

# HI-TIDE

Volume LXXVVII Issue 4-January 21, 2010

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

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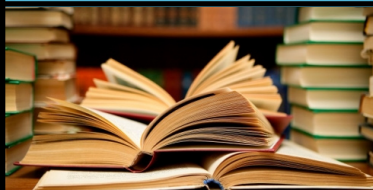
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## Victorious Class of 2012

By Norma Ramos  
Radio Editor

Powder Puff football at La Jolla High is best known as an event where male cheerleaders flaunt what nobody wants to see and female players are aggressively competitive on the field.

This event is also known for raising school spirit, ending with the seniors usually winning, but that was not the case this year.

On January 7, the junior class defeated all the other classes and stood victorious at the end of the two games.

Unfortunately for the seniors, they were eliminated after the first game, but their cheerleaders remained spirited.

The matches first consisted of seniors vs. sophomores, and juniors vs. freshmen. At the end of the first games the juniors and sophomores were the winners and went against each other in the second round.

The sophomores put up a challenge to the junior class but in the end the class of '12 was victorious.



Photos Courtesy of Wendy Nettleton

**The Victorious Vikings:** The junior girls won by defeating the sophomores 21-0.



**'11 vs. '13:** The senior and sophomore teams in action on the field.

## ASB Update

Hey Vikes!

I hope you all had a fun and relaxing three-day weekend! I know we are all not looking forward to finals coming up next week; but I wish you all the best of luck and get excited for an eventful second semester.

ASB has a full agenda of exciting events coming up in the next few months.

The senior vs. faculty basketball game will be on February 25. Anyone interested in being a coach or a player needs to sign up.

This year, the ASB ball will be held on March 12 at Paradise Point. More information regarding the theme and tickets will be released soon.

Airband is on April 14 and ASB will be announcing this year's theme in the near future.

Following Airband will be the food fair on April 29, as well as the Walk for the Cure during the spring.

There will be another three-day break the weekend of February 11 for Lincoln's Day and another the weekend of February 21 for President's Day.

Congratulations to the junior class of 2012 for winning Powderpuff football, coming up on top with a score of 21-0 against the sophomores. Powderpuff raised \$2,950 and the ASB thanks you all for attending.

Congrats to everyone for surviving first semester; only one week remains! Get ready to have a fun-filled second semester, which ASB is working extremely hard to plan.

Please contact ASB with any questions, comments, or concerns.

Sincerely,  
Abbi Leib

**ASB Commissioner of  
Public Relations**

## Unconstitutional: Mt. Soledad Cross

By Quinn Miller  
Staff Writer

In close proximity to La Jolla High School rests the Mount Soledad War Memorial, which consists of a 43 foot, 24 ton, Latin cross. From atop its perch, the giant cross overlooks much of the surrounding city.

Since 1989, the cross has been subject to an intense legal battle; its opponents argue that placing a prominent religious symbol on public land violates the Establishment Clause in the First Amendment of the Constitution—the clause that separates church and state.

Recently, the 9th US Circuit Court of Appeals has ruled in favor of the opponents. It declared the cross to be unconstitutional.

Although proponents argue that the war memorial is not meant to be seen as a religious symbol, the court has decided that because the efforts made



to memorialize the cross started after the first legal trouble in 1989, the proponents' claims are not legitimate.

Efforts have been made to attempt to secularize the memorial. Families can purchase plaques for veterans of wars, which personal religious symbols can be attached to.

There has been a cross on the top of Mt. Soledad since 1913. The first was a giant redwood cross that remained there for 41 years, even after the land it sat upon was named a public park in 1916.

It was damaged twice, in 1923 and then again in 1952. In 1954, that cross was replaced with the one that can now be seen today.

Opponents of the cross use the memorial's history as an argument against it. From the 1920's to as late as the 1970's the cross was interpreted by some as an anti-Semitic sign, meant to discourage Jewish people from settling in La Jolla.

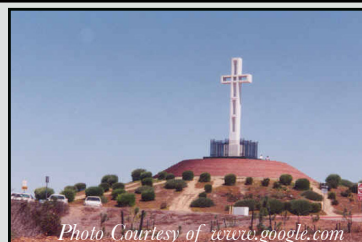


Photo Courtesy of [www.google.com](http://www.google.com)

Today, however, the memorial has shed its religious image. Many La Jolla High students do not see the cross as anything more than a historic landmark.

"I think the cross is cool, and that they should just leave it up there," senior Max McMillian said, "It's become an institution, and it brings more happiness than sadness."

Junior Tracy Warren agrees. "People don't see the cross as a religious symbol," Warren said, "It's just a landmark."

Although the cross has been declared unconstitutional, the appeals court has no demands for it to be removed just yet. Instead, the case will go to the San Diego Federal Court, which will make the final decision.



The La Jolla High School

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# Midterm Madness

It is that time of year again and midterms are just around the corner. During this time of high stress and extreme pressure, what goes on in the minds of both the students and the teachers?

## The Students’ Point of View

By Christine Han  
Staff Writer

Take into consideration the months of effort many diligent students here at La Jolla High put into earning an A every semester. Though unfortunately, when midterms come around, many students crack under the extreme pressure. In many cases, this single test has the ability to influence a student’s grades far too much.

Some students at La Jolla High argue that they are not satisfied with how much finals affect their grades. Students cannot be expected to immediately remember all of the information they have been taught over a five month time span. It is frustrating when teachers think cramming all of the review material in a couple days is possible.

Teachers might argue that midterms and finals prepare high school students for college. On the other hand, students argue that this is unfair because preparing high school students, especially freshman and sophomores, for college does not mean treating them like college students.

Exams count so much in some classes that they can easily change one’s grade by an entire letter. The intensity of midterms result in unnecessary anxiety and stress for many of our students. Stu-

dents agree that the final taking process could be simplified with a few minor adjustments.

Consider a hardworking student. It is not fair for them to study for finals in the two hardest courses on the same day but end up with a grade that lowers their overall grade by an entire letter. This may have been because they were too stressed out with the amount of information they needed to remember. Making finals worth less or making some improvements that students prefer, could be a needed relief.

## The Teachers’ Point of View

As finals draw closer, high school students are enduring a “crunch time.” Students feel that teachers are pushing them a little further in the month or so before finals. With all the work that is needed to be reviewed, students might have cried out in frustration, “Why do teachers give us finals anyway?!” The eternal question has been answered.

Teachers give finals to assess what students have learned all throughout the semester and to make sure that they understand all the material before second semester starts.

It is beneficial for students to review their work and to completely comprehend it for later use. Teachers tend to put questions on the finals that students might need to be able to answer throughout their life.



In colleges, finals are worth about half of a student’s grade so teachers try to prepare their students now for success. This allows students to easily endure the next steps of their academic careers.

Recently, some teachers even decided to lower the percentage of the test maintaining the balance of the midterm exam with the work students completed throughout the semester.

This helpful change is proven by the English and Spanish departments, who decided to make the final worth 10% of a student’s overall grade.

Finals should not be frowned upon simply because students crack under the realistic pressures that come along with education.

Finals are beneficial and serve as a useful way to make sure students have properly learned and absorbed the curriculum. This, in turn, determines whether or not the student is capable of moving on. Though students may incessantly protest, but teachers have their reasons for midterms, and do not plan to cancel them anytime soon.



Students VS. Teachers

<p>“It is difficult because your grade can be in jeopardy just because of one test; and all your hard work of bringing your grade ends up a waste complete waste.”</p> <p>-junior Tara Ravanbach</p> <p>“On top of stress, pressure from parents, late nights and last minute cramming, finals are not worth the hours of time and effort.”</p> <p>-senior Elizabeth Wang</p> <p>“It is a big transition from middle school. There is a lot more pressure from teachers now and it is completely overwhelming and different than previous tests I have taken.”</p> <p>-freshman Griffin Brown</p>	<p>“We give finals to assess information that they have retained in a whole semester.”</p> <p>-Mrs.Benito</p> <p>“It is beneficial for students to go back and review the material because teachers tend to put questions on finals that students need to know for life.”</p> <p>-Mrs.Wira</p> <p>“Finals are beneficial for students because they are able to recognize what they have learned and be reminded of what the most important elements of the subject are.”</p> <p>-Mr.Mika</p> <p>“The final tells me if they have got the big picture or not.”</p> <p>Mrs.Menders</p>
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# Calculator Kids

## Imperfections of the intellectuals

By Wilson Mokiao  
Staff Writer

At La Jolla High School, there are quite a few examples of the “genius,” the “curve setter,” the “over-achiever,” and the “type ‘A’ personality.” They lurk in the physics room at lunch, pore over textbooks on Friday night, and take SAT prep from nine to five on the weekends.

As children grow up, their development can be charted along four streams: intellectual, physical, emotional (psychological), and social. In classrooms, the smartest kids tend to be left out of activities by the other children. They are “odd,” they are the geeks – the social outsiders. In other words,

they do not develop socially as well as they may develop intellectually, or even physically.

If a child excels in intelligence, there is a strong possibility he/or she could lack other assets like being social and emotional. What is left is an extremely bright kid, who is not comfortable around other people, and has trouble forging emotional ties.

This type of kid tends to be wearing the golden cords at graduation. Focusing so much on being intellectual, and neglecting the other development areas, leaves a 5.0 valedictorian who cannot string two words together in front of an audience. Being a mathematical genius only gets you so far, and the traits that usually show a well-rounded human being are washed away,

leaving a stuttering calculator.

In schools today, more emphasis is given to left-brain activities like math, logic, spelling, and related academic activities, as compared to right-brain activities like artistic ability and outgoing character. This one-sided diagnosis leaves much to be desired. Schools should not be rewarding those who can do no more than read a test and spit out the answers.

“My parents don’t let me outside much, I have too much schoolwork to do, and when that is done, I have to do SAT and college prep,” said junior Ben Ghell.

The mentality that high school is the path to college and nothing more completely ignores the more important aspects of school. What is valuable in school should not only

be measured in grades. Success in the real world is so much more than taking tests; success requires inter-personal skills, the ability to network, and the ability to handle pressure.

High school is a social testing ground. Teens take their first shaky steps towards reality, relationships, and drama. These things are real life, and leave it to SDUSD (San Diego Unified School District) to leave the most important part of our development as functioning humans un-graded.

“The thing that I value most from high school are the friends that I have made, I will know them forever, unlike De Mauv’s Theorem,” said senior Lewis Fowler-Gerace.

Parents are often the driving force behind the super  
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# Foscarini Inspires

Her experience in Italy left Fabiola Zirino questioning the effectiveness of La Jolla High’s school system.

By Fabiola Zirino  
Student Writer

I am a student at La Jolla High School; there are 1,665 of us, give or take a few. We all bump around school scrambling from one class to the next. During lunch we only hang out with our little group of friends. We do what we are told. We develop a routine. As much as our teachers encourage us to “think outside the box,” we are only spontaneous and creative when it is permitted. We are regimented, awkward, zombies, floating around school, and we count down the days until our next break.

Most students think that this is what is normal. I wouldn’t have known differently if it hadn’t been for my two months spent at Liceo Classico Foscarini in Venice, Italy.

What a fantastically different atmosphere it was! For two months I woke up every morning with the desire to go to school; something I had never known before.

School started around 8 o’clock, or 8:10, whenever the teacher showed up. School ended around 12 o’clock or 1 o’clock, depending on how much time we chose to spend in P.E. I sat in one classroom the entire day with about 17 classmates. We were all friends with each other and with the teachers, who knew us well.

We all received (mostly) enthusiastic lessons at the same level from different teachers in a variety of classical subjects: Italian history, Italian literature, English language, biology/chemistry, algebra, philosophy, Greek, Latin, art history, religion, and physical

education. Most of the learning was done in the classroom. Because we were a small group, teaching was quite personal.

Our schedule was planned by our teachers who organized our lessons for the day and it could vary depending on what the teachers wanted to teach on which days. We all felt a feeling of camaraderie. I think

“...as much as our teachers encourage us to “think outside the box,” we are only spontaneous and creative when it is permitted.”

that I learned and retained more valuable information in those two months than a whole year at La Jolla High School.

However, what I am certain of is that at La Jolla High School I have learned how to become efficient at test-taking. I have become very good at studying, taking a test, getting a good

“It is not the teachers or the school that I criticize; it is the old mentality of policing the students and the notion that competition, rather than cooperation, brings out the best in us.”

grade, and still not learning anything in depth. At La Jolla High School there is such an enormous emphasis on grades and a “get ‘er done” attitude that there is not enough room in my cluttered mind to actually absorb and enjoy learning the material. In most of my classes I read the chapter, take the test, and move on to the next chapter. It’s very superficial.

At Foscarini, a test was called *interrogazione* or interrogation. The teacher would ask you if you felt ready to be interrogated; you would agree or wait for the next time. Then you would stand in front of the class while

the teacher asked you questions about what he or she had been teaching. You would tell the teacher all you knew and the teacher would say “good” or “not so good” or “you forgot this” or something of the sort. Grading was on the basis of these interrogations. Only quizzes were written (of which

we had very few), and never did I take a multiple choice test.

There was no handing in of papers, everything that was written was read out loud, and every creative spark or absurdity was shared with the class. My natural writing came out in metaphors as I was reading Shakespeare for fun! The moti-

vation for doing well came from one’s personal interaction with the teacher and with the rest of the class. There was never a need to threaten the student. I felt that I was a free being!

Only upon my return did I realize how different school can be and how our school system may not be working to the students’ (or society’s) advantage. It was startling to come back to La Jolla High School with such regulation and students competing against each other to get perfect grades as opposed to helping one another as we did at Foscarini.

Is my grade supposed to reflect what I have learned? Or does it reflect how obedient I am at following the rules? Recently, I’ve come to realize that the latter is true.

As for my teachers at La Jolla, I admire them. I admire them for their willingness to inspire our intellectual curiosity. I admire and thank them for doing all they can to help us along within a limiting system that is forced upon them as well as the students.

It is not the teachers or the school that I criticize; it is the old mentality of policing the students and the notion that competition, rather than cooperation, brings out the best in us.

The idea that we are all competing against each other to get into the best colleges only leaves us isolated. After all, most of us are not going to get into them.

“Every man for himself” tears our human bonds instead of building them, and when we are forced to interact with one another we find that we have become socially awkward. At Foscarini this didn’t exist because we all were friends.

I have learned a great deal at La Jolla High School, but I wish that it could have been done in a better way. I’ve learned how to read and write proficiently, and I’ve learned how to solve math problems. I’ve gained an appreciation for poetry, history, music and art.

All this I have learned, but it was somewhat forced or crammed and it certainly was not easy.

At Foscarini, learning was natural and easy, and it worked. I was never threatened to have points taken away or be damned to a low GPA.

All in all, my appreciation for La Jolla High is great, but I now see how the system can be improved.

Until then, Foscarini inspires.

## Frequently Asked Questions

My account has been frozen.

If you are currently unable to log into your Facebook account, it is likely that you have encountered this problem due to one or more of the following reasons:

### Excessive posting:

Unfortunately, we are unable to handle the 55 posts an hour that are linked to your account. Our tech staff is doing their best to allow users like you to continue posting every minute of every hour.

However, until then, to prevent this from reoccurring in the future, strive to minimize the number of insignificant updates you post throughout the day. For reference, “Used new shampoo today! My hair smells like the Caribbean!” is not considered significant by our staff.

### Abusing the “like” button:

It has been brought to our attention that several users are now overusing the “like” button attached to every post. Here at Facebook we do our best to keep from being negative, but it has been determined that you cannot possibly “like” everything. We ask that the “liking” be reduced to 70 posts per day. This guideline also applies to commenting “dislike”.

### Disturbing status updates:

Updates such as, “What would you do if I died in 6 hours?” and “Rate me on my hotness!” are no longer permitted. They are unsuitable for our website. What’s more, we are, in fact, saving you from years of public ridicule.

### Severe misuse of grammar:

The recent butchering of the English language is a predominant concern. If you often post updates using symbols as letters (i.e.; \$ representing S), or write in an indistinguishable language vaguely resembling English, it is probable that this resulted in the freezing of your account.

### Chain commenting:

It is unnecessary to have 189 comments on a picture of you and your cat. Chat was created in order to provide easy communication for all users. Spare your 986 other friends the annoyance.

### Other probable causes include (but are not limited to):

Personal posting, answering too many “Questions about your friends,” surplus tagging, excessive page invites and unwarranted pictures of you and your significant other being intertwined.

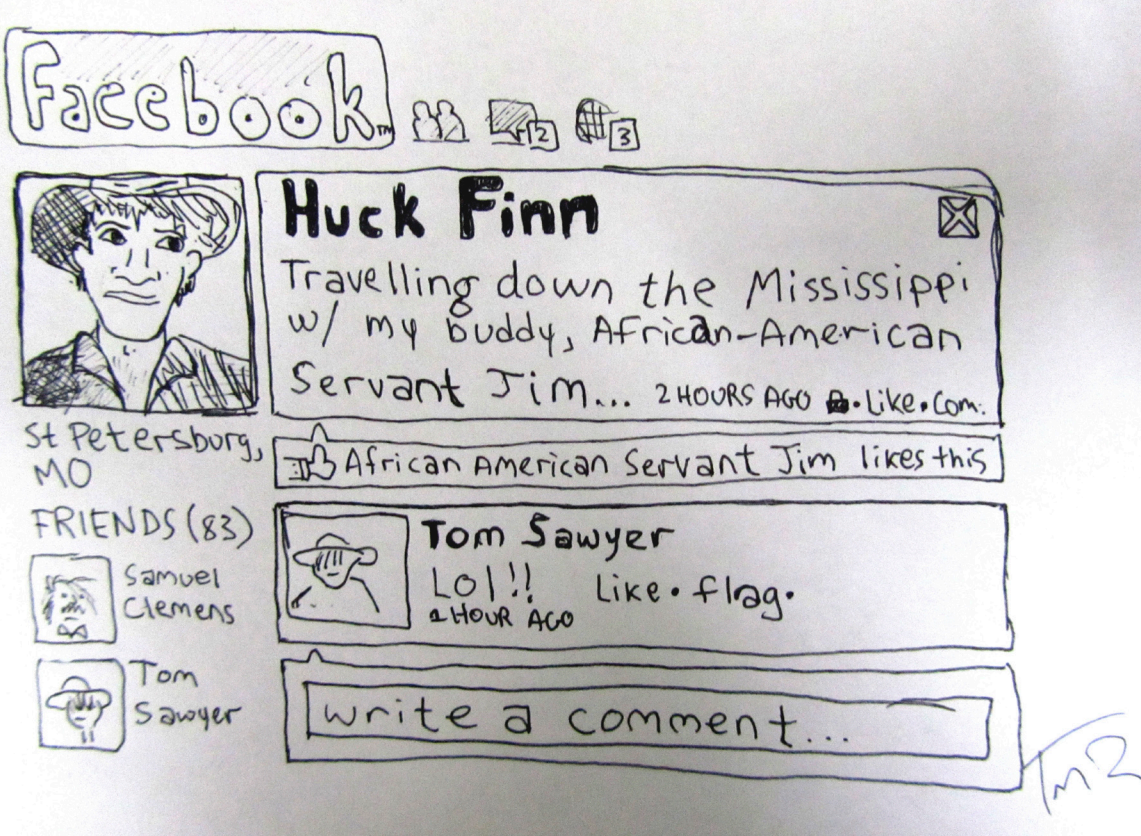
Please take these causes into consideration before contacting us. We regret to inform you that your account will not be restored for 100 days. Please do not panic and attempt to recreate your account, as this is a violation of our Terms and Conditions. Thank you.

...Continued from page 2

motivated, takes home the gold science medal, nationally ranked, mathlete. Some parents see value in all the wrong places. High school to them is just the means to an end, and that end is college.

High school is only the launching point for many of these pseudo-calculators. When they leave their parents for the dorms and college towns of Ivy-whatever, they are taking with them one skill – how to look at a list of questions, and answer them.

Being a genius is not all that it is cracked up to be. In the words of Ernest Hemingway, “Happiness in intelligent people is the rarest thing I know.”

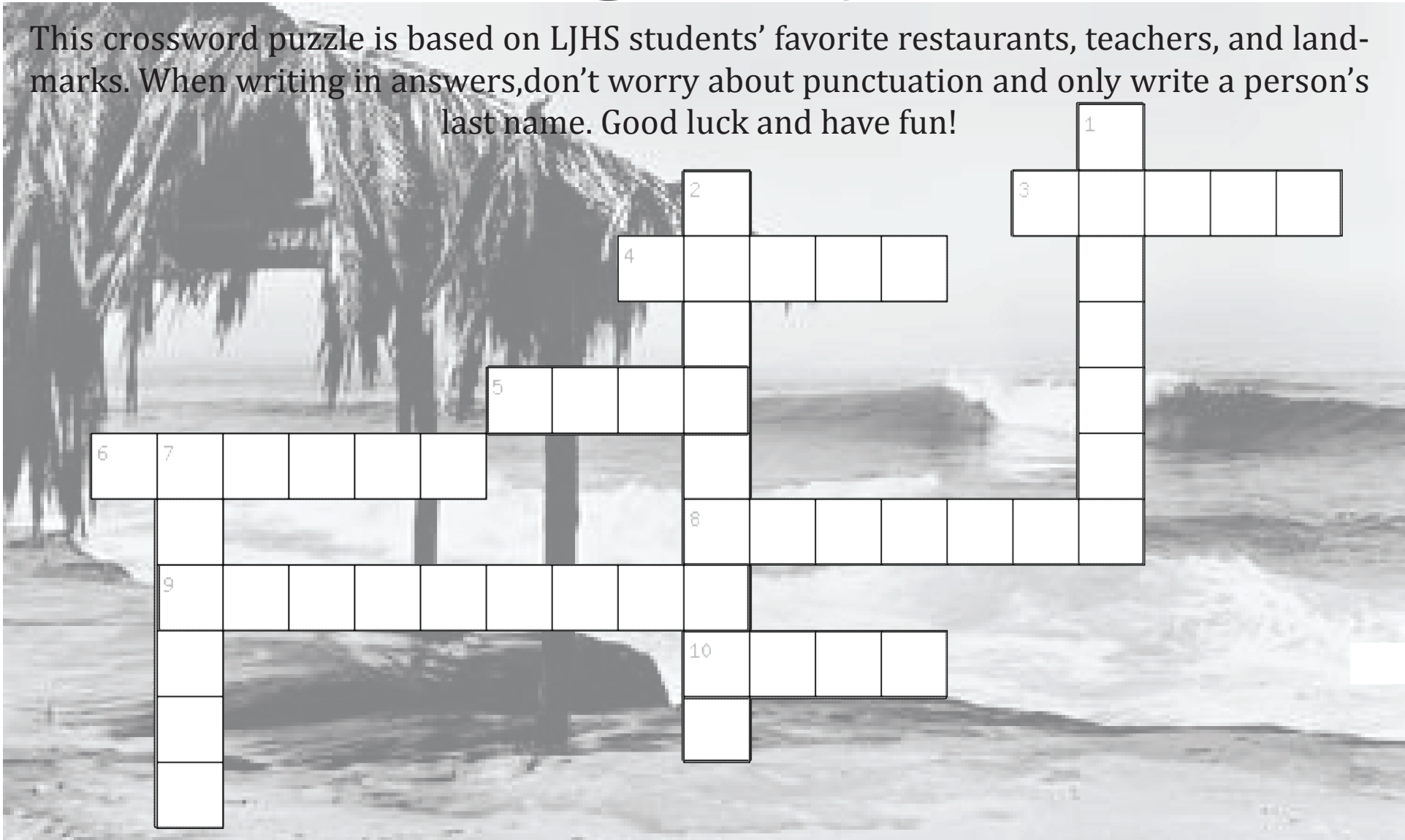




# CROSSWORD PUZZLE: LA JOLLA EDITION

By Wendy Nettleton  
Staff Writer

This crossword puzzle is based on LJHS students’ favorite restaurants, teachers, and landmarks. When writing in answers, don’t worry about punctuation and only write a person’s last name. Good luck and have fun!



## DOWN

- 1. This Mexican restaurant is known for its delicious carne asada fries and bean and cheese burritos. It is often a half day hot spot.
- 2. This LJHS teacher is married to the only male chemistry teacher on campus.
- 7. This LJHS history teacher is also coach of the boy’s water polo team. (See right).



## ACROSS

- 3. This landmark on Mt. Soledad has sparked much controversy and was recently found to be unconstitutional.
- 4. This means “La Jolla” in Spanish.
- 5. This tourist spot has tons of seals and is excellent for snorkeling.
- 6. This breakfast diner shares the name of the man who founded it back in 1960.
- 8. This private school in La Jolla cannot begin to match LJHS in any way.
- 9. This rocky beach has a famous shack built on it.
- 10. This prestigious university is home to the Tritons.

By Bree Jones  
Staff Writer

## WACKY WEBSITES

Tired of logging on to the same websites? Are Facebook, Yahoo, Tumblr, and Twitter getting old? The HiTide investigated some unconventional, but very useful, websites.



**Plasticjungle.com:** Christmas is over and you are left with gift cards that you will never use and no one else will want. Well now your problems are solved with Plasticjungle.com. You can exchange that 50-dollar gift card from Staples for another gift card to the place of your choice, or you can even get cash back. So do not throw away the gift card, instead turn it into something that you will actually enjoy.

**Fark.com:** Tired of the same old news? Fark.com is your solution. It features silly, funny, and completely useless stories from around the world that you will not hear about on CNN. Every day they feature 20-30 news stories from many different news sites and they categorize each story, making it easy to find a certain type of news article. From “fails” to completely ridiculous stories that make you go, “what were they thinking?” Fark.com does not disappoint in laughs and outlandishness.

**Uncyclopedia:** Your teachers always warn you about how Wikipedia is an unreliable source because anyone can change the information, but Uncyclopedia encourages people to change the information to make it more hilarious and false. They feature a “Did You Know?” section of information that you certainly would not know. If you are looking for a good laugh or are simply bored of researching for a history paper, Uncyclopedia is the site for you.

**Wimp.com:** Everyone loves videos of completely useless things, which is why YouTube is so popular. But, it is also entertaining for you to navigate through videos that are not what you are looking for. That is when Wimp.com comes in handy. This website has thousands of videos, but you do not have to look through any of them. You just watch one video and it immediately changes to the next video. This site is good for hours of endless entertainment of cats playing patty-cake and snowboarders falling off mountains.



# THE VIKING PILOT

By Grant Simington  
Staff Writer



Thomas Graham, or Tommy, is a sophomore at La Jolla High who played for the junior varsity football team this past fall. Tommy is not much different from other Vikings; he wakes up in the morning and drives to school every day. But one thing sets him apart from all of the rest of us: Tommy is a third generation aviator.

His family’s flying legacy started with his grandfather, who was in the Army Air Corp. At one point in his life he was stationed in Burma, where he protected the Chinese from the Japanese, while flying a DC3.

Tommy’s father was also a pilot and he flew for 33 years. He worked for the PSA and US Airways, as well as the Air National Guard. While in the Air National Guard, his father was occasionally responsible for flying the San Diego Chargers. Now retired, he owns two small single engine planes, a Cherokee 140 and a Cessna

182. Tommy has flown both of them.

Tommy started flying when he was 12. He frequently flew with his dad and was ready to get his pilot’s license as soon as it was legal. On Tommy’s 16th birthday in September, he acquired his license and flew by himself for the very first time. In fact, Tommy flew two planes on the same day, something that very few people, much less those who have just turned 16, ever get to accomplish in their life.

Since then, Tommy has recorded over 90 hours of flight time. He says that he enjoys flying any time he can. The big question that remains is if Tommy wishes pursue flying as a career. Tommy responded with a quote from the great philosopher Confucius: “If you love your job, you will never work a day in your life.” And that is what Tommy aspires to do.



Tom Graham and his father pose in front of their plane (top); Tom prepares for his first solo flight (above).

# Guess Who



By Amanda Menas  
Staff Writer

Bonjour, LJHS! Wassup? I have been dancing and singing my way through the first semester of freshman year, which has been a blast. The atmosphere is simply fantastic.

Along with drawing and reading, I hardly have any time to think, but in the spare free time I have, I play my Wii or stream old movies on Netflix. *Burlesque* is my favorite new movie. I am also teaching myself Japanese when I don’t have any homework in my 5-6 French class.

I also adore the theater. I have been in four plays, my favorite being a tie between *A Midsummer Night’s Dream*, and *Fame*. The first play I ever saw was *Forty Second Street*, yet the one that topped them all was *Victor/Victoria*.

I am currently dancing at City Ballet in Pacific Beach and am rehearsing for *Thoroughly Modern Millie* here on campus. With my mom being

a math teacher and my dad being a scientist, I feel like I need to do well in those subjects. It definitely affects what I want to do when I grow up, which is to work at an American Embassy somewhere, possibly Montreal.

I always go to Dance Club, sometimes straying to T.O.F.U., which is an arts and crafts club. My favorite book is *Life and Death in Shanghai* by Nien Chang, and my favorite teacher is the one and only Mrs. Tenenbaum.

Being at LJHS is perfect because of its location. If I don’t have anything to do, I can just zip down the hill to P.B. and can go pretty much anywhere in a timely manner. The best part of living here is the sun, but I love the rain, so the drastic change in temperature in the now, “No-Sun Diego” is just my thing. Guess Who!

Photo courtesy of Brittney Schrift



## WHEN I WAS SEVENTEEN: CHRISTINE O’DONOGHUE

By Bree Jones  
Staff Writer

The HiTide sat down with Ms. O’Donoghue to ask about her life in New York, her favorite stories from the Navy, big hair, flannel shorts, and what life was like at seventeen.

**HiTide:** What was your life like in New York?

**Christine O’Donoghue:** I hung out a lot in the schoolyard, and I had big hair and big flannel pants because that was when the “grunge” style was starting. I just felt really safe and free in New York.

**HT:** What kind of group did you fit into in high school?

**CD:** All groups, but at lunch we sat with people from our neighborhoods.

**HT:** Did you ever date your high school crush?

**CD:** I went to an all girls’ school so no, but I did go out with boys from our “brother school.”

**HT:** What is the most trouble you have ever been in?

**CD:** I never really got grounded, but one time I stayed out really late and as my punishment I was not allowed to go to my swim meet.

**HT:** What was your favorite hang out spot?



Photo Courtesy of Wilson Mokaio

**CD:** My favorite spots were my friend Nicole Terranova’s house or at High Class Pizza.

**HT:** What was your favorite pizza?

**CD:** I loved White Pizza.

**HT:** What jobs did you have in high school?

**CD:** I was a lifeguard, I taught swimming lessons, and I worked at church.

**HT:** What is the most exciting experience from your Navy days?

**CD:** One time in Australia our ship could not dock because it was nuclear and the storms were too bad to ferry us in, so they had to helicopter us in.

**HT:** Why did you join the

Navy?

**CD:** I was not ready for college since I was only seventeen when I graduated high school.

**HT:** What did you do after the Navy?

**CD:** I went to San Diego State University on grants and scholarships after the Navy.

**HT:** What was your favorite place you visited when you were in the Navy? Why?

**CD:** My favorite place was Australia, because everyone was very friendly, awesome, and laid back. Australia was also very diverse and artistic.

**HT:** Do you regret anything?

**CD:** No, because everything that I’ve done has shaped me into a far better person and has helped me grow up.



# Finals: Survival 101

## Hitting the Books

By Tim Rayner  
Staff Writer

For any normal student, midterms are a stressful time of year. So, given all that is on our plates—winter sports, extra-curricular activities, and our ever-so-important social lives—how can one make the best use of the two weeks allotted to review an entire semester's worth of material from six classes?

First and foremost, develop good study habits and work ethic; it will pay off. Make a schedule, rather than studying in a disorganized manner. Spend at least 20 minutes on each subject every day, spending more time on more abstract material and less time on familiar material. Study a chapter from the textbook every day, or go over sections of notes.

It is better to study right after school, because the material is fresh from the classroom. If after-school obligations impede studying right after the bell rings, find a time that works better, but try to avoid studying late at night, because the brain will shift its focus to its cravings for sleep.

Studying in the morning is very helpful, too, even if it means waking up an hour earlier. While getting at least seven hours of sleep is important, remember that coffee can be a tired student's best friend. According to [www.brainready.com](http://www.brainready.com), "The coffee bean [along with the cacao bean] is a safe, true superfood. And when properly consumed in ideal forms (such as pure Espresso), it is one uniquely enjoyable

beverage that also packs a host of brain and health-friendly properties to boot!"

"I like to open up my textbook or notebook and lightly skim the material for thirty minutes, just to get my brain into gear," said sophomore Marko Nikolic.

**“If you have waited until the last minute...the secret is to maintain a positive attitude.”**

Everyone is different, but generally it is a bad idea to study on a bed or couch. It is best to sit in an upright position with good posture, to improve attentiveness.

But avoid sitting for too long; according to the McKinley Health Center at the University of Illinois at Urbana-Champaign, "[It is best to] take occasional study breaks, e.g. a standing/walking break for a few minutes every 30-60 minutes. This increase in muscle activity will stimulate improved blood flow to those areas which have been kept in a shortened or lengthened position while studying."

If you have waited until the last minute to study, it is not too late; the secret is to maintain a positive attitude. A perfect pre-study snack is a handful of blueberries, another highly acclaimed brain food, because of their special antioxidants that help retain memory. Focus on the key

points, and then go over the fine details once finished. Try to get at least five hours of sleep if it is the night before the test to avoid dozing off.

Finally, do not try to do this alone! Teachers are paid to teach, not just test, and are there before and after school to help. Why not try spending thirty minutes after school reviewing material with none other than the writer of the test? If that is unavailable, tutors can also be very helpful.



# Studying Can be fun

Jordan Linsky  
Staff Writer

It is that time of the year again. Winter break is over and teachers are laying on last minute assignments. Students are bent over books and frantically taking notes. The reason for this is one word which makes students shudder in a mixture of fear and disgust. Midterms.

Face it, no one wants to sit at a desk for hours on end reading out of a book that looks like it is from the dinosaur age. Believe it or not, studying for all six exams does not have to be an unpleasant experience. There are ways to learn material without Cornell notes and flashcards.

1). A person's environment is an extremely influential factor on mood and motivation while studying. Being comfortable and organized can make studying less stressful. Keeping snacks close at all times while bent over the books gives motivation to push through that last math problem or finish one of the history paragraphs with the knowledge that there will be a gratifying reward at the end.

3). "Sometimes I write stuff all over my body and try to read it when I swim, it actually works," junior Anthony Bookheimer remarked.

4). "I tape facts over my deck of cards and play poker with my friends. It is a good way to learn the material," freshman Rachel Lehmann said. Studying can be more than staring pointlessly at notes and zoning out for hours on end. By changing up studying routines and being creative, dreaded midterms will become one less painful aspect of high school.

6). Making up jokes with the material needed to study is a great way to master any subject. To take it to the next level, email the jokes to fellow classmates or study groups and encourage them to create their own quirky sayings.

2). If chowing down between subjects is not appealing, there is always the option of having a study buddy to help quiz and review subjects. Some effective ways to go over information while keeping the mood light is to create a skit with partners and include facts that may appear on the final. Make the skit as goofy or as serious as you want, as long as the material is attained. This makes studying as unique and personalized as needed.

5). Everyone has a favorite song that they have memorized. Changing the lyrics of a song to include midterm information is an exceptional way to learn facts. Rather than eyeballing mountains of textbooks, turn on a favorite jam, and rock out to the new and improved lyrics. The songs can even be taken to the next level by grabbing a partner and having a rapping contest. Whoever knows the material better and can successfully rap it wins!

7). "Changing the lyrics of well-known songs such as La Bamba is something I always do in my class, the singing is something the students can remember while taking an exam," Spanish teacher Mrs. Irwin said.

## HINTS

Check out these easy to use websites for additional help.

ANYTHING  
-cliffnotes.com  
-quizlet.com

ENGLISH  
-sparknotes.com  
-bookrags.com

MATH  
-aaamath.com  
-hotmath.com

## SNACKS

Do you have midterm munchies? Fuel your brain with these quick and easy foods.



Sarah Devermann  
Student Contributor

## Eat. Sleep. Study.

While studying may seem like the only thing to do in the days leading up to finals, other factors of life play a major role in your studying as well as the outcome of the tests. Eating and exercising are a few things one might forget about with all the anxiety of finals. However, these two factors can play a crucial role in how you study as well as how you take your tests.

Finals and big tests are very stressful and sometimes people may get so caught up with studying that eating is not something they are worried about. In spite of this, what you eat plays a big role on how you will perform while taking and studying for tests. Try not to eat a lot of foods with caffeine or sugar, as they can spark test anxiety or alter

your mood. On the other hand, not eating at all can also harm you in the long run. It is important that in the days leading up to finals you maintain a normal eating routine with healthy foods and not too much snacking. Another key factor is to hydrate with water prior to, as well as while, taking a test.

The morning before finals be sure to eat a light, healthy, protein-enriched breakfast. Eating too much can result in drowsiness. Good breakfast options are eggs and a piece of toast, yogurt with cereal, or a smoothie that has protein powder in it. Fruit is something that should be eaten with these meals as well.

"Breakfast is the most important meal of the day which

makes it very important to eat before taking a big test," junior Melissa Perrine said.

If you get hungry later in the day, foods such as apples or protein bars, without much sugar, are good to eat during passing period in between tests.

Exercising and getting a good workout is also a way to relieve stress before finals. Evidence suggests that exercising stimulates activity in the brain that may lead to retaining more information and performing better during finals. If you would like to get exercise but do not want to waste precious studying time, bringing notes or other study materials to look over while running or biking at the gym can be a compromise. Ex-

ercising is also a good option if you are looking to take a break from studying.

Lack of sleep can result in a bad score on a test. While it is difficult, try to spread out studying because resting before a big test is vital. Drinking non-caffeinated tea before going to bed also may help in getting a good night's rest.

"Getting a good night's sleep is very important, especially before tests. Drinking tea before I go to bed helps me sleep a lot better and feel more rested in the morning," sophomore Zoe Kleinfeld said.

Preparing your body for finals can be just as important as preparing your mind. So do not forget to eat balanced meals, drink water, sleep, and maybe take a jog while studying a lot!



## SPORT OF THE MONTH

## ~ PARKOUR

By Ryan Mann

Contributer

The best way to understand parkour is to see it in action (that is, YouTube it). However, parkour can be adequately defined as the art of efficiently traversing obstacles using only the human body.

Beginning with obstacle course training used by firefighters and the military, parkour became a formalized discipline of movements during the late 80s in Lisse, France. Parkour spread around the world and gained practitioners as videos captured viewers' attention with flowing, aesthetically pleasing movements and seemingly death-defying stunts.

Despite its portrayal in the media, parkour is not about daredevils making leaps of faith between skyscrapers. In reality, most training takes place relatively close to the ground, focusing on constantly drilling the basics and slowly making progress. Much like a martial art, parkour is focused on training for emergencies where quickly getting from

Point A to Point B could save lives.

"Parkour would probably be more useful to me in escap-

begin training parkour is in a gymnastics gym. Utilizing the foam blocks, balance beams, and bars, parkour practitio-

climbing can then be taken outside. The gym, Victory Gymnastics, offers parkour classes, helping newcomers

parkour," sophomore Isaac Freeland said.

Besides practicing at Victory, LJHS students also visit Balboa Park to meet up with others and train on the weekends. The online forum Parkour California (pkcali.com) organizes parkour meet-ups all over California. Balboa Park is one of many weekly parkour sessions around San Diego.

Despite the fun of training in a group, most parkour training is done alone in nearby parkour "spots". Much as a skateboarder notices stair sets and ledges, a traceur (that is, one who does parkour) sees the environment differently from the ordinary pedestrian and makes note of good spots to practice.

"I started training at a park near my house where there are a few picnic tables and a large storage container. Now I enjoy practicing wherever there's a wall to vault or building to climb," senior Andrew Dowley shared.

If you're interested in starting parkour, "friend" La Jolla Parkour on Facebook to join LJHS's parkour community.



Photo courtesy of [www.doobybrain.com](http://www.doobybrain.com)

**Definition of Parkour:** A sport using ones surroundings to practice unique physical abilities such as running, jumping, and vaulting

ing a dangerous situation than any other martial art," junior Manuel Bravo said.

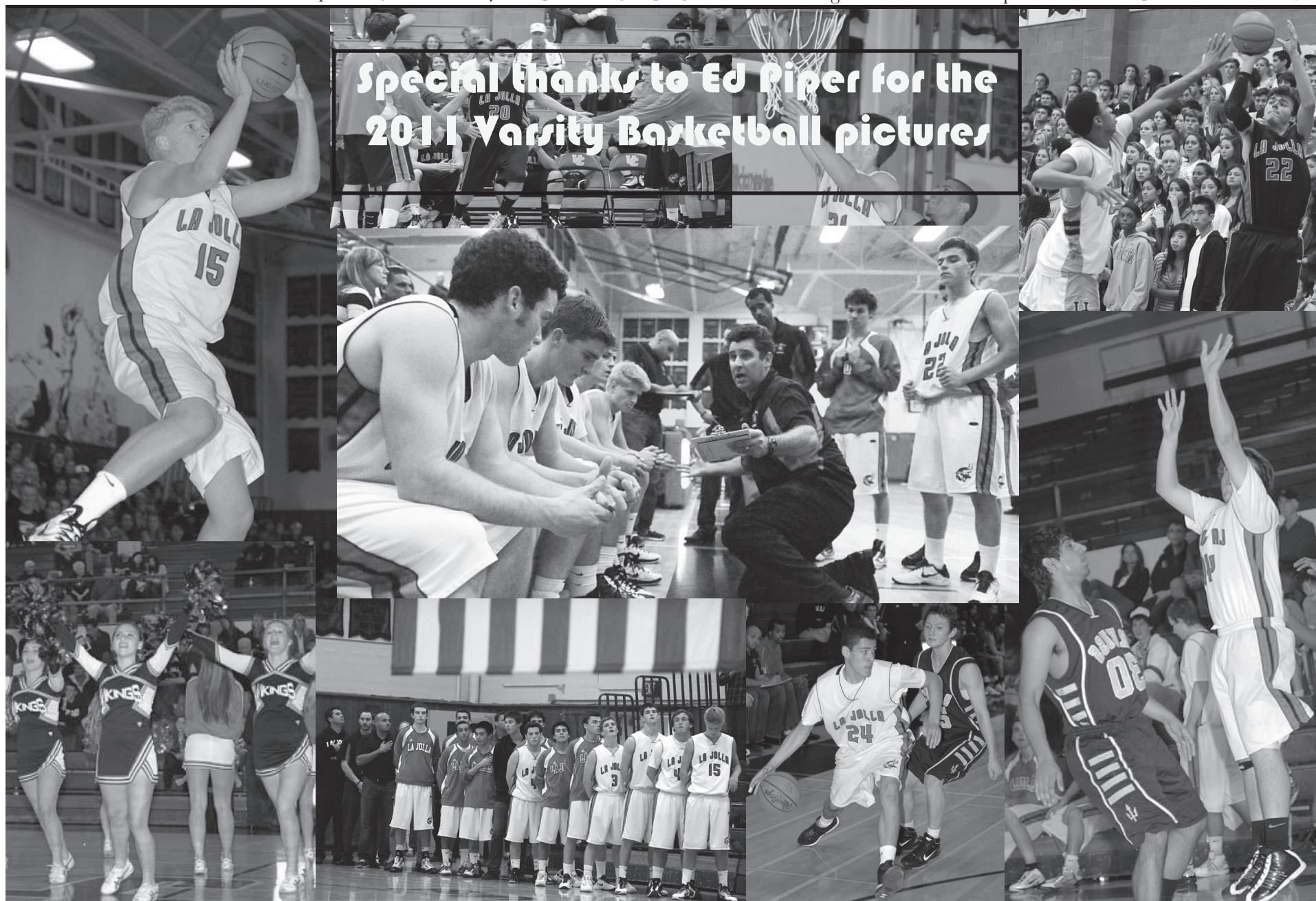
If possible, the best way to

ners can practice basic moves without risk of injury. Maneuvers such as vaulting, landing, precision-jumping, and wall-

perfect their technique and overcome their fears.

"They are great for helping beginners learn the ropes of

Special thanks to Ed Piper for the 2011 Varsity Basketball pictures







# It’s Snow Joke

Best Places to Ski and Snowboard This Season

By Emily Kuo  
Staff Writer

Despite the ongoing recession, one fairly expensive sport that remains popular with high school students and their families is skiing and snowboarding.

According to an article in [www.msnbc.com](http://www.msnbc.com), the “National Ski Areas Association tallied 59.7 million skier visits last season, a 4.2 percent increase over the prior year. The number of skiers last year was 1.2 percent below the 60.5 million record set in 2007 and 2008.”

Industry experts say skiers and snow boarders tend to be very committed to their sport despite the high cost and difficult economic conditions.

Ralf Garrison, director of the Mountain Travel Research Program, which monitors lodging reservations at western resorts, said, “Skiers are proving to be very loyal.”

“I have been skiing for seven years now, and I have never been bored of it. I do not really get time to ski during the weekend, but during winter and spring breaks I get to go to Mammoth, Lake Tahoe, Aspen, and Vail,” sophomore Ted Edman said.

“When skiing, you can go on so many more different terrains such as the monguls, which I enjoy. The snow is often very nice, especially this year,” freshman Freja Ekman said.

Generous deals, coupons, and savings have been made available to both loyal and new

skiers and snowboarders. Ski resorts have taken a further steps in attracting younger skiers and snowboarders by taking advantage of the social media.

Despite frugality being the new norm, many families believe that skiing and snowboarding have value to them as an upscale, athletic family activity.

The weather has brought people to the mountains by dumping lots of snow throughout the country early and all winter. This season has also seen a fresh blanket of white flakes that have created an extraordinary ‘winter wonderland.’

“Mammoth got dumped on this winter. This big mountain is decked with great snow,”

sophomore Lesean Washington said.

The past winter break has proven to be an exciting time for skiers and snowboarders to feel the inescapable, blinding, and swift rush down the ever glazing runs and slopes. Several students travel out of California to have a more enhanced skiing or snowboarding experience. One popular destination is Utah, which includes Deer Valley and Park City.

“Everything in Utah is super-sized! There are a ton of more lodges, slopes and mountains. It is usually not crowded, but it can be sometimes,” junior Izzy Poulin said.

However, winter break eventually dwindles to an end and students take their fun-filled ski and snowboard adventures to

local areas on a two-day weekend. Despite smaller mountains, ski resorts in California are much more convenient to travel to and cost less.

The ski resort in Mammoth, California is well-known for its amazing snow and marvelous runs.

“We used to own a house in Mammoth and we were VIPs there. It is my favorite place ever. All the slopes are always like fresh powder. It is just like a winter wonderland,” sophomore Tennesen Deakman said.

For a quicker weekend getaway, closer resorts include Big Bear and Mountain High.

“Big Bear and Mountain High are very convenient and close to each other. I just usually go to Big Bear,” freshman Brandon Hornback said.

For more information, about the local ski resorts in California check out the table below:

Ski Resort	All Day Lift Ticket Price for a 16 Year Old	Driving Time from La Jolla	Recent Ski Conditions
Mammoth Mountain	\$69	7 hours, 18 minutes	10-17 inches of snow base 24 lifts open
Big Bear Mountain	\$46	2 hours, 49 minutes	24-36 inches of snow base 8 lifts open
Mountain High	\$55	2 hours, 25 minutes	24-48 inches of snow base 12 lifts open

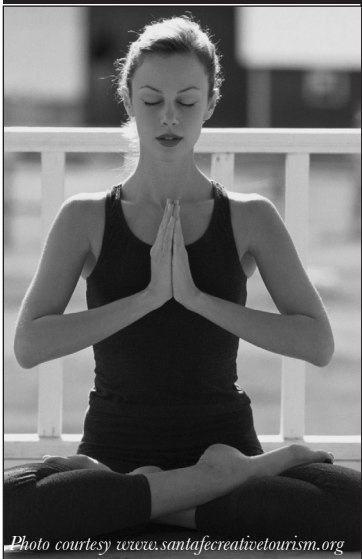


Photo courtesy [www.santafecreativetourism.org](http://www.santafecreativetourism.org)

By Mae Goodjohn  
Staff Writer

Though playing sports may at first seem nerve-racking, many people would agree that getting exercise is a great way to reduce stress.

“Sports help with stress because they give you an outlet. You focus on the sport and

kind of forget everything else, though big sporting sometimes add to stress,” said freshman Emily Young.

Whether the stress comes from school, or an outside activity, sports are a great distraction. Sophomore Sierra Beeson and loves to spring board dive and jump rope. “It helps relax me,” Beeson said.

After interviewing members of the freshman girls basketball team, the conclusion was that most team members answers were similar. Kate Dowd practices a variety of sports including swimming, cross country, soccer and basketball.

“...When I’m running, and just alone with my thoughts at a length of time, I don’t have to think about homework and other frustrating things, so I feel calm,” Dowd said.

Staying active also boosts endorphins, a type of neurotransmitter, which are natural enzymes that help you to stay happy. Instead of feeling anxiety and pressure, doing a favorite sport can improve one’s mood and help them to stay confident, especially near the upcoming midterms.

For example, try avoiding stress with yoga. Yoga is a mind reliever that has been

around for a long time and has helped a lot of people with their various problems and to become more healthy. La Jolla Yoga Center is offering a special where classes are only \$30 for the first week.

For some people, re-living stress requires aggression. Karate and boxing both involve this type of physical activity. White Dragon Martial Arts is one of the many great places to get started with kickboxing and other martial arts.

Exercise also has other possible benefits such as: helping students to eat more nutritiously. When students want



Photo courtesy of [www.google.com/karate](http://www.google.com/karate)

to maintain their fitness, eating a more balanced diet will help their performance.

Managing stress by finding a perfect sport and applying it correctly to what is going on in life is the perfect recipe for escaping anxiety. And finding something relaxing helps students feel revived and healthy.



# Former Viking to Marry Playboy Founder

**By Christine Han**  
Staff Writer

Christmas was a memorable day in 2010 for Hugh Hefner. The 84-year-old founder of Playboy gave an engagement ring to his girlfriend Crystal Harris, a former student at La Jolla High School, as a Christmas present. He tweeted, "When I gave Crystal the ring, she burst into tears. This is the happiest Christmas weekend in memory."

The 24-year-old is now in line to become Hefner's third wife. In 1959, he divorced his first wife, Mildred Williams, whom he was married to for ten years, after he found out that she cheated on him. They had two children, Christie and David.

In 1989, he married his



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

second wife, Playmate of the Year, Kimberley Conrad, and fathered two sons, Marston and Cooper. The couple separated in 1998 and their divorce is pending.

In October 2008, Hefner began dating twins, Karissa and Kristina Shannon, as well

as Crystal, who replaced his number one girl at the time, Holly Madison. After a while, his relationship with the twins ended, leaving Harris as his only girlfriend.

Harris graduated from La Jolla High School in 2006 and attended San Diego State Uni-

versity, majoring in psychology.

She started modeling during her years at San Diego State and was Playmate of the Month in December 2009. She will be starring in the sixth season of the E! series, *The Girls Next Door*, along with Karissa and Kristina Shannon.

"It's quite shocking to realize that somebody who went to our school, and may have had some of the same teachers we have, is marrying Hugh Hefner," sophomore Sarah Devermann said.

Hefner, recalling that *The Little Mermaid* was Harris' favorite Disney movie, presented her with a mermaid music box, which housed the ring. Harris admitted she was not surprised when he proposed to her because the couple had already discussed marriage and she

had chosen the ring herself.

Hefner and Harris do not plan to have kids. However, people wonder what Hefner's children think of having a step-mom who is only 24 years old; Harris is not much older than his sons, Marston and Cooper, and is much younger than Christie and David. But Hefner's children could not be happier for them. Cooper even tweeted, "Age is truly just a number and all I want is for my dad to be happy. I couldn't be more thrilled that he has found such a nice woman."

The couple are hoping for a summer wedding with close friends and family at the Playboy Mansion. Hefner revealed that the wedding night might become a reality show but there have not been any official reports on it.

## Tragedy in Tucson

**By Edward Gonzalez**  
Staff Writer

On January 8, 2011, twenty people were assaulted during a meeting held by Congresswoman Gabrielle Giffords at a Safeway store in Tucson, Arizona. Of the twenty victims, six were killed and ten were wounded.

Suspect Jared Lee Loughner carried out the attempted assassination of Giffords. Loughner is described as a twenty-two year old Tucson man. Federal prosecutors have filed multiply chargers against Loughner. He could receive the death penalty if convicted for his crimes.

The shooting occurred shortly after 10 a.m. during Giffords' "Congress on Your Corner" meeting. Twenty to thirty people were attending the event when Loughner revealed a concealed pistol, which he obtained legally, and shot Giffords in the head. Loughner then opened fire at random civilians.

After Loughner's gun was empty, he began to reload when samaritan Patricia Maisch grabbed a magazine from Loughner's pocket and threw the gun away. Loughner was then tackled by 74-year-old retired colonel Bill Badger, who held Loughner down until authorities arrived at 10:15 a.m.

The motive for the shooting remains unclear. Loughner has pleaded the right to remain silent, making it harder for authorities to understand Loughner's reasoning. In a recent interview with Zack Osler, Loughner's closest friend, Osler described Loughner as a politically radical loner who was critical of religion. Osler later went to say,

"When he lost his girlfriend he began to take hallucinogenic

drugs and research conspiracy theories."

On Loughner's YouTube channel, under the username "Classitup10", Loughner uploaded several videos where he criticizes the U.S. government of a conspiracy to brainwash the population through the distortion of modern U.S. economics.

In response to the shooting, president Barack Obama gave a thirty-five minute speech at the memorial for those who passed away. Obama's speech was filled with support for the family members who's loved ones were victims of the tragedy and to all Americans who were concerned for the welfare of their political leaders and fellow Americans.

Obama also criticized left and right wing media outlets for trying to pin Loughner's motives on liberal or conservative views.

"Rather than pointing fingers or assigning blame, let's use this occasion to expand our moral imaginations, to listen to each other more carefully, to sharpen our instincts for empathy and remind ourselves of all the ways that our hopes and dreams are bound together," Obama said.

The names of the six people who died are as follows: Christina-Taylor Green, Dorothy Morris, John Roll, Phyllis Schneck, Dorwin Stoddard, and Gabriel Zimmerman.

While all the survivors have been released from hospitals, Giffords is still currently resting at the University Medical Center in Tucson, recovering from the incident.

Giffords' husband said that he is "extremely hopeful" that his wife will make a complete recovery. The Congresswoman is now able to stand with assistance, and is making attempts to begin speaking again.

**By Alex McMahon**  
Staff Writer



Mount Everest is more than just a mountain in the Himalayas. It is also the name of a charter school in La Jolla's backyard of Clairemont.

Charter schools may be the best option for some students. They are filled with a wide variety of kids like those found at any school, but mistakenly thought to mostly consist of flunkies, children who had trouble in regular public school, or intelligent students who do better working on their own.

Mount Everest Academy, attended by students from kindergarten to 12th grade, has few of the former. It is full to the brim with some of the most interesting people, whether they be teachers or students.

"You build really close relationships with the staff members, and you can't really get that at other schools," junior

## Mt. Everest Academy

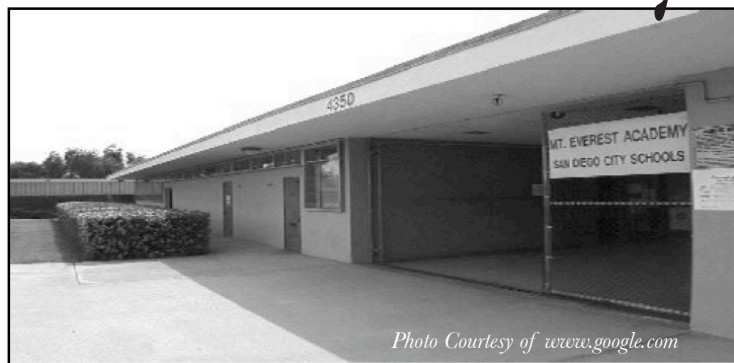


Photo Courtesy of [www.google.com](http://www.google.com)

Noorafi of MEA said.

Some people cannot handle the snide comments shelled out to them by the student body on a large campus, and charter schools, such as MEA, provide a safe haven for such students.

"The reason I like Mt. Everest is because it's really freeing because they trust you, and they let you do whatever studies you're interested in at your own pace," sophomore Ilana Eisen said.

Many La Jolla High School students transfer to MEA because of its affiliation to the San Diego Unified School District. Because both LJHS and MEA

are part of the same school district, students can be "dual enrolled" and still take the classes they love at LJHS while taking the classes they might be struggling in at MEA.

At MEA, students only go to each class for around an hour and a half one day a week. Most of the work is done at home, and it is all turned in at the end of the month.

Many people hold negative views regarding charter schools, but MEA is a counterexample to their criticisms. Its students and curriculum are both unique and intellectual.

## Surf Watch: Pollution Alert

**By Tim Rayner**  
Staff Writer

Southern California has gotten off to a wet start this year following the December floods, which submerged large parts of San Diego.

This month has already seen some precipitation, and is expected to have more coming up, which means one frightening thing for the many surfers here in La Jolla: polluted waters.

When it rains, pollutants from the streets, which include oil, antifreeze, waste particles, dirt and dust, guano, and garbage, among others, are washed into storm drains, which empty into the nearest large body of water: the ocean.

Large amounts of harmful bacteria, such as E. Coli, are washed into the ocean. Exposure can cause symptoms like a common cold or even diarrhea.

Some surfers here at La Jolla High, like sophomore Jimmy LeBeau, know first-hand the health hazards of exposure to contaminated waters. LeBeau contracted an ear infection the day after a session in Torrey Pines.

"It was hard to walk, because my equilibrium was all messed up," he said. "I definitely regret surfing that day."

Surfing San Diego stresses the dangers of the many factors that can create a dangerous surfing environment, especially pollutants like oil and bacteria, which


both received a danger rating of 10 out of 10. According to the web site, "The best thing to do is to wait at least 72 hours after a heavy rain to avoid getting sick off of oil in the water."

One should stay out of the water at least 48 hours after any rain, and 72 hours after more than a half inch. It is better to be safe than sorry.

Secondly, pick up trash. Keep the streets and sidewalks clean, so less pollution runs into the ocean. Remember that whatever goes into the storm drains ends up being what you surf in, so avoid dumping chemicals or oil into the storm drains.

Together, we can all make the oceans safer swimming environments.





Michael Jackson’s Doctor on Trial

By Wendy Nettleton  
Staff Writer

It was June 25, 2009, when a wailing ambulance showed up at Michael Jackson’s estate in Los Angeles. Paramedics had tried to resuscitate Jackson for over an hour when he was taken to the Ronald Reagan Hospital were the “King of Pop” was pronounced dead at 2:26 p.m. Jackson died at the age 50 due to “acute propofol intoxication.”

Propofol is a powerful anesthetic used in hospitals to induce anesthesia for a patient about to go into surgery. Conrad Murray, Jackson’s personal physician, was charged with involuntary manslaughter after Jackson died. After six days of preliminary hearings, Doctor Conrad Murray was ordered to stand trial for the manslaughter of Jackson. Superior Murray’s medical license has been suspended by the court.

The case has many witnesses; including the paramedics who arrived at the scene. The defense argued that Jackson had committed suicide and administered to himself more propofol than Murray had originally given him.

Richard Senneff and Martin Blount, the paramedics that arrived at the Jackson estate, testified that Jackson seemed to have been “down” for at least 20 minutes, while Murray claims he called 911 immediately. They also testified that Murray never mentioned the use of any drugs when asked if the singer was on medication, though later reports by coroners found six different kinds of drugs in Jackson’s body. Murray eventually confessed to Senneff, telling him that he had treated Jackson for dehydration and exhaustion with the anxiety medication lorazepam.

“Jackson’s death has struck the world in a way that no one could even imagine. People are looking at the case from a biased point of view that has been influenced by the media. People see it as a Hollywood scandal, not a potential murder, which is an insult to Michael,” freshman Marisa Liang said.

Michael Jackson’s mysterious death has raised many questions about a troubled lifestyle and the motives of his doctor. If Murray is convicted of the crime, he could face up to four years in prison and lose his doctor’s license.

San Diego Museums

A world of culture in your own backyard

By Mae Goodjohn  
Staff Writer

The San Diego Museum of Art

This museum is the most popular, largest and oldest museum in the area. It is one of the best places to enjoy a rich cultural experience in San Diego. This gallery showcases various exhibits from different parts of the globe to educate visitors and visitors can find it located in Balboa Park. The museum’s collections include paintings and sculptures. On January 29, Sir Thomas Gainsborough’s twelve paintings of his interpretation of women will be coming to The San Diego Museum of Art. An exhibit of a more of a contemporary approach on art begins on January 29th made by Howard Hodgkin. Several of his paintings are done on a wood surface, making them unique and modern. Many other pieces of artwork are on display at this fabulous museum.

The Museum of Contemporary Art in San Diego

Also known as MCASD, this strictly modern art museum has two locations. The first establishment is in downtown San Diego and the second is in La Jolla. Most of the artwork that is displayed there represents the time period of the 1960’s and 1970’s. Beginning on February 5th, there will be a collection of pieces from the “Mexico: Expected/ Unexpected” gallery displayed in La Jolla. In the downtown MCASD, one will find *Madame Curie*, a piece of art by Jennifer Steinkamp made specifically for the museum on January 23. This work was highly influenced by the theory of radioactivity and uses its bold, vibrant colors. Visit times are from 5:00 to 7:00 pm on the third thursday of each month. This offer also includes two tours starting at 5:00 and 6:00pm, respectively. The best part? If you are under 25 years old admission is free!

The Museum of Photographic Arts

This museum is a moving display of historical pieces. Visitors come to appreciate the assortment of creations that have been compiled there. They have regular showings of current and original movies as well as lectures. Admission is only six dollars for adults and five dollars for students, the elderly, and retired military members. It is free for active members and children under 12, as well as for classes that have a reservation. Many other deals are available as well upon request. These museums guide students through beneficial learning about different types of art and various time periods. From classic to modern pieces, everyone can enjoy the these fascinating exhibits. And they are easily accessible because of their close location.

La Jolla High School’s Own BROADWAY STAR

By Sara Ashcraft  
Staff Writer

Ian Brininstool, a La Jolla High freshman and professional actor, has impressed both San Diegans and nationwide spectators alike. Brininstool has recently returned to San Diego from working on Broadway for the musical production *Leap of Faith*. This impressive freshman has also had roles in shows such as *Cory in the House* and *Veronica Mars*. Already gaining widespread acclaim, Brininstool sits down with the La Jolla HiTide to talk about his future acting career and what it is like being a professional actor attending a normal high school.


La Jolla Hi Tide: When did you first become interested in acting?

Ian Brininstool: I was probably eight years old, and my parents noticed that I really enjoyed entertaining everyone and anyone around me, so they put me in a show called *Oliver*, which was put on by Starlight. *Oliver* was actually where I was discovered and it kind of kick-

started my career.

LJHT: Did you ever do junior theater?

IB: Yeah I did, but only for a short amount of time,



pretty exciting. Recently I did *Radio Christmas Spectacular* on Broadway. I actually just got back from New York City; I had to leave school for three months to work onstage.

LJHT: How has being a professional actor changed your high school experience?

IB: It actually hasn’t affected me too much, besides having to miss school. I would say I

am having a completely normal teenage experience. Right now I am actually attending school through internet tutoring, but come second semester I will be officially re-enrolled in La Jolla High.

LJHT: Do you have any inspirations or favorite actors?

IB: I don’t necessarily have any inspirations, but I definitely have a few favorite actors. I really like Leonardo DiCaprio and Hugh Jackman. If I could follow in either of these two actor’s footsteps I would be extremely happy.

LJHT: Do you hope to make a profession out of this hobby?

IB: I hope to be a professional actor who doesn’t have to struggle and wait tables. I really just want to act and make that my sole profession, but we will see.

LJHT: Do you have any current or future projects you can tell us about?

IB: At this point I am a kind of tired of acting, I was gone for an entire three months, so I am just letting things cool off for a while.

Photo courtesy of [www.facebook.com](#)

Generation of the Remake

Is Hollywood losing its creativity?

By Grant Simmington  
Staff Writer

2010 was a historic year for Hollywood. After James Cameron’s record-shattering *Avatar* set the tone for high grossing films at the end of 2009, 2010 followed up as the first year of a double billion dollar net gross.

*Toy Story 3* had a net gain of \$1.06 billion and *Alice in Wonderland* hit \$1.02 billion. Rounding out the top ten moneymakers of the year are: *Harry Potter and the Deathly Hallows: Part 1*, *Inception*, *Shrek Forever After*, *The Twilight Saga: Eclipse*, *Iron Man 2*, *Despicable Me*, *How to Train Your Dragon*, and *Clash of the Titans*. These are all excellent movies and most people have most likely seen quite a few of them. The only odd thing about them is their familiarity.

How many of that list are remakes or sequels? Actually, it would probably be easier to count how many of them are original. Three. *Inception*, *Despicable Me*, and *How to Train Your Dragon* are the only new titles off of the entire list.

Most of us love the *Harry Potter* and *Toy Story* films, but what happens when those series end? Can new movies be expected to fill the obsession void that will be created? Is Hollywood taking the easy way out?

The simple aswer to that complex question is yes. It is much more profitable for big name directors, writers and producers to make a sequel than to think up something on their own. For instance, James Cameron is currently working on the story for an *Avatar* sequel. Of the unprecedented \$500 million budget for the first *Avatar* film, a huge portion was spent on the development and design for the characters, landscape, and creatures. Now that all of those blueprints are already made, all that Cameron and his affiliates have to do is write a new plotline to once again showcase the amazing graphics produced by the Avatar team, and then sit back and wait for the money to flow in.

It seems that the remake is the new fad in Hollywood, and that original films like *Inception* are a dying breed. Will Hollywood continue the 2010 trend of no creativity in 2011?



# The Best of La Jolla's Art & Entertainment

By Quinn Miller  
Staff Writer

La Jolla HiTide: How did you become an artist?

Shannon Blue: When I started kindergarten, I had just moved to the U.S. from Germany and didn't know how to speak English. Even when I learned, I was still really shy and couldn't talk



Shannon Blue's Grandma as a young girl

to anyone. The teacher stuck me in the back and set me up at an art easel, and I would just paint every day.

LJHT: From where do you draw your inspiration?

SB: I'm inspired by human emotion, but not the kind that most people exhibit every day. I'm more encouraged to draw people showing strange and unusual emotions. It reveals more about the person and it's much more fun to draw.

LJHT: What medium do you use?

SB: I like working in graphite pencil best.

LJHT: What is a favorite piece you have done?

SB: After my grandma died, I drew a portrait of her from when she was nine years old. It was in the display case for a while. (shown to the left)

LJHT: What are your plans for the future? Do you think you'll try to find a profession

in art?

SB: Many people are surprised to hear this, but I don't plan on going to an art school. I'm more interested in going into the medical field, so I'd want to go to a university that would help me with that. I might open up a



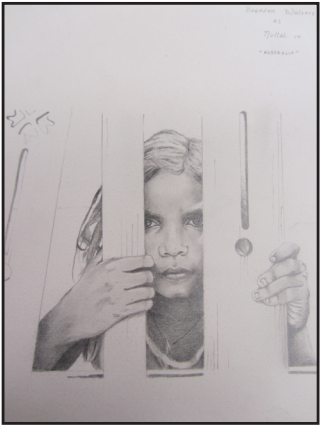
Portrait of Model Natalia Vodianova

## Shannon Blue: Artist

The glass cases that inhabit the Upper 500 building's halls are known for their wide range of art projects created by many of La Jolla High's artistic talents. The case that warrants more than a just a passing glance is the one that holds the AP Art Studio pieces. It is full of beautiful and thought-provoking artwork created by incredibly talented students. The student whose immense talent always draws attention and awe from her peers is junior Shannon Blue.

gallery when I'm older though. If a career in medicine does not pan out I'd like to work as either an art director on movie sets or an art restorer at the Vatican.

So before checking to see if your yearbook is paid for, remember to glance around the corner at the exquisite work produced by Shannon Blue and the other AP Art Studio students.



Sketch of child from the movie Australia

Photo courtesy of Facebook

By Sara Ashcraft  
Staff Writer

## Adam Hersko-RonaTas: Filmmaker

La Jolla High freshman Adam Hersko-RonaTas is earning his rank as a student filmmaker. The fourteen year old has been creating short films with his friend Darian Spencer since August of 2010. With videos such as "Away" and "Weatherization," Hersko-RonaTas has gained recognition throughout San Diego by winning a film-making competition and even being featured in the San Diego Union Tribune.

LJHT:

When did you first begin filmmaking and what sparked your interest in film?

AHR: I was about eight or nine when I became interested in film and initially I became interested because a lot of my mother's side of the family is into directing. My grandfather, for instance, Janos Hersko, is a renowned director in Hungary, so that is one main factor. My parents also showed me a lot of obscure, interesting films especially stuff from Charlie Chaplin which made me think, "How can I do this in my own way?"

LJHT: Tell me about Vrutty, your production company.

AHR: I started Vrutty in August of 2010, so it is relatively new. My friend Darian

Spencer

and I decided

we wanted to produce a new film each week that would appeal to a lot of different demographics, thus we created Vrutty. Every weekend we meet and throw out ideas, organize them and get to work on the newest film. The name Vrutty actually comes from the Hungarian word and is sort of the onomatopoeia of a record scratching, which symbolizes that stereotypical awkward moment. I wanted an antique looking record player for the logo so I began sketching one, and now it is featured at the end of all of our productions.

LJHT: Which video are you most proud of?

AHR: Well that is a difficult question because with each video we make, the more proud we become, because we are still growing as filmmakers. Every week we find new things

to do with our films, so it is really hard to choose, but our film "Away" definitely took the most production time and effort. "Away" probably showcases our talents the most. This film in particular took about 30 hours of production, mainly because it required immense amounts of editing and introduced us to new obstacles such as adding music and night filming.

LJHT: What was your inspiration for "Away"?

AHR: My friend and fellow production partner, Darian Spencer, had to do a school project and knew he

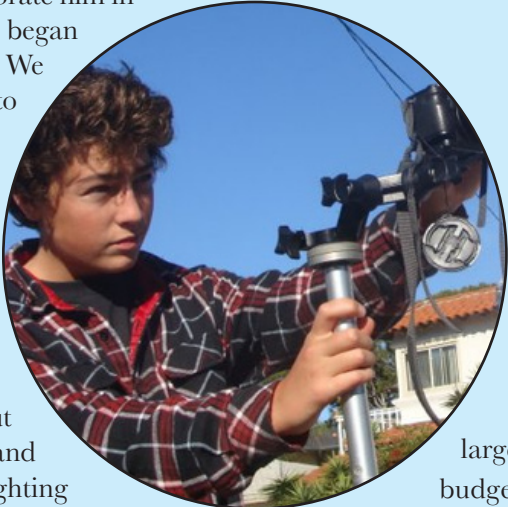
wanted to incorporate film in some way, so we began brainstorming. We really wanted to create a film absent of dialogue, but one that was still

understandable.

LJHT: How did you go about finding a camera and appropriate lighting etc. for making these short films?

AHR: I was actually just extremely lucky; when I was about eight I begged my parents for this semi-professional photo camera. The camera itself wasn't anything special, but over time I noticed the video capability of it, which opened up a whole new world. Eventually I began using a tripod, but we still have to improvise a lot because we don't have professional equipment. For example, if lighting is ever needed, I use my turtle's heat lamp.

Or for our newest video, just released this weekend, we had to create a slide ramp from PVC piping and swivel chair rollers. The equipment we use to create our videos is often pre existing things we have laying around our houses; we work with what we can find. Recently we have had a



larger budget, because I dedicated the money

I won from a film competition to buy a new camera for Vrutty, which will really expand our film-making capability.

LJHT: Can you give us any hints as to what you will do with this new camera?

AHR: Yeah definitely; for a really long time we have wanted to create an action movie spoof, with lots of explosion, gun fights and slow motion. Essentially we want to make this next film the most epic one yet.

LJHT: Any directors sited as inspirations?

AHR: My grandfather and cousins, and big directors like Christopher Nolan, the Coen Brothers and Quentin Tarantino.

Check out Adam Hersko-RonaTas and his Vrutty videos on both YouTube and Facebook.

YouTube URL: <http://www.youtube.com/user/gruffor>

