mr. Shelburne Tells All

By Freda Spencer
Staff Writer

Mr. Shelburne first started working at La Jolla High in 1990. He taught English and German here for three years. After teaching at Mt. Miguel for the following two years, he returned to La Jolla as Vice Principal. After a year as Vice Principal, Mr. Shelburne became Principal in 1996 and has held that position ever since.

When LJHS was established in 1920, it was nothing like it is today. The main building looked more like a prison than a high school, and the campus itself was half the size that it is today.

"The original building had to be torn down because it was not earthquake safe... but the mural that was in the original theater depicting the seven arts was duplicated exactly and is now in the lobby of Parker Auditorium," Shelburne said. There have been some changes between 1997 and the present day. The condos located across Faye were not yet constructed, and there was only a hill. Shelburne explains that this was called "beer hill," because students would go up there with beers and watch the football games... so we would have to send someone up there, and they would all go scurrying away."

That same year, 1997, was when Mr. Shelburne made plans for a pool. "I was at Mesa College for a water polo game with Mr. Fairley and I had the idea. After the game, we both went back to campus and measured (walking with our feet) an empty dirt area. It was the perfect amount of space, and plans were made for the aquatic center," Shelburne said.

From his start as a German and English teacher and throughout the years, Shelburne has been a strong advocate for practical programs such as a "personal finance" that prepare students for life after high school with lessons on personal tax and home mortgage. Perhaps the most beneficial change that Shelburne has made for students is the cutting of class rankings. After speaking with many deans of admissions from various prestigious universities, Shelburne came to the conclusion that, "nothing bad, only good will come from students not being ranked when applying to colleges."

"The main difference I see now is the increasingly competitive nature of this school. Students are expected to do all and be all. Pertaining to college, what students today need to know is that there is a school for everyone. You can get a good education wherever you go, if YOU put in the time and effort. You are in control of your own education. Mistakes and some failure is a normal part of life... the important thing is that we learn from them."



LJ Legacies



Venerable Vikings From Past to Present

By Christina Kirby
Staff Writer

Academic League

La Jolla High has always been known for its academic excellence, and our Academic League team has reflected this tradition in competition. In Academic League, teams compete with other schools in academic competitions (like the TV show Jeopardy).

"We were good in the past, but we are better now."

Last year La Jolla achieved second place and also won a local invitational. This sent the team to nationals and they ranked in the top 20. For the past four years, Mrs. Irwin and Mr. Quisnell have been in charge of Academic League.

"We were good in the past, but we are better now," Mr. Quisnell said.

For as long as La Jolla has participated in these competitions, we have always done well.

Science Team

One of the most successful groups at our school is Science Team. From 1989 to 2000 our school's Science Olympiad team participated in the competition and consecutively won first in county all eleven years, won first in state eight times, and even received first in nationals twice. Science team has received first place in countless other awards including USD Walk on Water Competition.



They have even won many national events, such as Exploravision. These successes have lead to hundreds of thousands of dollars received as prize money and scholarships.

"Science Team is a club with various competitions, for example Exploravision. Another competition is Walk on Water (WOW) which I've done relatively well in in the high school division," Senior Tim Trahan said.

Golf Team

La Jolla High used to be the top golf school in the county. One notable past golfer at La Jolla was Henry Rudolph III (now owner of Harry's Coffee Shop). He won City Conference Champions and beat current day professional golfer Phil Mickelson.



La Jolla High has produced professional golfers such as Craig "the walrus" Stadler in the class of 1971. "We have quite a few returning players, so we're expecting a good year. That one swing or one shot just keeps you coming back to the golf course," Senior Ikaika Velasco said.

Tennis Team

The tennis program for both boys and girls has always been very strong at La Jolla High. The boys especially have done extremely well in the past. They have won the most CIF championships in the state of California.

"It feels amazing to know that I am part of an incredible tennis legacy."

In recent years, the boys have continued to do well and last year won the CIF championships.

"It feels amazing to know that I am part of an incredible tennis legacy," senior Tali Gires said.

The girls have also done well, with Ms. Mulkins who has won many CIFs in her years as a coach.

Peterson Family

From the years 1972 to 1976 Anne Pflaum began a legacy at La Jolla High for her four sons: Jack Peterson '07, Bo Peterson '08, Will Peterson '10, and Michael Peterson '11. She participated in both Varsity Tennis and Varsity Swim. Anne was very active when she attended LJHS and her sons have also participated in athletics. They play basketball, baseball, lacrosse, and boxing.

Anne held a musical influence over the Peterson family. She played the guitar and now each family member plays an instrument.

"My mom loves playing the guitar. She has been an inspiration for my brothers and I to play different musical instruments," junior Michael Peterson said.

Jack was known for starting the cheering section at big sporting events when he was in high school. His family, including his cousins the Walsh's, have continued this tradition.

"Leading the cheering section at games has gone down the line of my brother's and cousin's," junior Michael Peterson said.

The Peterson brothers share a mutual interest in a specific college: Notre Dame University. Jack and Bo are current students, Will plans to attend next year, and Michael hopes to attend the following fall.

Peterson Cheer Section



The youngest Peterson



Varsity Veterans

By Christina Kirby
Staff Writer

La Jolla High has many exceptionally talented sports players who have been on a varsity team for three or more years. These players have greatly appreciated their experience on the team, and have learned a lot over the past years. From learning how to work together as a team, to learning how to control your own attitude, these players have learned some valuable lessons.

Captain of the girls basketball team, senior Bianca Mitchell, made varsity as a sophomore and has really enjoyed being a part of team.

“Being on varsity for three years has been such an amazing experience. I’ve made lifelong best friends and have learned so much. Every year it gets harder so see the seniors leave, and it is crazy to think me and Alexis are leaving this year. This year, our team is closer than any year before and we are going to have a great season,” Mitchell said.

Others have also learned that being a part of a team for several years helps make strong friendships which truly benefit how a team works together.

“Over the past three years we have shown amazing improvement all around, not only due to

the individual achievements of certain players, but also thanks to our growth as a family. The majority of us have been playing together for almost six years, which really helps when it comes to unity in the pool,” junior and Varsity Water Polo player Victoria Frager said.

No matter what sport, teamwork and comradery prove to be a vital part in a successful season. Over several years, a player’s role in the team changes and often times grows. One’s duties change from being the sophomores who are in charge of clean up, to being seniors who are leaders of the team.

“Now as a senior and captain, I have to set an example for younger players. But I also get to pick on them occasionally like seniors did to me when I was a sophomore,” senior and captain of the Boy’s Varsity Soccer team Alan Ampudia said.

Having been on a varsity team for three or more years ensures many different learning experiences. Players learn to work together and support other team members.

“What I have learned about school sports, is that while you can have a good team on paper, it is how you physically mesh together. That’s what can keep a team bonded through adversity. It’s important to get to

know everyone because each player brings something new to the table,” Varsity Girls Soccer player Callan Parra said.

Others, such as wrestling team member Kirk Lee, have learned that how much effort is given greatly affects how successful a team is.

“What I learned about high school sports is that the harder you work, the better you get. My teammates and I have improved enormously because of our hard work and dedication to wrestling. I look forward to seeing us improve as individuals and as a team,” junior Lee said.

Senior Boy’s Basketball player Taylor Davis discovered the importance of resilience and controlling one’s own attitude.

“Never give up, because no one can predict the future. All that you as an individual can control is your attitude and activity. The two A’s. Be positive in both,” Davis said.

These players’ multiple years on varsity sports teams have enabled them to learn valuable lessons about teamwork, leadership, hard work, and a positive attitude. They appreciate the lessons they have learned and are glad to be able to share their experiences with younger team members.

Basketball Buddies

By Brittney Schrift
Staff Writer

There are two key qualities imperative to any team’s success: skill and teamwork. Luckily, LJHS Women’s Varsity Basketball has both.

The team credits their frequent bonding time as the glue that holds them together. Without the bonding, they wouldn’t connect as teammates and ultimately as a family, which would affect their game on the court. They usually get together at Anna Parma’s house where they all thoroughly enjoy their time together.

“One of the first things our coach told us was that to be successful we cannot have rifts in our team, and luckily we don’t. We each have our separate roles that we fill as a team member,” sophomore Genevieve Knock said.

Most of the girls have been playing together in basketball leagues since they were very young, which has made the often difficult task of blending a team together somewhat easier.

“There is such a positive feel when we practice or play games; usually with teams you have some sort of tension, sometimes because some people don’t like each other, but we are like a family that always hangs out outside of the court as well,” sophomore Alannah Weatherly said.

The team says that generally they have to work harder as girls to prove themselves as athletes, because some people are not as excited about them as they are excited about boys’ games. So, when a girl plays a sport she must really and truly enjoy it, no matter how little or how much support they get. They know they

have to keep their focus on their individual positions on the team in order to accomplish what they set out to do.

“We have great leadership this year with Bianca Mitchell, Anna Parma, and Onezia Berotte guiding the team. For the most part we are all fighting for the same goal-to be the best players we can,” junior Gina Andrews said.

When the girls tried out to play, they had no idea that they were signing up not only for a sport they love, but to also gain sisters and create bonds that will last a lifetime. Come support the Varsity Women’s Basketball team this season and watch as they remain a family on-and off the court.

Sport of the Month

~

Broomball

By Kaylee McNeil
Staff Writer

Ice sports have been enjoyed for hundreds of years; lately, broomball has regained the attention of rink lovers across the globe and has encouraged its revival.

The centuries-old pastime began in Canada and quickly became popular the northernmost parts of the United States, most notably in Min-

nesota. The United States has since established the USA Broomball organization that governs almost a fifth of the U.S. and has been hosting the National Championships since 1999. The sport has also been recognized in many other countries and at a few colleges as well, including Michigan Tech.

Broomball is often mistaken for curling, yet the two have little in common: only ice and and the absence of skates. With rules similar to those of hockey, broomball is actually far more of an active sport than curling.

“I thought that it would be a really slow game to play because I had seen curling on T.V. and I thought that broomball would be similar,” freshman Natasha Chandler said. “It was actually a pretty good workout.”

Each team of broomball has eight to fifteen players: a goalkeeper, two defenders,

and three attackers; six team members play at a time. There are two halves in a game of broomball and, similar to many other team sports, the object is ultimately to get the ball in the opponent’s goal to score, ‘sweeping’ the ball back and forth between your teammates.

“[The rules are] simple; it’s the same basic setup as any other team sport,” sophomore Quinn Miller said.

The benefit of broomball



A game of broomball begins with a face-off.

over other ice sports is that players do not use ice skates; therefore, people who cannot skate very well are still able to participate.

“I was never good at skating, but now I might actually have a chance at some winter sport,” freshman Muyao “Bob” Wu said.

The level of activity in the game is similar to hockey, so one is still able to get a good workout while having fun. Broomball is available locally for both recreational and competitive players.

Very little is needed to play; only a ball, rubber-soled shoes, a broom, and a rink are necessary. Here in San Diego one can try out the sport at San Diego Ice Arena.

Broomball is easy to understand, it is fun, and it is gaining popularity fast. There is no doubt about it: broomball is worth a try.

Upcoming Sports Schedule

Girl’s Water Polo

Feb 4 Coronado @ La Jolla 3:00 pm

Feb 11 Cathedral @ La Jolla 3:00 pm

Boy’s Basketball

Jan 29 Scripps @ La Jolla 7:30 pm

Feb 5 La Jolla @ Cathedral 7:30 pm

Girl’s Soccer

Jan 29 Cathedral @ La Jolla

6:00 pm

Feb 1 Lincoln @ La Jolla 4:45 pm

Boy’s Soccer

Jan 29 Cathedral @ La Jolla 3:00 pm

Feb 1 La Jolla @ Saints 3:00 pm

Wrestling

Feb 1 La Jolla @ UC 3:00 pm

STANDOUT ATHLETES

By Olivia Polger and Jessica Wood
Staff Writers

David Blasquez

David Blasquez’s record of 23 wins and 3 losses makes him a champion on the La Jolla High School wrestling team. Along with an absolutely incredible record, he is a great team leader with a competitive spirit and dedication to the team. This 6’1 senior has wrestled on the varsity team for all four years of his high school career.

“It is hard to manage school and wrestling but being a part of the team makes it all worth it,” senior Blasquez said. “When I win a match, I get a feeling of ultimate accomplishment. It means I advance to the next round and that I get a shot at winning the tournament.”

A day in the life of David Blasquez... **6:45-** David gets up in the morning and has a bowl of Cheerios with milk. This is always a great way to start the day. **7:20-** He always manages to get to school right when the bell rings. **7:25-8:23-** First period AP Environmental Science. David always has fun in that class either taking field trips to the bike path or to Wind n’ Sea. **8:28-9:28-** Writer’s Workshop. **10:36-11:34-** Auto-shop 4th period. “I like auto-shop the

best because its fun working on cars; it’s almost like my stress-relieving class during the day,” David said.

Lunch 1:20-4:30- David has wrestling practice for about three hours every day where they usually warm up for about thirty minutes, then do some drills at various intensities. They always wrap up practice with 30 minutes of live wrestling. **5:30-8:30-** As soon as David gets home he always showers and then spends about two to three hours on homework. **11:30-** Time for the star athlete to get some rest for the next day at school. David always puts 100% into his wrestling practices, match-

es, and tournaments. He says that he had too many injuries to wrestle after high school but he hopes to attend UC Davis next year.

years, Sam has been dedicating the majority of his free time to soccer. The countless hours of practice, games, and travel have certainly paid off. This fall Sam will be playing for UC Davis as an incoming freshman. He has been playing for the LJHS varsity team since his sophomore year as a starting center forward. He loves playing in front of big crowds, especially when he is the one scoring the goals. “Scoring goals is my favorite aspect of soccer. You get a huge rush every time the ball hits the back of the net. It’s like no other feeling.” Outside of high school season, Sam plays from the U18 Surf

Academy, one of the most selective clubs in the state. There is a ton of fitness involved in being on such a good team so to stay in good shape he goes for runs every day. Soccer isn’t just some sport-it’s more of a lifestyle. In Sam’s case, this lifestyle has become a daily routine.

7:00- Sam wakes up to take a shower and get to school. **7:25-8:23-** AP Statistics with Mr. Kinsel. **8:28-9:28-** AP Environmental Science with Mr. Tenenbaum. **9:33-10:31-** English Lit. with Mr. Boyd. **10:36-11:34-** Economics with Ms. Perry. **11:35-** Sam leaves school and takes his nap from 12:00-2:00. **2:30-4:30-** Sam goes to soccer practice, where he practices various drills that fine-tune his agility, speed, scoring, and teamwork. **5:00-6:00-** He hits the gym before heading home for dinner. **10:00-** Lights out.

Sam’s dedication to his soccer career has definitely shown in his play and has paid off dramatically. Make sure to get to one of the Men’s Varsity Soccer games this season to show your support for Sam and the rest of the team.



Blasquez and Mahmood show off their skills.

Sam Mahmood

As captain of this year’s La Jolla High Men’s Soccer Team, Sam Mahmood has caused quite a stir. For the last 14

Row Yourself Into College

By Jacqueline Berracasa
Staff Writer

Rowing is one of the most popular off-campus sports at La Jolla High. It is notorious for strenuous 4-hour practices and out-of-city tournaments, and is also very time consuming; colleges recognize the time and effort that students dedicate towards rowing.

Many of the University of California schools and Ivy League schools have visited the Zlac Rowing Club and San Diego Rowing Club practices in hopes of recruiting the best rowers for their colleges.

This gives rowers a huge advantage when applying to college. Junior Demi Good believes it is a worthy advantage indeed.

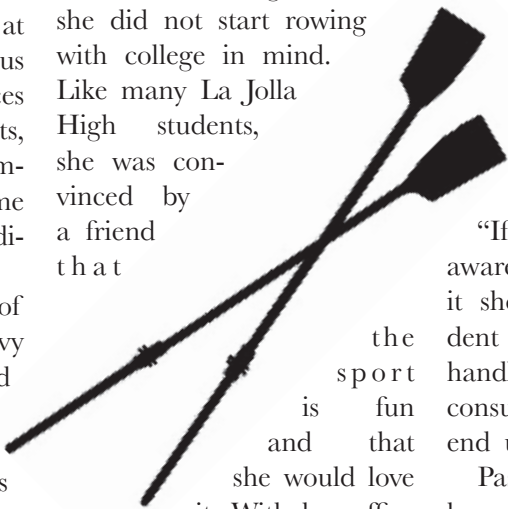
“It is a very strenuous and time-consuming sport, so the time we invest in it

should be recognized by the universities,” Good said.

Although rowing is a big factor in Good’s college decision, she did not start rowing with college in mind. Like many La Jolla High students, she was convinced by a friend that she should be recognized by the universities,” Good said.

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attend an Ivy League schools. Arthur Sloate, head coach at the San Diego Rowing club, thinks that rowing not only shows colleges dedication, but also brings out many mature traits in a student-athlete that colleges are looking for.

“If the college becomes aware that a student rows, it shows them that the student has the capabilities to handle academia and a time-consuming sport, and still end up on top.” Sloate said.

Past La Jolla High students have attended colleges such as MIT, UCLA, and Cal Tech with rowing scholarships. Students wholeheartedly agree that their inner drive to succeed, developed through rowing, is beneficial in college and beyond.

Photo courtesy of oariginals.com

Wii Get Fit

By Aida Saam
Staff Writer

People everywhere are finding out ways to work out in their very own home with Wii fitness and sports. One can find numerous different exercises that are fun and challenging. Here are some of La Jolla High School’s students’ favorites.

Wii Tennis: “I actually start to break a sweat when I play Wii tennis. I am actually pretty good at it and when I used to play real tennis, it helped me a lot with my hand-eye coordination and backhand,” junior Katheryne Penny said.

Balance Board: “The balance board is like a tightrope,” sophomore Tauray Souza said. “It sounds easy but the game keeps throwing distractions at you

that you have to avoid or else you fall. The balance board is definitely a workout for your core and breathing.”

Wii Bowling: “Bowling is one of the most realistic Wii games. You have to aim very percisley and swing the ball with just the right amount of force. The game is also a great confidence booster because right when you’re getting ready to throw the ball the crowd goes wild and starts cheering for you,” sophomore Kevin Usselman said.

Wii Boxing: “The Wii Boxing feels like you are actually boxing in real life. You have to dodge punches and comeback with your own with no time in between,” junior Bradley Zimmer said. Students at La Jolla High have found many ways to stay fit and healthy by playing with their Wii system.

SISTER SCHOOLS INSPIRATIONAL ASSEMBLY

By Sarah Devermann
Staff Writer

Many students recently had the wonderful experience of listening to an inspirational speaker from Africa at an assembly hosted by the Sister Schools Club. The speaker, Joshua Kyallo, grew up in Kenya and was inspired to help the African community as a result of his own childhood.

“When I was growing up, I went through a lot of personal hardships. It was always a challenge for my parents to put me through school,” Kyallo said.

Today, only about 50-60% of children in Africa go to school. However, even these fortunate few rarely have access to a quality education.

“Millions of children in Africa do not have access to the most basic facilities and resources that a child growing up in the United States or anywhere else would have,” Kyallo said.

Another fear in the minds of children living in Africa is the ever present danger presented by the rebels. One African

child drew a gruesome picture and wrote about how the rebels killed teachers at his school while the students were forced to watch and eat part of their teachers’ heads.

Currently, Kyallo is working for the African Medical and Research Foundation, AMREF. In Kyallo’s mind, the partnership of AMREF’s health services and Sister School’s education funds is a powerful combination destined to benefit people in Uganda.

“The money that is raised through Sister Schools Club in La Jolla has made a tremendous difference in the lives of children in Uganda,” Kyallo exclaimed.

Sister Schools Club has raised over \$25,000 dollars for AMREF. The club was founded by Melia Plotkin, currently a sophomore at Claremont McKenna College, and is now led by senior Sasha Altschuler. Besides raising money, the club also sends letters to children in Africa and hosted a fundraiser to help decorate an African

technology resource center the club supports.

“This club is very inspirational. The fact that a group of people can come together to make a difference for others thousands of miles is a feat that amazes me,” said freshman Giovanni Moujaes.

Sister Schools Club is hosting their next large fundraiser in March. Forms will be sent home to students and everybody in the community is encouraged to support this incredible cause.

The education and love the children in Uganda receive through the help of Sister Schools Club will benefit them for their entire life.

“Children in Africa need help because it is the only way they can have opportunities to develop and develop their communities,” Kyallo said.

If you are interested in helping out this worthy cause come to a Sister Schools meeting; every Tuesday at lunch in Room 305!



Supporting Sisters: Melia Plotkin and senior Sasha Altschuler pose next to Joshua Kyallo, director of the African Medical and Research Foundation.

High School Heroines



Baby Savers: Seniors Tiffany Fan, Lory Chu, and Tatevik Simavoryan (from left to right) join together to save a life.

By Kathy Lunas
Staff Writer

It was a perfectly normal San Diego day. The sun was shining brightly and the weather was the perfect temperature. Yet this day was different. While most students had gone out to lunch on the half-day, three senior girls noticed something strange. On their way to to eat, Tiffany Fan, Lory Chu and Tatevik Simavoryan noticed a car with a baby inside. The girls realized the doors of the car were locked and decided to wait just in case the owner had only gone away for a few minutes. As the hot sun beat down and the girls continued to wait, they wondered if anyone was going to come back to claim the baby.

“It had already been almost 45 minutes and the paramedics arrived after about 30 minutes. We were starting to get really worried and wondered if we should call someone,” senior Tiffany Fan said.

After a few more minutes

had gone by, the girls decided to call 911. The San Diego Police and paramedics arrived to unlock the door of the car and retrieve the baby from the blistering interior. The parents of the baby have not yet been found.

“The baby was fine, but the parent or guardian never showed up so the paramedics ended up taking her,” senior Fan said.

When asked what she thought of her fellow classmates Lilly Sedaghat was ecstatic.

“They did the right thing by calling the police. Those girls are heroes,” senior Lilly Sedaghat said.

Thanks to the efforts and patience of the two seniors, the child was rescued on what had started out as an uneventful day.

“We just did what we thought was right. We didn’t want to just leave a baby there,” Fan said.

The three seniors proved that a little patience and kindness can go a long way.

Men vs. Women in the Workforce

By Ashley Wei
Staff Writer

Women today make up over half of America’s labor force. About 63 percent of jobs belong to women ages sixteen and older. Such a figure would have been impossible years ago, but it is a reality today. Males, the traditional breadwinners of the family unit, have been subjected to lay offs as a result of the United State’s economic recession. Though tragic for many families, this trend has helped pave the way for women to re-enter the workforce after being unemployed, or seek employment as a necessary means to provide for the family.

Furthermore, a rise in the lay offs of male workers has

given women the opportunity to occupy the spaces men have left behind. Now, women have become the sole earners and make as much or more than men in four of every ten American families. Women are taking up jobs out of necessity and are reaching a milestone in the process.

The number of women in the work force has increased over the years. Great influxes of women entering the labor force can be traced all the way back to World War II and the Great Depression. A lack of male workers as a result of the need for soldiers led to the creation of historic icons like Rosie the Riveter, meant to inspire women to work as the war progressed. Since then,

the female presence in job positions has climbed steadily.

“I work already and most of the people around me [at my job] are women,” said senior Marie Olea.

Traditionally male-dominated industries such as manufacturing and construction have been required to cut job positions, leading to soaring unemployment amongst men.

Today, 11.4 percent of able-bodied men are unemployed. On the other hand, only 8.8 percent of women are unemployed. This is because many of the female-dominated areas in the work force such as health care, education and government have little unemployment because they receive federal funding. Despite these

statistics, some men do not feel discouraged about future employment.

“Any place that wants a competent worker will find one. It doesn’t matter what [his or her] sex is,” said senior Adam Wild.

Despite an increase of females in the work force, on average women continue to earn only 77 percent of men’s wages and hold more part-time jobs. Full equality may not have been reached yet, but the fact that women currently hold over half of the country’s positions is an astounding feat.

“Personally, [I am] glad for the fact that women are staying employed during these hard economic times and wish all the men, and women, the

best of luck in getting other jobs,” said sophomore Ardis Zhong.

The rise of women in America’s work force will create lasting cultural and social change for the United States.

In a world where women were once expected to stay at home with the kids, they are now confronted with work as the only option to provide for their families; women can no longer sit idly by and count on men to act as the main source of income. The recession is a chance for women to express their full potential and reveal their capabilities in a previously male-dominated area; this is an opportunity that many have been waiting to experience for generations.

Celebrities for Absolutely No Reason

By **Rebecca Huntly-Playle**
Staff Writer

Celebrities are generally famous for astounding abilities in television, movies, or concert performances. However, today Hollywood is graced with a number of celebrities who are famous just for being famous.

Paris Hilton is someone who meets these standards. Although she is the granddaughter of Conrad Hilton, founder of the Hilton hotel chain, she became an overnight sensation for her wild partying and “blonde moments.”

Television producers noticed how famous she had become and offered Hilton and her best friend Nicole Richie their own reality program. Nicole Richie, the daughter of singer Lionel

Richie, was a competitive ice skater as a child, and as a teenager she ended up in rehab for drugs and alcohol.

The Simple Life was about the girls learning how to work and earn money while living with an Arkansas farm family. They had their credit cards and cell phones taken away, and each week they were given jobs like plucking chickens or taking temperatures of cows in order to earn cash. The show aired for six seasons.

Casey Johnson, heiress to the fortune of the Johnson and Johnson Company, recently passed away from unknown causes. She has been getting a lot of press but was really just a party girl. She was engaged

to reality star Tila Tequila at the time of her death.

The Kardashian family is one that became famous and was given a T.V. show about its fame. Kim Kardashian



became known for her sex tape scandal years ago and for her famous butt. Her mom Kris is married to former Olympic star Bruce Jenner.

Keeping up with the Kardashians

is about Kim and her sisters Khloe and Kourtney and their lives, which consist of making public appearances and running a boutique. Also featured are the famous guys the sisters date.

All in all, the latest reality shows exemplify people who really have no talent but are able to make a very good living just off their name.

“In my opinion Kim Kardashian has little talent but she has become well known for her booty, which has made her very popular,” sophomore Tara Ravanbach said.

Jon and Kate Gosselin got a reality show after having twins and then sextuplets. *Jon and Kate Plus Eight* was a show that

follows the family around as they raise eight kids. Kate gets expensive haircuts and tummy tucks while Jon gets a Harley Davidson motorcycle and Ed Hardy clothes. These two are on magazine covers and are truly celebrities with zero talent.

“Jon and Kate are famous because people are interested in the drama in their lives. They are entertaining but don’t deserve all of the press they get,” senior Alexis Lum said.

Reality shows have now brought on a new kind of celebrity that people follow who really are not talented, but have somehow captured our attention during their fifteen minutes of fame.

Photo courtesy of www.eneews.com

SEXY AND STUDLY SUPERSTARS

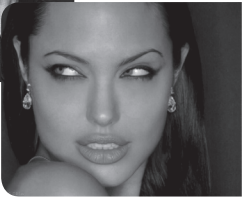
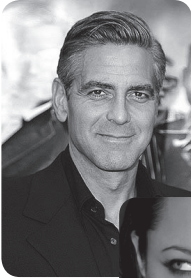
By **Taylor Jetter**
Staff Writer

Totally Obvious Heart-Throbs

Channing Tatum

Ripped, tan, and gorgeous. “He’s an amazing actor and dancer, and incredibly hot. He has this vulnerability about him, and that makes him sexy. Plus, he’s got a smile that’ll make your heart melt,” freshman Anna Osypka said.

everyone’s mind. She has been steaming up the movie screens in films such as *Tomb Raider*, *Mr. and Mrs. Smith*, *Girl, Interrupted* and *Wanted* as a fearless girl who doesn’t play by the rules.



everyone can relate to, Diaz has starred in hit films such as *Charlie’s Angels*, *The Mask*, and *My Best Friend’s Wedding*. Not to mention, she’s got the body of a goddess. Her style is impeccable and her smile is one that will make your heart melt. Mr. Atwell has had a crush on her for quite some time now. “Super hot!” he said.

Athletic Crushes

Maria Sharapova

As the icon of Women’s tennis Sharapova is not only beautiful but she completely dominates the sport.



Guilty Pleasures

Robert Downey Jr.

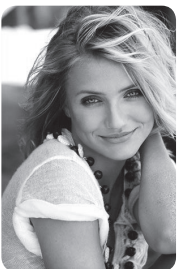
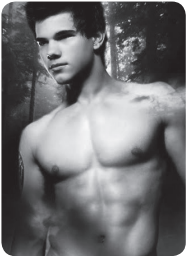
After his hit movies *Iron Man* and *Sherlock Holmes*, more and more women seem to be falling head over heels for him.



“So gorgeous. I’m obsessed,” junior Herén Alanis said.

Taylor Lautner

Taylor Lautner has girls falling in love with him all over the place! He’s totally ripped and who doesn’t love a big puppy? Freshmen Maria Banuecios and Vanessa Riuas all agree that he is “yummy.”



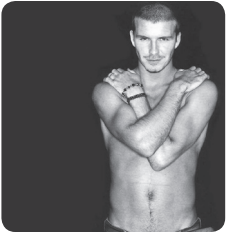
Cameron Diaz

A girl just about

David Beckham

The soccer Brit married to a Spice Girl has been around for years. When people think of soccer, he’s the man who usually comes to mind. However, there are some people who are getting a bit tired of it.

“I don’t know why people like him so much. He’s not even good and soccer!” sophomore Anthony Zucca said.



Although the prospect of actually pursuing a romantic relationship is daunting and largely improbable, it is still entertaining to watch these hotties from afar.

Concert Calamities

By **Wilson Mokiao**
Staff Writer

The bards of ancient Greece and Rome have never told an epic poem so heroic or daring as the tales of concert injuries. The brave few, nursing their fractured wrists and broken noses, can be seen parading their injuries and telling a long-winded story to anyone who will listen.

You know someone is going to get hurt when they have three ambulances preemptively waiting outside the venue.



Two years ago, junior George Brabon was attending a Slayer concert. The mosh pit was occupying the better half of the venue. At its core stood a tall man who weighed over 300 pounds. With his arms stretched out, he was spinning around faster than your eyes could follow him.

“I was pushed into him; that was all it took,” junior George Brabon said. “I was knocked down by an arm that felt as big as a small freshman.”

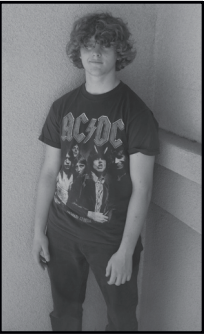
That wasn’t the end of it. After being knocked down, George was trampled. When he got up, he had to limp and fight his way out of the mosh, but sustained no permanent injuries.

Three long months ago, sophomore Louie Zigman and 999 other people were at Soma to see the band Bring Me Horizon. Louie was minding his own business in

the pit, thrashing around like a madman, when he suddenly saw a six-foot-five, 280 pound man come crashing through the mosh.

The giant jumped up and kicked out, catching Zigman’s face in the process. Zigman’s nose was cracked and bleeding, and he was left with a boot print on his face.

“I am just glad that it wasn’t the Samoan bouncer,”



Zigman said.

About a year and a half ago, Stick to Your Guns was playing at the Soma main stage. About halfway through the band’s set, the crowd became rowdy. One man was running at the pit from the side and punched into the crowd, hitting an innocent concertgoer in the temple.

“We thought she was dead,” an anonymous senior said. “You could hear her head hit the concrete over the music.”

All of the people surrounding the girl tried to carry her out of the pit. When they got outside, one of the rescuers noticed that there was blood coming out of the girl’s ear.

The girl had busted her eardrum, sustained permanent brain damage and had an air bubble in her skull. She was rushed to the hospital where she stayed for three days.

Concerts are dangerous places. They are always fun, but there are precautions to take to avoid injury and pain. People often forget the purpose of a concert is to listen to music, not to get into a “legal” fistfight; concertgoers should enjoy responsibly.

DISNEY GONE WILD

By Sarah Devermann and Kaitlin Shantiai
Staff Writers

LINDSAY LOHAN

Lindsay Lohan. Lohan was the cute little girl everyone loved, making her big break in *The Parent Trap*. Then came *Freaky Friday* and *Mean Girls*, and shortly afterward controversy started. Lohan partied way too hard, was constantly hungover, and was arrested for a DUI. Lohan checked into rehab in 2007, and is now slowly trying to make a sober comeback.



Disney stars are innocent young actors that children can look up to, right? The company wishes. Some of Disney's stars just love to rebel. Throughout the years a number of Disney stars have made the naughty list. Television networks do not try to turn their child stars into sex symbols; but, with peer pressure and media pressure, young celebrities are overwhelmed. In the end their choices not only hurt themselves, but all the kids who are easily influenced by them.

BRITNEY SPEARS

She first began her career starring in Disney's "Mickey Mouse Club" alongside Justin Timberlake and Christina Aguilera. Some say Spears went through too much, too soon, causing her to walk away from the innocent image she was portrayed to have. Spears, now only twenty-nine years old, has been through much more than the average person or celebrity her age, including the most public drug-fueled downfall in entertainment history and being committed to a mental ward.



JODIE SWEETIN

Jodie Sweetin, Stephanie in *Full House*, went from being the quirky middle child to having a meth addiction.



SHIA LABEOUF

Shia Labeouf was also an innocent child star, making his debut in the hit Disney series "Even Stevens." It was only just a few years ago when Labeouf put on his bad boy face. Everyone remembers the Walgreens scandal, when a drunken Labeouf tried to buy cigarettes late at night and faced DUI charges. He also joined the rehab club for a while. Labeouf hasn't spiraled completely, however. He is still constantly making very successful movies.



MILEY CYRUS

The premier of the television show "Hannah Montana" launched Miley Cyrus' career in the entertainment business. After her scandalous Vanity Fair photoshoot and gaudy Teen Choice Awards performace, this Disney star went from being viewed as an extremely popular role-model for young girls to a horrible influence for them. Cyrus' "Hannah Montana" show is ending next year.



By Herén Alanis and Kaylee McNeil
Staff Writers

2009 was an amazing year for viral videos. From unplanned, honest moments to choreographed routines, we watched—then immediately shared—an astounding amount of greatness. Here are a few of the most popular viral videos of 2009:

1. "David After Dentist"

A young boy named David DeVore was made famous by a rather interesting video that his father took of him after a visit to the dentist in 2008. His medication was obviously still in effect as displayed by some rather bizarre yet hilarious behavior.

The original video alone has had more than 36 million views as of December, 2009. Since the original "David After Dentist" video was posted, a number of "remix" clips have surfaced, including a dance-style electronica remix.

2. "Potter Puppet Pals The Mysterious Ticking Noise"

You do not need to be a Harry Potter fan to love this film, as millions have discovered. The video is a short, repetitive song that is sung to the beat of a pipe bomb ticker placed by Voldemort.

It features Harry, Ron, Hermione, Snape, and Dumbledore puppets. With a rather catchy tune and amusing characters, this video has earned every one of its 74 million views.

3. "I'm Yours (Ukulele)"

On December 14, 2009 a little Japanese boy mangled the lyrics of Jason Mraz's hit song, "I'm Yours." It became an Internet sensation.

So far, the five-year-old from Japan, dubbed "Ukulele Boy," who clearly does not speak English, has garnered close to 4.6 million hits on one page on YouTube.

"I love that video! It's hilarious and that little kid is so cute," junior Eric Hedlin said.

4. "No Pants Subway Ride 2009"

1,200 New Yorkers ride the subway without pants in a snowstorm. This is one of nearly 100 different missions "Improv Everywhere" has executed over the past eight years in New York City. Others include the Best Game Ever, the Food Court Musical, and the Frozen Grand Central, to name a few.

"That video is really funny, it must have been so cold. I would never do something like that. It's crazy," junior Alexa Moy said.

5. "Charlie Bit My Finger - Again!"

With over 148 million views on YouTube, this video has the highest number of overall views on the site.

It is a simple home video, timing at less than a minute, and stars two little boys from England.

Harry, a toddler, and Charlie, a baby with dangerous intentions. The actual moment of Charlie biting Harry's finger is not what makes the video famous; rather, it is the baby's evil cackle afterward. That, and of course, Harry's adorable British accent.



Photo courtesy of YouTube.com

ViralVideos