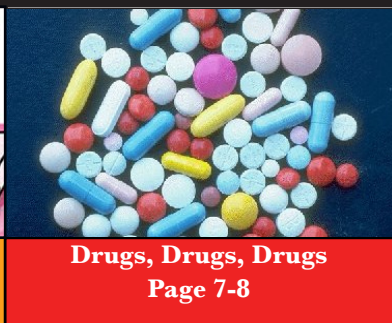
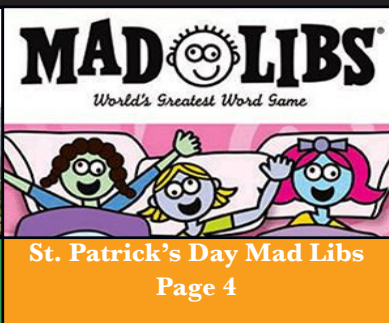
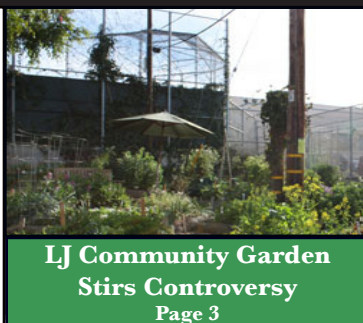
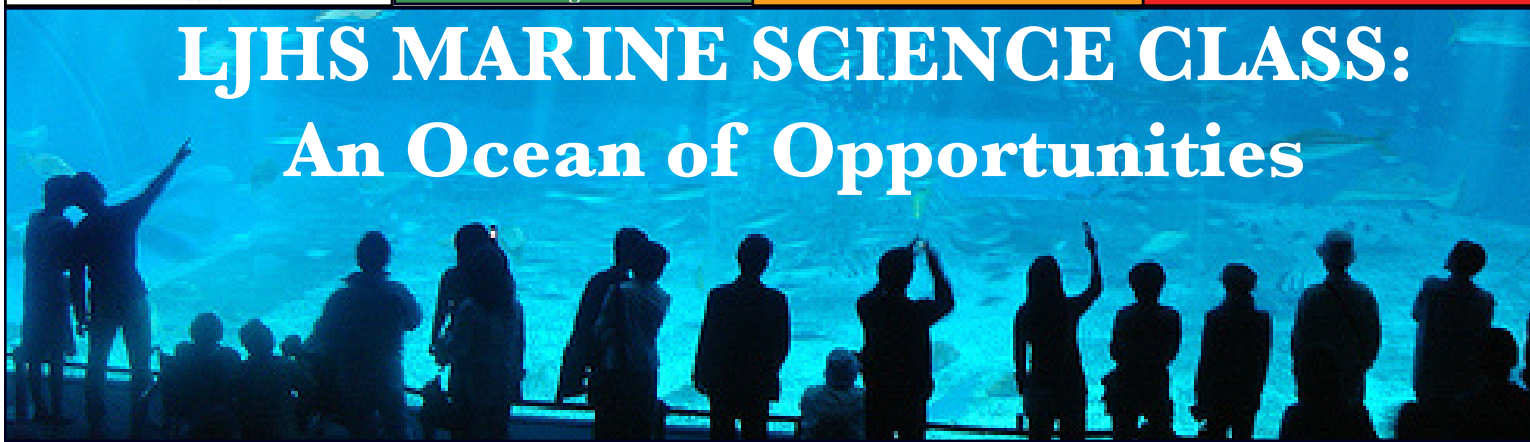


HIGH TIDE

Volume LXXVVV Issue 5-March 5, 2010



LJHS MARINE SCIENCE CLASS: An Ocean of Opportunities



By Kianna Anvari and Amy Liew
Staff Writer

One of the great things about La Jolla is its beaches. Students at LJHS spend countless hours swimming and surfing in the beautiful Pacific Ocean. But have those students ever wondered what lies beneath that blue exterior?

Mr. James's Marine Biology class is designed to teach students all there is to know about the deep blue sea. This course covers all aspects of physical oceanography such as chemistry, geology, atmosphere/ocean interactions, ocean currents, waves, tides, and coastal processes. It also dives deep into marine ecosystems, ecology, and the biology of algae, plants, and animals.

"We do hands-on activities that let us learn about the information that Mr. James covers. This class is less about the notebook and more about

learning," junior Alex DeStasio said.

During this course, students get to work with marine biologists in the field and identify local invertebrates and seaweed. The class also gets the opportunity to work with San Diego State University's marine biology lab to examine the effects of elevated carbon dioxide and damages on the kelp forest caused by the ocean acidification. While working on these labs, the professors at SDSU may write recommendations for students if they excel in their performances.

One of the great features of this course is the many field trips that students take. The Monterey Bay Field Trip is a favorite among students. The class travels up to the Monterey Bay area and camps at Big Sur for a five day field excursion. The students kayak with sea otters in the kelp beds and tour the aquariums and laboratories. Students get to learn

all sorts of interesting facts and have fun along the way.

"This class coincides with AP Biology, making it easier to understand. Plus, Mr. James is also an excellent teacher who is good at explaining concepts," junior Taylor Templeton said.

Another popular field trip is the life changing trip to an Indo-Pacific island to set up a monitoring site with a local high school. The site is used to monitor the effects of global climate change and rising sea levels. Students have the opportunity to personally grow with this cross-cultural exchange.

In addition to going on interesting research trips, students also have the chance to listen to lectures. Marine Scientists from Scripps Institution of Oceanography, San Diego State University, the Tijuana River National Estuarine Research Reserve, and the City of San Diego Ocean Monitoring Program talk about their line of work and current research.

"I would take the class because I like the tide pools, sea life, and understand how the ecosystem works so I can help save the planet," sophomore Devin Marsh said.

This one-year course is designed to give students a strong background in the marine sciences. In the future, he hopes he can get students scuba certified so he can take them to see life under water first hand.

This course is currently on the chopping block and has the potential to be cut next year. All students- whether familiar with the field or not- are encouraged to join Mr. James in an exciting year filled with laboratory exercises, intertidal fieldwork, and fascinating activities covering the vast marine life that lives right down the street.

Teen Curfew Law Update:

By Brittney Schrift
Staff Writer

Cited as "unconstitutional" and "flawed," San Diego's teen curfew law was questioned for the second time on February 5 in front of the district courts.

The law was struck down because it consistently punished teens who were out past curfew but not engaging in any other suspicious behavior.

The current law states that anyone under the age of 18 is prohibited to be out between 10 pm and 6am; those excused must be accompanied by a parent, guardian or trustworthy adult, or they can be going to and from a job.

"The curfew law is ridiculous," sophomore Hannah Rawdin said. "It punishes kids who have parental consent to be out late and who aren't even causing trouble."

The most recent person to be caught under this controversial law was a girl identified only as "A. G." A.G. was on her way home from a party, that she had received her parent's permission to attend, when cops pulled her over just after 1 AM. The girl's lawyer, Heather Beugen, believes that

Continued on page 10

ASB UPDATES

Hey Vikings!

With the spring semester in full swing, your ASB has been hard at work planning lots of fun events. We would first like to thank everyone who attended this year's ASB ball. With over 650 in attendance, the dance was a great success.

We would also like to thank all who donated to Pasta for Pennies to support research for leukemia. Overall, we managed to raise over \$900. Congratulations to Mr. Quesnell's

4th period for raising the most money; we hope you enjoy your pasta party!

We hope everyone had a great time at Airband last night. Congratulations to all performers for putting on a great show!

All of the classes are hard at work organizing upcoming events and fundraisers. The seniors will host a Parent Dinner next Saturday, March 13, at the Greenberg residence beginning at 6 p.m. Make sure to let your parents know, as this is

a fun way for them to socialize while benefiting the senior class. Tickets are \$20 each before the event, and \$25 at the door. Raffle tickets will also be sold throughout the night. To buy tickets, contact Jeanette Wright at jcwright0606@gmail.com.

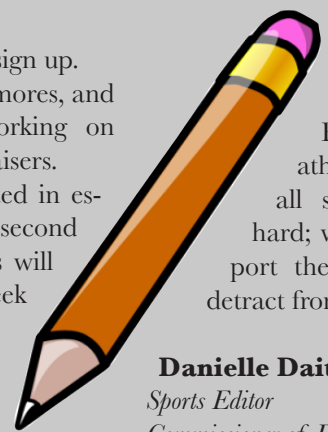
The seniors are gearing up for the Senior v. Faculty basketball game on Friday, March 19 during 5th period. Tickets will be sold all through next week. Seniors, if you are still interested in being a part of the game,

contact Tali Gires to sign up.

The juniors, sophomores, and freshmen are all working on planning more fundraisers.

If you are interested in establishing a club for second semester, applications will be available next week and due soon after.

As we move further into the play-off season, fans are reminded to have good sportsmanship and act in a respectful manner towards op-



Danielle Daitch
Sports Editor
Commissioner of Public Relations

posing teams and our own. Remember, the athletes have spent all season working hard; we want to support them rather than detract from their talents.

The La Jolla High School

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Iran's Cry for Help

Stop watching and start listening

A country's cry for help being ignored

By **Kianna Anvari**
Staff Writer

In 1979, the thriving country of Iran went through a revolution resulting in the birth of an Islamic Republic. Iran is now ruled by a radical Islamic regime that was established after the King, Mohammed Reza Pahlavi, was ousted in 1979, the same year "freedom" was removed from the country's dictionary. No one since then has helped the country heal from this corruption.

For almost a year, Iranians have been protesting for democracy and freedom; and in return, they have received violent beatings and have had their human rights become essentially non-existent.

For the past 31 years, the people of Iran have obeyed the stern laws enforced upon them, strictly out of fear. Women are forced to cover their hair with scarves and are forbidden to show any skin aside from their faces.

Schools, churches, beaches, and many other public areas are gender separated.

The fear of punishment for disobeying these drastic laws is

the main reason why Iranians have kept quiet until now.

The presidential election in June of 2009 triggered the spark of another revolution that still flares today. What started out as large protests against the alleged rigged election, quickly turned into a fight for freedom and democracy.

Riot police began killing

In 2009, the world watched the gruesome footage of Neda, a 26 year old girl, who had been shot and killed by the vicious riot police.

This young student was casually observing a protest before a bullet penetrated her heart. This shocking incident added even more fuel to the already blazing flame.

But recently with the presence of tens of thousands of security forces, there has been an escalation of violence and increase in arrests, imprisonment, torture, prison rape, and execution of the protesters. U.S. Secretary of State Hillary Clinton announced on February 15 that Iran is sliding into a military dictatorship.

The world continues to watch the violations of the Iranian people's human rights. But are they doing anything to help?

"It's really sad to see what's happening to the innocent Iranian people," junior Kristina Leyva said. "I think that people should try harder to help them instead of watch them struggle alone."

Iran has rejected the recommendations made by members of the international community to address grave human rights abuses.

The United Nations has urged Iran to end juvenile executions, the killings of peaceful demonstrators, torture and rape in prisons, unfair trials, the mass detention of peaceful political protesters and journalists, and discrimination against women and minorities.

Iran's failure to cooperate with the UN shows that more needs to be done to condemn these human right violations and to demand a democratic and free Iran.

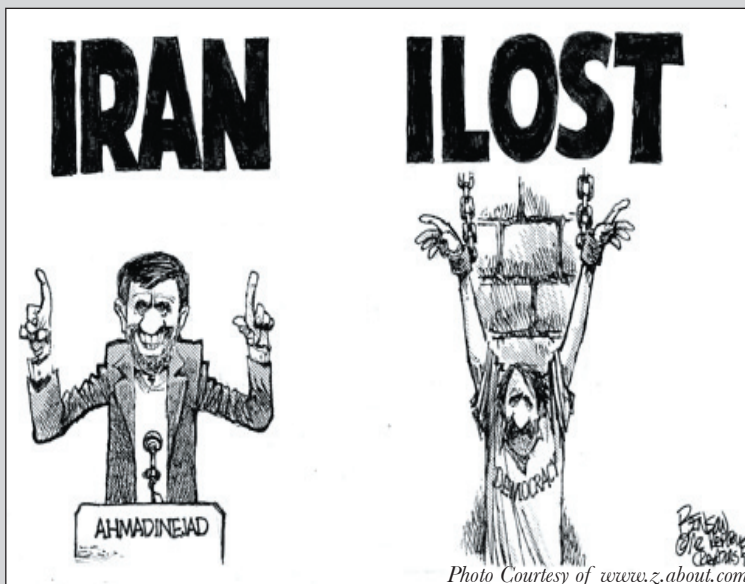


Photo Courtesy of www.z.about.com

innocent Iranians who were practicing their right to protest in the streets. Iran's strict Theocracy, a nation ruled by religion, has been using its tyrannical power to oppress its citizens and strip them of their human rights.

"I think that Iranians should be allowed to openly protest in the streets without being beaten," senior Nallely Jarquin said.

Iranians were no longer protesting against the election, but rather for a complete change in government.

Iranians around the world began protesting with chants such as: "Neda is our voice; freedom is our choice" and "Democracy for Iran; freedom for everyone."

The grass-root movement for freedom and democracy in Iran has entered a new phase.

Finals: An Unfair End to a Stressful Year

By **Suquoia Geary**
Staff Writer

At the end of the semester students have nothing but stress to look forward to. The notion of having all of one's hard work devastated by a single test seems to be anything but fair.

The fun-filled week of finals is the cherry on top of a "perfect" semester.

After an entire semester of work, students do not need a week of stressful tests. The needless stress in the last week

After an entire semester students are given a test with so much value that it could literally ruin a person's grade even after they proved their knowledge in the months leading up to the finals.

"After working hard for an entire semester, it is ridiculous that a test can ruin all of our hard work," senior Kimball Wing said.

So often, students are not only on the border of an "A" but the verge of a 4.0, and even though the difference may seem small, come time for

will plummet.

Why should a student have to work hard all year to only have their grade crushed when they are unable to do well on a cu-

It is unreasonable to ask a student to work hard all year and then do well on up to six different tests over the subjects they learned in the entire first

"It's stressful to study for multiple tests and to hope that the grade you've earned will remain the same,"

- Kelsey Ryan

"After working hard for an entire semester, it is ridiculous that a test can ruin all of our hard work,"

- Kimball Wing

of the semester is something that many students could go with out.

college, those points start to matter. Every student fears finals, worrying that their grade

mulative test?

"Upon entering high school I was introduced to finals, something I wish I never had to endure. I never realized I would have to prepare for a semester to have my grade cushioned for the finals," freshman William Geary said.

It's unfair that these tests are given such weight that a student's grade can drop an entire letter for the simple reason that the tests are given about too much information and often are too long.

semester only to have their grades crushed and lowered from that A they worked hard for all year.

"It's stressful to study for multiple tests and to hope that the grade you've earned will remain the same,," senior Kelsey Ryan said.

The three days called Finals are three of the most dreadful days of the entire year.

It's the opportunity for months of a student's hard work to be ruined. It that really necessary.

Keep it Open or Closed?

Is the freedom dangerous or advantageous?

By Iman Hassaine
Staff Writer

La Jolla High School has an open and accessible campus for students and visitors. To this day, La Jolla High is the only school in the San Diego Unified School District that does not have either police on campus or a fenced perimeter. With minimal patrol and security, the campus still remains welcoming to any one wanting to trespass onto the school property.

Although there are police present on certain occasions, such as school dances and certain sports events, on an everyday basis, there is no “school cop.” The question is that is one even necessary? At many other schools, there are school police officers that ensure the safety of the students, as well as constant supervision of all school activi-

ties. The SDUSD “school police services” lead the district in school security. There are calls for service at certain middle schools, and there are full-time officers at four campuses out of 23. The school police service maintains a patrol force that

students and staff more space and it would be uncomfortable if the school was completely fenced in.” However, some students and parents are worried that La Jolla High’s campus is too open and not safe enough. There are police officers present at elementary schools,

“The campus gives students and staff more space and it would be uncomfortable if the school was completely fenced in.”

- Kathy Renda

works full time to respond to calls for district wide service, but they are not needed at every single school in San Diego. Network and media technician Kathy Renda says, “I respect that the school is not enclosed and it has an open campus; the campus gives

middle schools, and other high schools, so how come La Jolla High’s campus is an exception? Well, La Jolla High school is a smaller campus compared to others, and the school has a prepared plan in case of an emergency. “I do like our open campus,

but I would understand if they only opened it at lunch; our school compared to others is very relaxed in that aspect,” senior Sydney Colvard said. Luckily, La Jolla High school has not had any threats or severe criminal acts due to the “open campus.” The school is not completely fenced-in because the campus is located in a safe neighborhood, and it has not shown the need for daily security action. The community is in full cooperation with the high school’s safety measures. In case of a kidnapping, shooting, or lockdown, the school has mastered a plan to keep students safe during any incidents. “The open campus is great, it has not been any trouble, and it gives students more freedom,” freshman Carlo Calvano said. If La Jolla High had a past history of violence because of its open campus, it would be worrisome; however, the ever-present open campus has proved to be satisfactory. There is no need to fix something that is not broken.

So you think you can dance? Guess again

By Jasmine Mobasseri
Staff Writer

Dance moves have had the powerful and exciting ability to define the decades that they thrived in. In the 20’s it was the “charleston”. The 50’s gave us the “bunny hop”. The “twist” and “egyptian” made their debut in the 60’s. Kids in the 70’s could be seen doing the “hustle”. And the 80’s and 90’s were responsible for the “roger rabbit”, the “worm”, the “Robocop”, and an all time favorite, the “running man” So why is it that now when you walk into a school dance, you don’t see decade defining dance moves?

The only thing that you can see is hormonal teenagers literally humping each other right there on the dance floor. Do people forget that they are in a public place and not in their bedrooms?

The best situation is when you are trying to dance around with your friends and an overly affectionate couple feels the need to go at it like dogs right in between your group so you can all get a view of their undying love for each other.

Please, you “freak dancers”, keep your love-fest in your own little awkward boundary, there is no need to share what you may consider romantic. Have you ever experienced having to watch someone you admire nauseatingly grind to the point where you feel like you’re going to be sick?

Listen, when you look up to someone: a genius classmate, a club president, or that really sweet and intelligent girl that waves to you on your way to fifth period...you do not want to see them on their hands and knees being disgustingly groped by some guy with his nasty forehead sweat dripping onto their partner’s back.

There is absolutely no need for the vulgar dancing. People should be embarrassed that they can so easily ignore the fact that their teachers and their principles are standing near by and can see their students dancing tastelessly.

The boys and girls who subject themselves to being humped by their “significant others” and who these “situations” need to obtain more self-respect. The only differences between grinding during lunch in front of the office and grinding at a school dance is that at a dance, there is loud music and the lights are off. Regardless, there are people around who have the ability to see. Get a room.

You’re Smoking? You’ve got to be joking

By Rose Di Toro
Staff Writer

Imagine this: you are leaning out your bedroom window on a beautiful spring day, a cool breeze touches your face as you deeply inhale. The smell of faintly salty sea air and fresh blooming flowers greets your senses. Suddenly, you start to choke on a putrid stench emanating from a passing group of smokers. The smell of sweet spring air is drowned by the choking smog of passing cigarettes. The sudden urge arises to inform the passing smokers that it is 2010, not 1979, and ask if they missed the memo that smoking is one of the leading causes of cancer, among other problems, in the United States. For the better part of the 20th century, smoking cigarettes was considered not only socially acceptable, but glamorous even. However, the harsh reality is that tobacco use is responsible for 1 in 5 deaths in the United States today. A report from the American Cancer Society states that smoking cigarettes kills more Americans than alcohol, car accidents, suicide, AIDS, homicide, and illegal drugs. Smoking is responsible for at least 30% of all cancer deaths and 9 in 10 deaths from lung cancer are related to smoking.

With this information readily available on the internet, a ban on commercials promoting cigarettes on television, the illegalization of flavored cigarettes, and shocking statistics why do the majority of Americans continue to jeopardize their health as well as those around them? Some may say it is the cool “vibe” people emit when holding a cigarette. But it isn’t true. Those unfortunate individuals who succumb to the addiction are no role models to follow. There comes a time when one must resist those influences.

The smell of cigarettes is so potent and toxic that, not only does it carry over to your nose, but it also becomes ingrained in the clothing, and car and home interiors of a smoke. The name given to the smokey smell that lingers in the area surrounding a smoker long after secondhand smoke has cleared is called thirdhand smoke.

A study from the Harvard Medical School discovered that third hand smoke poses just as much of a threat as secondhand smoke. Not only is smoking cigarettes detrimental to your health and well-being, but it is a terrible habit and a turn-off. It’s time to stop polluting your body and the environment.

Batter Up The garden is going, going, gone

By Wilson Mokiao
Staff Writer

Broken dreams and shattered hopes follow the bulldozer tasked with flattening the community garden in the vacant lot at the end of the alley on Draper street.

Our principal, Mr. Shelburne, has filed an application requiring the space being used by the community surrounding La Jolla High for their community garden to move. Mr. Shelburne has a reason for this. He is planning on building a brand new batting cage, right next to the schools other cage, which has fallen into disrepair, and is not being used.

“I do not see why we need another batting cage, why don’t we renovate the one we have with the money our school would have spent?” sophomore Marissa Newlee said. The community garden is serving a role that is more important for the community and for La Jolla High students than any batting cage could.

The community garden is a priceless educational resource. The garden is being used more and more by the AP Environmental Science classes as a teaching resource. Students go to the garden and listen to lectures about the importance of sustainabil-

ity and how small-scale community gardens are playing a huge role in reducing our carbon footprint. “Our class visits to the community garden have helped me to understand the impact each person has on the environment,” senior Kayli Versteeg said. A batting cage would serve a purpose to the baseball and softball teams, but at too great a cost. The cage would cost thousands of dollars to create, and our school cannot afford that at this point. La Jolla High cannot afford to buy basic things like paper for copies. How can our administration even be considering installing a new batting cage?

Keeping the community garden would be a good idea, not just because of the educational or economic value, but because it would make a statement. Mr. Shelburne would be saying to the students and to La Jolla as a whole that LJHS supports eco-friendly practices. Every student at this school should visit the community garden, it’s located west of the baseball backstop, and see how interesting it is. If La Jolla students want to see the garden continue to thrive, the student body needs to unite to show that the garden need it to stay.

YO NO QUIERO TACO BELL

Authentic Mexican cuisine in La Jolla

By **Brittney Schrift**
Staff Writer

Due to San Diego's proximity to the border, Mexican food and culture has become a part of our city's eclectic make-up. Most students at LJHS say that Mexican food is their favorite type, so we have visited the most popular restaurants and decided whether they really lived up to all the hype.

Don Carlos Taco Shop

Don Carlos Taco Shop is the oldest taco shop in La Jolla, open since 1983. Not only is their food great, but the customers have the option of sitting outside as well as inside, satisfying both your hunger and people-watching craves. To top it all off, they even have vegan options as well.



"Don Carlos is just up my street, and the carne asada burrito is dank," sophomore Cheyenne Atapour said.

Ortega's Place

Known for its unbelievably good bean and cheese burritos, Ortega's is a hot spot for La Jollans. With its quick service, reasonable prices, and delicious food, it is the perfect place to grab a bite to eat before the basketball games, or for a great after-school snack.

"I love Mexican food, especially Ortega's," junior Nick



Kusnir said. "I always order their carne asada fries burrito."

Rigoberto's

This is the second Rigoberto's location in La Jolla and is now located where the Taco Bell used to be. While some are skeptical as to why the owners would place two of the same restaurants within a mile

from each other, that doesn't stop them from grabbing some of their delicious carne asada



fries.

"I've visited the new location and the food was great," sophomore Dinah Robbins said. "they always hit the spot when I need my Mexican food fix."

Bahia Don Bravo

Located in Bird Rock, Bahia is great for an afternoon snack before hitting the beach, or for getting take out on a warm summer night. It offers a range of options, from the Surfer Gigante burrito (a Bahia favorite), to the signature Bahia Bowl.

"After surfing for a couple of hours, nothing tastes better than a fat California burrito from Bahia," sophomore Omar Simon said.

MAD LIBS

St. Patrick's Day Edition

By **Jasmine Mobasseri**
Staff Writer

1. Boy's Name

2. Adjective

3. Article of clothing

4. Type of shelter

5. Verb

6. Adjective

7. Teacher's name

8. Another teacher's name

9. Past tense verb

10. Adjective

11. A song title

12. Number

13. Past tense verb

14. Noun

15. Adjective ending in -ly

Once upon a time, there was a leprechaun named 1. 1 always wore a 2 3 for good luck.

But one day, the little leprechaun's 3 was nowhere to be found!

He looked all around his shamrock-shaped 4, but his lucky charm was nowhere to be found!

He needed to 5 his buddies, "The 6 Irish Crew" to help him look.

They decided to try and search the LJHS campus. When his friends looked in 7's room, he wandered into the next one, 8's room.

It was there that he 9 a 10 rainbow. Unable to resist 1 began to walk over the rainbow. It was a long walk, so to pass the time he whistled 11. 12 minute(s) later he reached the rainbow where he 13 a 14 of gold! What was even better was that his lucky 3 was lying right on top! He lived 15 ever after! The End.

Club Spotlight: Haiti Relief

By **Sarah Devermann**
Staff Writer

People around the world have been influenced by the devastating 7.0 earthquake that struck Haiti on January 12. Three million people are in need of emergency aid, and, according to The Washington Post, the death toll of this event is one of the highest of a modern disaster. Days after the earthquake, truckloads full of bodies found on the streets were buried along roadsides and in trenches. However, in the midst of this disaster, there have also been miracles; one man survived 27 days under rubble.

Now, over a month since the earthquake, the unstable country of Haiti needs much support and many of La Jolla High's clubs are helping to make a difference.

Key Club is one if the clubs raising funds for Haiti. At lunch, the club has been host-

ing food sales with the proceeds going to Haiti. Some of their members have also been collecting donations around campus for the cause.

"It's pretty clear that fixing



the current situation in Haiti will require an unprecedented amount of international relief. It's important for us to realize that helping Haiti not only entails raising funds in the short term, but also entails international aid, investment, and awareness in the long term. So for now, our Key Club is trying to raise money for short term relief; however, we hope to continue to support Haiti as

it rebuilds in the future," junior Yume Hoshijima, president of Key Club said.

Culture Shock Club also raised money to benefit Haiti by planning a party. The party, "A Good Time for a Good Cause," included food, music, and more. As guests arrived they gave donations that the club sent to Haiti. Overall the club sent over two thousand dollars.

"The people in Haiti are people, just like you and me. This tragedy could happen to anyone, anywhere. It is our responsibility as human beings to help one another," senior Jessica Silvers, vice president of the Culture Shock Club, said.

Soles for Souls was another fundraiser to benefit Haiti and was held by the ASB. In this fundraiser, instead of raising money, old shoes were donated. Shoes might not seem like a very big deal; however, victims

of the Haitian earthquake who lost all of their belongings are very grateful for even a simple pair of shoes. Our school donated over 500 pairs of new and used shoes.

Other students are doing things individually to help Haiti. One freshman, Sierra Beeson, wrote letters asking major organizations to donate much

needed supplies to Haiti. One of the letters she wrote was to Arrowhead Bottled Water, who agreed to send a large amount of water. She also sent a letter to Kaiser asking them to send antibiotics and other medical supplies to Haiti.

"It's important to help the people in Haiti because they

are a people in desperate need of everyone's help. Now that the earthquake has come to pass, the country is left in ruins, the people are dying from lack of proper medical aid and sanitation, and they have no money or hope to rebuild their

country. By giving our aid to Haiti, we are able to help people who would benefit from it and

appreciate it the most," Beeson said.

People around the world have come together to help strangers in a devastating situation. Any student who has volunteered, written a letter, or donated money towards Haiti has played a part in rebuilding this country in need of help.



Photos courtesy of Sarah Devermann

Fun and Mystery: Take a Staycation in LJ

By Sarah Devermann
Staff Writer

With the country’s recession and budget problems, “staycations” are becoming a popular way to spend breaks. Instead of spending money on transportation costs and hotels, people have decided to visit local attractions and participate in local festivities.

In La Jolla there are many fun, local, and low-budget things to do without traveling far or spending a ton of cash.

“When I was younger I loved to go to the Children’s Pool and I like walking down there now. However, it is annoying with all the tourists that go there and take pictures,” senior Courtney Volger said.

Tourists in crowded places can be rather annoying. Here are some ideas for a more “Locals Only” staycation.

Mount Soledad is famed for its cross and spectacular view, but a few adventures can be found down the hill from this

landmark in the many windy roads. In addition to the Cross, there are other less-known landmarks and legends on Mount Soledad. The outings to these landmarks are close and free but the main part of the adventures takes place in actually finding them.

One of the legends is that of the Munchkin Houses. In the 1930s, after a few “little people” became rich from acting in *The Wizard of Oz*, the munchkins came and had four miniature houses built on Mt. Soledad so they could live together. Today there is only one of these houses on Soledad and the legend is proclaimed false, but it is still a fun sight to see. The remaining house is on Hillside Drive with a handwritten address and a “Keep off the Grass” sign in the yard (one story claims that the midgets will throw rocks at people).

“I have never been to the munchkin neighborhood on Mount Soledad, but it sounds

pretty awesome!” freshman Maddie Aguilar said.

The other myth that Mount Soledad boasts is that of the mysterious troll bridges. These bridges are actually fairly big and hard to miss. They are scattered around in the many small, narrow, and curvy streets near the La Jolla Country Club. Different sources claim varying numbers of these mysterious structures, ranging from four to seven. However, the story goes on to claim that going past the last bridge invokes a curse.

“The first time I saw the troll bridge it was night and I was little. My friends and I all found it very scary,” freshman Lauren Nordholm said.

Not many people know about these legends and the landmarks that go with them. Although they require some exploring, they are an exciting, free, and non-tourist outing.

FUNKY FOOD

By Elyssa Kanter
Staff Writer

Food tastes differ around the world. By blending flavors, one can create a unique combination of taste. The students at La Jolla High have some of their own funky cooking recipes. These easy and exotic recipes will surprisingly tantalize your taste buds.

Marshmallow Cream Cheese Dip

“I make marshmallow and cream cheese dip. The dip comes from a cookbook called *Teens Cook*. It is really good in the summer; I like the fruit in it, especially the strawberries,” sophomore Jordan Atnip said.

- Ingredients:**
1. 1 pound of fresh strawberries
 2. 4 ounces of cream cheese
 3. 1 cup of marshmallow fluff
- Steps:**
1. Wash the strawberries and drain well
 2. Whip the cream cheese with an electric mixer on medium speed for 2 minutes, or until fluffy.
 3. Add the marshmallow fluff and mix for 1 minute, or until completely combined.
 4. Spoon the fluff into a serving bowl. Set the bowl on a serving plate and arrange the strawberries around the bowl.

Taco Chili Cheesecake

“I was at a cooking class when I learned how to make Taco Chili Cheesecake. It sounds disgusting, but it is very good. This dish can be used as a dip, or you can eat it like normal cheesecake,” freshman Maura Kanter said.

- Ingredients:**
1. 1-1/2 cup tortilla chips, finely crushed
 2. 2 tbsp unsalted butter, melted
 3. 1lb cream cheese, softened
 4. 2 tsp granulated sugar
 5. 2 large eggs
 6. 6 oz shredded cheddar cheese
 7. 1 large roma tomato, seeded and diced
 8. 1/2 cup packed cilantro, washed and chopped
 9. 1/2 cup diced onion
 10. 2 cloves of garlic, minced
 11. 2 tsp taco seasoning
 12. 1 tsp hot pepper sauce
 13. 6-inch cheesecake pan, ungreased

- Steps:**
1. Preheat oven to 325°
 2. In a bowl, combine crushed chips and butter. Press this into the bottom of cheesecake pan and freeze.
 3. In a large mixer bowl fitted with paddle attachment, beat cream cheese and sugar for three minutes or until very smooth. Add eggs, one at a time, beating after each addition. Stir in cheddar cheese, tomato, cilantro, onion, garlic, taco seasoning and hot pepper sauce.
 4. Pour the above over frozen crust, smoothing out to sides of pan.
 5. Bake in preheated oven until top is light brown and center has a slight jiggle to it, 30-40 minutes.
 7. Let cool on a wire rack for 2 hours. Cover with plastic wrap and refrigerate for at least 6 hours before serving.

Guess Who

By Olivia Polger
Staff Writer

I was born and raised in good old San Diego, but my family sure likes to move. I have moved around the country six times in 16 years. They call me “Princess Mini Cupcake” because of my love for fairies and princesses. Tinker Bell is my absolute favorite. I would have to say that *Peter Pan* is the best Disney movie ever made thanks to Tink. I have reddish-brown hair and was born on June 22. I represent the class of 2011!

Fashion is a huge part of my life; you can ask any of my friends. Standing at 4’11 has made high heels a close friend of mine. I have a gigantic wardrobe, so my style

depends on my mood. I have an obsession with dresses and love the pin up girl style and work boots, like Doc Martens.

Next to fashion, I have a passion for ice-skating. It all started when I was six years old, but I got really serious about skating in the seventh grade. I have been with a synchronized ice skating team for four years, and we just won third place at the regional competition. We are now headed to nationals in Minnesota, – so wish me luck!

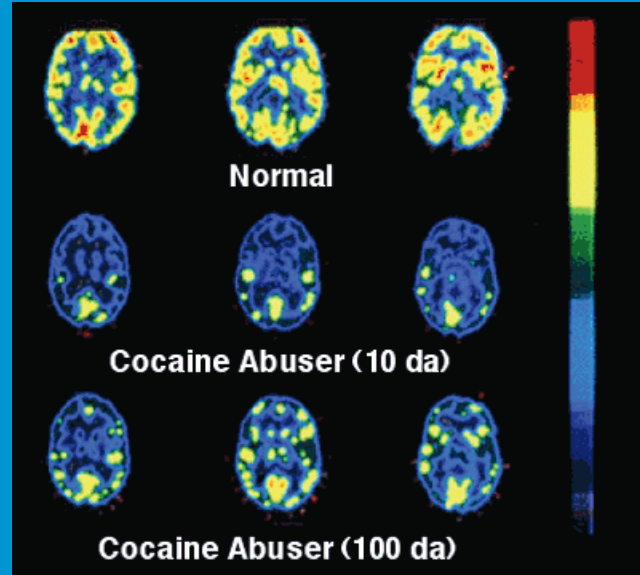
I hope to continue skating while in college at a school on the east coast. I have dedicated a lot of my time to skating and I wake up every morning at 4a.m. to practice. The early morning practices have made my teammates and me very close. My team-

The Guess Who from the last issue was Cora Alvarado.

Photos courtesy of Haley Cottrell

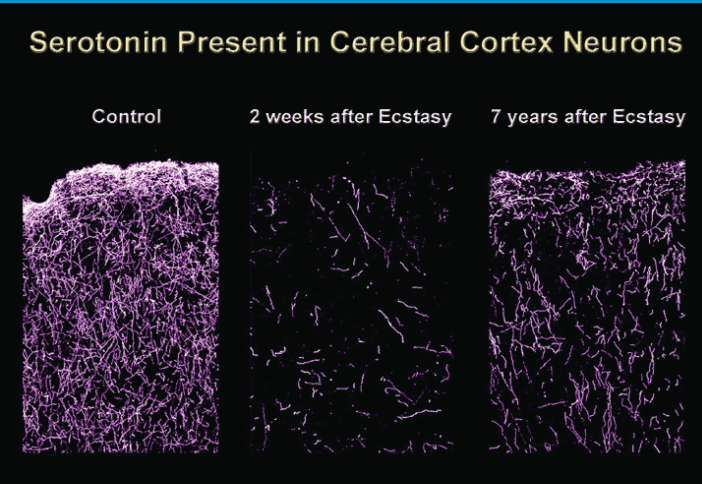
Real Life Drug Abuse

EFFECTS OF DRUGS ON THE BRAIN



The images left display the damaging effects of Cocaine after ten days and 100 days in comparison to a normal brain.

After one use of Ecstasy, the serotonin level dramatically decreases and can take years to rebuild.



By Elyssa Kanter and Freda Spencer
Staff Writers

The following article was written by two La Jolla High Tide Staff Writers after an exclusive interview with a La Jolla High School student who is to remain anonymous.



The name has been changed to Carol* in an effort to maintain the subject's privacy. This is not promoting the use of drugs, but is purely published for informational purposes.

In eighth grade Carol started drinking. When Sheila was a freshman she continued to drink because her boyfriend, who was a junior, influenced her. She began to drink at least three times a week. Carol tried to sober up and told her parents that she was attending a school club meeting while in fact she was attending Alcoholic Anonymous meetings. Alcohol is not Carol's only vice, she also indulges in a wide variety of drugs that go well beyond the usual gateway variety. In the middle of her sophomore year, Carol tried ecstasy before a party.

"The next day, coming down, you don't want to move at all; you're burnt pretty much," Carol said. The summer before her junior year Carol started using cocaine. One of her friends pressured her to use this drug. Carol had a phobia of snorting things, but since her friend did it, she tried it too, and used cocaine the next weekend. Carol's cocaine use became a once a week practice. It eventually led to further experiments with even stronger illegal drugs. The day she tried heroine she went to a park, and met up with people to smoke with. "A guy asked me for a cigarette, I was staring at him and didn't realize what I was doing. I couldn't stop laughing. Later on I thought I was walking really slow, but apparently I was sprinting," Carol said. Two weeks later Carol did acid in a bathroom at a party. At the party she got into an argument with her friends. They were upset with her and stopped wanting to be around Carol. After the acid wore off, Carol woke up confused. Carol not only does hardcore drugs, but she also takes over the counter pills "I steal adderol from my mom before tests to stay up all night and do

homework," Carol said. "I really wonder what my life would be like if I had never gotten into drinking and drugs," says La Jolla High student, Carol. Alcohol and drugs have been an active part of Carol's life since seventh grade. "It began in about seventh grade... I didn't think it was that unusual to have drink at least a few times by the end of middle school." Occasional drinking soon became a thing of the past, though, when Carol entered high school. With a junior boyfriend, freshman Carol began drinking more and more, "When my friends would hang out with my boyfriend and all of his friends, of course we would drink whenever they did... it wasn't so much pressure, just expected of me," said Carol. "That is when I first got high too... everyone else was, so why wouldn't I?" But when does social drinking and smoking turn into a problem? Carol's use of marijuana and alcohol extended from strictly on the weekends to at least three or four times a week. "Every weekend involved getting wasted... different parties, different boys; I would stay out really late and when I would wake up the next afternoon, have little or no recollection of the previous night." The drinking did not stop

there, however, Carol began occasionally getting "faded" after school with a few friends. Before she knew it, partying on weeknights was the norm. "There was a kind of turning point, though, when one of my friends got in a lot of trouble involving alcohol... her parents eventually got involved and started making her go to AA meetings. The experience scared me, and made realize that maybe the partying had become a bit too much." Carol began attending AA meetings as well. She kept it a secret from mostly everyone, including her parents. "I told them I was going to a club for school, but all the times I would go to meetings on school evenings." Going to AA meetings taught Carol volumes about herself and substance abuse. While she was there she began to feel empowered by being sober and was ready to step out of the fast paced life she had set up for herself. "When I was in the actual meetings, I got really into it, and for awhile I stayed sober... but if I wanted to go out on the weekends and hangout with my friends, alcohol and drugs were always involved," remembers Carol. "As much as I wanted to stay away from all of it... my habit of partying caught back up with me soon enough."

THE PHYSICAL EFFECTS OF DRUGS

The images illustrate the effects of drugs on the same women over the course of 10 years.



Photos Courtesy of Mrs. Dill

Intervention

By Aida Saam
Staff Writer

If you have a friend or family member going out of control, intervention may be the best way to talk to this person and get him some help. Intervention is a counseling technique designed to help someone who is suffering from an addiction in need of professional help. Although typically used for drug addiction and alcoholism, intervention can also be helpful for someone with an eating disorder, people who self-injure, or cut, as well as those addicted to gambling or shopping. There are many steps when planning an intervention and they must be done precisely or you may risk getting the addict even more upset. Follow these steps to plan a successful and safe intervention.

Step 1

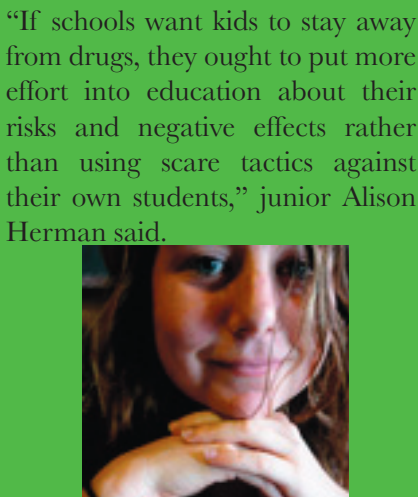
Approach the people who are closest to him with the idea of an intervention. Find the people whose opinions he values and who would make the biggest impact on his life. Once you have the group, notify all members that an intervention is supposed to come as a surprise to the addict and it is crucial that he does not find out beforehand. Hiring an interventionist may be a good idea if the matters at hand and the addict are severely out of control.

Step 2

Each member in the group should have an ultimatum for the addict. This part of an intervention is not to put blame on the addict, this is supposed to be a loving connection between each person and the addict. The last step for a pre-intervention is to find a facility for the addict. Remember that you cannot force one to go to rehab! He must choose whether to seek help, or risk losing the ones he loves on his own.

Step 3

The place of the intervention should be somewhere private where the group and the addict can be alone. Each person should now read their list of ultimatums and after each person reads theirs they should ask if he is willing to seek treatment now. If he does not agree or says nothing at all, each person should continue to read theirs and ask him if he agrees to seek help after each letter. In the end it is entirely up to the addict to seek treatment, do not force him into seeking help. He has listened to his ultimatums from each member and it is entirely his choice on what to do now.



Just reaching into a medicine cabinet can provide access to drugs. Some of the popular ones include Vicodin, Oxycotin, and Adderol which can be used during the SAT. Seen in more affluent communities, cocaine goes in and out of popularity but it has become apparent that when it is in it is very in. "I've switched school's a few times and the richer schools typically have more of a variety in drugs, these students have extra money lying around and they get bored," an anonymous student said. A drug that always seems to be popular is pot,

formally known as marijuana. Pot seems to always be in as it is more readily available and more students can afford it. It seems that by the time seniors' graduate high school the majority of the senior class has at least tried it once. Fortunately drugs such as heroine and meth are less popular among High School students. Today there is much hype on the prescription drug scene. Drugs such as Vicodin and Oxycotin are used as a pleasure or partying drug. Students have gotten a hold of these drugs and their popularity is on the up rise. "I take Adderol for my ADD and so many of

my friends beg me for it around the time of the SAT and finals. It is crazy how badly kids want the drug," another student said. One of the most popular current prescription drugs is Adderol, which is used primarily during the SAT or finals week. Easily available and with the hype over its effects on test results, students are more apt to search for the drug hoping to reap the benefits. Not only are students beginning to experiment the benefits of the drug but parents are beginning to catch on to its illicit usage. This newfound test enhancement that Adde-

rol gives students has led to unfair results and drugged up teens during testing times. "I don't see too many drugs around our school all of the time but it seems that most students have had their experience with drugs by the time they get their cap and gown," an anonymous student said. The drug scene changes over the years but as far as the basics go, not much is different, aside from the addition of prescription drugs. Unfortunately, students are now given the option of keeping with the standby pot or reaching into their parent's medicine cabinet and getting creative.

Drugs on Campus

By Suquoia Geary
and Amy Liew
Staff Writers



"Ignoring my opinion on the legality of drugs, my question is, if law enforcement officials really wanted to prevent our drug use, why aren't they going after the growers and dealers of the drugs instead of the purchasers?" junior Kirk Lee said.

Goal-den Girls

By Christina Kirby
Staff Writer

This year, the La Jolla High Girls Varsity Waterpolo team has had a promising season that has led them to CIF semifinals. Hard work and dedication have been the solidifying factors for the team, and have inspired them to have a notable end of the season. Extremely close games against rival, powerhouse teams, such as Coronado and Bishops, has left the team excited to be contenders in this year's

playoffs. ourselves what we are capable of. In previous years, games against Coronado have been blowout loses, and this year we really have the chance to win," junior Meagan Moreland said.



Team Love: The girls, with coach Dante Laghetto, relax in the jacuzzi after a tough practice.

and team-bonding excursions, waterpolo is a year-round commitment. Even during the off-season, the team practices regularly. During summer, there are often several practices a day. Tournaments are scattered on many weekends throughout the year, and there are even week-long tournaments during summer (such as the Junior Olympics). The team's effort has paid off, both in and out of the pool. Senior Kate Woods, a four-year varsity starter, will be attending Brown University in the fall to play waterpolo. She values the time she spent as a part of the team, and shares her favorite part of the past four years.

"The highlight of the season has to be when we all play well together. It is so important that the team really clicks, and I feel that this year we have been able to do that," Woods said. Though the girls lost to long-time rival Bishops in this year's CIF semifinals, their tremendous talent is undeniable.

Many players feel that a large part of this season's success is due to the fact that many teammates have been on the same team since middle school. "This year has been awesome. We have all become so close, like a family," senior Kelsey Ryan said. After countless hours spent at the pool, it is no wonder that the team has become so close. With practices, tournaments,

Ready for a 3-peat

By Olivia Polger
Staff Writer

The La Jolla High Boys Varsity Basketball team has finished the 2009-2010 season with a very respectable record of 17 wins and ten losses. This season has been full of a lot of hard work and many intense games that keep Viking fans out of their seats. The five senior team members that have played three Viking championship seasons will be graduating his year, having made a great impact on the their younger teammates that will continue carrying the torch next year. Lead by Coach Kamal As-saf, Jack Latta, Taylor Davis, Max Greenberg, John Walsh, and Mikey Soumekh were the senior talent that inspired team spirit, dedication, and commitment to basketball. "We practice for three hours

everyday with team dinners on Sundays, and have been training for many months, but in the end it all pays off and it is always fun to hang out with the team," senior John Walsh said. Although none of the senior players will continue to play basketball in college, being a part of the team has been a huge part of their experience throughout high school. "I'm proud of the boys on the team this year. Coach As-saf is effective in teaching the fundamentals of basketball and in teaching life lessons that will serve the boys well in whatever they decide to do," Assistant Coach Elmer Heap said. All of the games played by our Varsity basketball team are packed with fans that cheer on our Vikings. "The fans are a big part of our game. They always make me laugh and sometimes get more into the com-

petition than the players do," senior Max Greenberg said. Basketball is a huge part of school spirit at La Jolla High, and winning the championship for the third time in a row would be a real tribute to the students, teachers and coaches at the school. "Many of the kids on the team are seniors and have won multiple CIF championships in multiple sports so I was very confident that they would all come together and play their best. I feel very fortunate to be associated with such tremendous young men," stated Coach Heap. The boys on the team put in a tremendous amount of effort and time into this season deserves everyone's applause. CIF finals are tomorrow, March 6, at the Jenny Craig Pavilion at USD. Come support the Vikings as they try for their third CIF win in a row.

Sport of the Month: Martial Arts

By Heren Alanis
Staff Writer

Martial arts is a broad term that references varied styles of choreographed fighting. Some of these styles are very traditional and steeped in history; others are more modern. Regardless, each style is similar in the fact that it teaches fighting, even if the tactics and delivery are widely different.

All martial arts have combat style. Some examples are: striking or stand-up, grappling or ground fighting, throwing or takedown. There are also weapons-based, low impact, or meditative, or the hybrid of mixed martial arts (MMA). Many students at La Jolla High School practice various styles of this ancient art. Senior Aryanna Abraham is a preparatory black belt in what is called "freestyle," a mixture of many different kinds of self-defense and offensive fighting. In freestyle martial arts, one can incorporate any kind of fighting they want to. Abraham practices four days a week for an hour and a half. She also teaches freestyle to children five hours a week. "Martial arts is the only sport that fits me perfectly," Abraham said. Another student, junior Yumehiko Hoshijima, practices "shito-ryu karate." He re-

ally enjoys the fighting aspects of martial arts, and especially likes having the ability to inarguably defeat his opponent. "Martial arts can be demanding and tough, but [it is] rewarding," Hoshijima said. Junior Andrew Dowley agrees with Hoshijima; he practices kyokushin karate, and especially loves the offensive aspects that come with it. "I enjoy the workout and the opportunity to round-house kick people in the face without negative repercussions," Dowley said. In contrast, senior Devin Snook is not so bloodthirsty. She practices kung fu at White Dragon Martial Art Schools. She practices twice a week, and has been doing so for three years. A green sash in kung fu, Snook also does weapons classes in addition to self-defense. Snook describes the philosophy behind kung fu. "The philosophy is that you should never have to use self-defense," Snook said. Whatever the style or purpose of each kind of martial arts, it is obvious that these students are dedicated and hard-working individuals. Their commitment to such an intense practice will greatly benefit them in their present and future lives.

Spring Into Break

By Freda Spencer
Staff Writer

Spring Break is often just as hot as summer and filled with days at the beach. To get a beach-worthy body over spring break without spending hours in the gym and missing out on the nice weather, invite your friends and follow these ideas for a fun-filled, yet active, break! **Day 1** A bike ride around Mission Beach is a perfect way to burn some calories, and to enjoy the view and atmosphere of the beach and boardwalk. After a long bike ride, jump in the ocean to cool off! **Day 2** Head down to Windansea and set up a game of beach volleyball with your friends. **Day 3** Take a hike, literally. Torrey Pines Natural Reserve (located directly between Del Mar and La Jolla) has hiking trails with breathtaking views of the ocean and the surrounding cliffs. If a change of climate and surroundings is what you are after, the for-

ests of Julian are perfect for a hike. In Cuyamaca Rancho State Park in Julian, there are numerous trails ranging from easy half mile jaunts to strenuous eight-mile long trails. **Day 4** A run is so much better with a great view! The La Jolla Cove has some of the best views in all of southern California and a path perfect for a spring day jog. The path begins on a street off of Torrey Pines Road, called Ocean Drive. It proceeds to the shell shop, where the dirt path ends but the beautiful view does not. The path along the Cove will bring you past the Children's Pool, a perfect place to sit and rest while enjoying a view of the seals. **Day 5** Gokayaking at La Jolla Shores. Sure, you might feel like a tourist renting a kayak and going to see the caves at the Cove, but you will also be getting a great workout while seeing the beauty of La Jolla. While toning your arms by paddling, you will also be able to observe the turtles, seals, shark, and many other sea creatures of La Jolla.

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Teen Curfew Continued from Page 1
the current law is unjust and violates the equal protection and First Amendment rights of minors.

“It punishes the minor even though they may have parental permission,” Beugen said. “It gives them the right to attend these things, but punishes them for going.”

Although there are several people upset by the current law, there are still many who firmly support it, simply because it is a guiding light to teens who cannot seem to make the correct decisions themselves.

“I think the current law is good because it keeps kids safe who may have parents that don’t give them curfews. It creates some boundaries,” junior Matt Schug said.

As of now, the law is invalid, which means that the California Highway Patrol and police will not be pulling over teens for being out late, but it is still a listed law. The law will remain unenforced until a decision is made whether to keep, change, or throw out the highly controversial law.

Utah Senator Proposes Plan To Make 12th Grade Optional

By Kathy Lunas
Staff Writer

California is in a budget crisis. With everyone trying to find ways to save money, perhaps the school districts should take an example from a Utah proposal. Utah’s state senator Chris Buttars proposed that 12th grade be completely eliminated while making 11th grade optional. This plan was predicted to save the state over 100 million dollars but it was met with too much opposition.



Meet Chris Buttars: He wants to make 12th grade optional in Utah, but is such an idea realistic for California?

So Buttars proposed a new plan to make only the 12th grade optional, which would supposedly save 60 million dollars. The plan seems like a good idea so it begs the question: should this plan be applied to La Jolla High School?

High school is a very important time in the life of students. It is where they gain their basic skills and knowledge and begin to prepare for a college life. Among the flurry of academics, sports, social activities, and any other activities, some students may find themselves already juggling a full adult work regimen.

“I think that there are some people who are definitely ready for college, but there’s more to college than just keeping up with the rigorous academic work. You have to arrive at college and be more independent. I don’t know if all 11th graders are capable of balancing an independent life away from the safety net and jump into a college atmosphere,” senior Sayuri Takagawa said.



Balancing the Budget: According to Buttars, eliminating 12th grade will save the state over 100 million dollars, but are the potential cuts worth it?

“When I was a junior I didn’t think I was ready for college, despite taking AP classes. I felt that this year, by going through the admission process in applying for college, I was more prepared for the upcoming future,” senior Meiwen Wang said.

Many people believe that making 12th grade optional would be a good idea since most seniors no longer feel motivated or interested in school work. This mindset might also prove to be why completing the 12th grade is still a requirement to graduate. Some argue that this proposal is not even in the best interest of students, that it may be just another attempt at saving the state money while hindering the educational process.



Faulty Gas Pedal Leads To Mass Toyota Recalls

By Iman Hassaine
Staff Writer

Toyota vehicle owners should be aware of the recent recalls on eight different car models. Unique from the previous recall, Toyota announced January 21 that more than 2.3 million vehicles were at risk for incorporating sticking acceleration pedals that can cause unintended acceleration. Known worldwide for being a company with very reliable and safe cars, Toyota shocked many customers with the “faulty gas pedal.”

This 2010 recall is not the first time Toyota has had widespread problems with their automobile parts. Other issues with Toyota’s “Yaris” and “Aygo” models occurred in Europe throughout 2008 and were resolved in 2009. When news of the 2008 problem was first released, Toyota’s first action was to issue a recall of all at-risk production line vehicles in February. The company could not keep legally selling cars that may be defective to unsuspecting buyers. Next, parts to reinforce the pedals were shipped for use by dealers. During this time, many Toyota dealers worked extended hours to complete the recall campaign as quickly as possible. Some Toyota dealerships stay open 24 hours a day. It is likely that Toyota will apply a similar remedy process to this latest recall.

Although many Toyota cars are affected across the United States and Europe by the recall, Toyota brands: Lexus, Division, and Scion are not. The models at risk are: 2009-2010 RAV4, 2009-2010 Corolla, 2009-2010 Matrix, 2005-2010 Avalon, 2010 Highlander, 2007-2010 Tundra, 2008-2010 Sequoia, and alarmingly, America’s bestselling car the 2007-2010 Camry.

Owners of these vehicles are urged, in case of an emergency, to control their car with a firm application of the brakes. The brakes should not be pumped

repeatedly, but significant pressure should be exerted. After the driver is able to find a safe location to stop, they should call their Toyota dealer for assistance. It is possible that an accelerator pedal may become harder to depress, slower to return, or even stuck in a partially-depressed position. For now, Toyota’s only advice for drivers, until further decision, is checking if there is a mat in the car before driving, to avoid any danger.

“I don’t own a Toyota, but I always make sure that everything is working safely and properly in my car,” says junior Cameron Mamer.

Toyota just released a commercial after the recall apologizing for the inconvenience it has caused and for not living up to their high standards. The commercial extols its fifty years of excellence and how many engineers are working on preventing an accident like this from happening in the future.

“We should give Toyota a second chance; it was an unintentional mistake, and they have been manufacturing good, solid cars for a while now,” says senior Andrea Artenstein.

“It is obvious that Toyota did not mean for this to happen; owners of all companies now must be careful and alert,” says sophomore Maddie Harvey.

Toyota’s recent controversies imply that even a safe and well known car like a Toyota must be inspected and cared for properly by the driver in case of a possible fatal defect. People all around the world must be aware of the value of their cars and realize that a slight mechanical error while manufacturing a vehicle, could lead to severe consequences.

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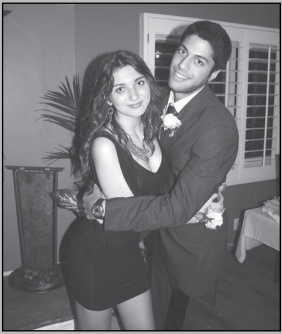
Night To Remember

By Rebecca Huntly-Playle and Laura Wells
Staff Writers

ASB Ball has always been a La Jolla High tradition. Students dress to impress year after year at the gala, and this year was no exception. Students expressed their individuality in every way, from the outfits they wore, the hair they rocked, or the dancing they did. Among the crowd, a few students stood out with their original styles.


CUTEST COUPLE

Sophomore Solene Furlanis and Senior Payam Hariri were the cutest couple to hit the dance floor. The pair looked chic, with Furlanis sporting a black cocktail dress and Hariri in a dapper grey suit.




REMARKABLY RETRO

Senior Zac Zlatic and his date Kelly Satterlee stood out in a sea of black. Zach's hot pink tie and vest and Kelly's shoes and dress gave off an exceptionally unique and retro feel.




stylish superstars

Daphne Cottrell and Mandella Watson portrayed a very edgy style with their black evening wear. Daphne wore a black sequin dress from Charlotte Russe and Mandela sported a black fedora and sunglasses.



Dashing Dancers

Katheryne Penny and Brendan Milove rocked the dance floor at the House of Blues on Saturday night. Katheryne wore a blue dress from Macy's and Brendan looked dashing in his suit and ice blue tie. The couple are excellent dancers and tore up the dance floor with their hip hop moves.



Pal Joey

By **Rebecca Huntly-Playle**
Staff Writer

Pal Joey, a musical about Chicago's night club scene during the 1930's, will be performed by La Jolla High students next month. *Pal Joey* is the story of Joey Evans, a nightclub entertainer who has an affair with an older wealthy woman to boost his career, even though he is in love with someone else.

This musical debuted on Broadway in 1940 but has been revived several times since then. The original production was directed by George Abbott and had stars such as Gene Kelly (Joey Evans), Vivienne Segal, June Havoc, Van Johnson, and Stanley Donen. The original show had more dance numbers when the phenomenal dancer Gene Kelley starred in it, and some of the song's lyrics have been changed since the original production.

The latest revival was in 2008 and caused much controversy when the star Christian Hoff, San Diego Junior Theatre alumnus, was replaced due to an "injury" during the show's previews. Rumors flew around Broadway that he was replaced because his skills were not up to the part.

The stars of our school's Madrigal production are: Jared Kerr (Joey Evans),

Marina Oliver (Vera), Brittany Crowe (Linda), and Katheryne Penny (Gladys). The cast is working hard in rehearsals to bring a wonderful production to the La Jolla High stage. The director is William Kerr and the assistant director/ stage manager is Chelsea Huntly-Playle.

Jared is the current president of Madrigals and played Thesus in last year's musical *By Jupiter*. He also appeared in the *Mouse Trap* as Sergeant Trotter earlier this year. His father is an equity actor here in San Diego and has preformed around town at both the Starlight and Moonlight theatres as well as other venues. Mr. Kerr directed last years' musical *By Jupiter* which was a great success.

"Mr. Kerr has done a good job casting talented actors and singers at La Jolla High making this a show you don't want to miss," said senior and assistance director Chelsea Huntly-Playle.

The most famous song from the show is "Bewitched, Bothered, and Bewildered." The music was composed by Lorenz Hart and Richard Rodgers. Some lyrics were changed in this song because they were too sexually explicit for the 1940 production. One line from the original song was "And worship the trousers that cling to him" which was changed to "And long for the

day I'll cling to him." This song expresses strong femininity and power and today it still sung by many Cabaret singers.

In Act I Joey comes to Chicago and meets a woman named Linda, he begins to fall for her but tells her lies so she is impressed by him. Joey meets Vera (a wealthy woman) and sees the opportunity for her financial support in opening his own nightclub.

Act II begins with the opening of "Chez Joey" but circumstances soon force the club to close. After all of this, will Joey become a better more caring person?

"*Pal Joey* is a musical with a heightened sense of realism. It is a jazz age story that still resonates today. A story of a man who's dream was to make it big, rising upward women by women even as he titters on the edge of self destruction... brilliant!" said senior Jared Kerr.

Come out and support *Pal Joey*, a different kind of musical with mature themes and a terrific La Jolla High School cast. The show runs March 18-20 at 7 P.M. in the Parker Auditorium. Admission is five dollars for students and ten dollars for the general public.

All photos courtesy of www.facebook.com

Maddy Harvey

She may be small but her dreams are big

By **Rebecca Huntly-Playle**
Staff Writer

Maddy Harvey, a sophomore at La Jolla High School, got the opportunity of a lifetime to audition for a role in the major Hollywood movie *True Grit*. She first received an email for an open casting call and sent a tape to the Coen Brothers, who directed *No Country for Old Men*, *Burn After Reading*, and *Fargo*. Harvey was called back for the movie and flew to New York to audition again and read lines for the part with actors already cast in the movie. Maddy made it through several rounds of auditions to get to the point she is at today.

"My favorite part of this experience was being able to see what it's like in the process of auditioning for a movie, especially since I hope to make a career of this," Maddy Harvey said.

Maddy has been acting for eight years and has been in many plays, including *A Midsummer Night's Dream*, *Rosencranz and Guildenstern are Dead*, and *You're a Good Man Charlie Brown*. She has been in many school plays and San Diego Junior Theatre productions. Acting has always been her passion and she hopes to pursue a career in movies and the theatre.

The movie *True Grit* was originally made in 1969 and included actors such as John Wayne, Robert Duvall, Dennis Hopper, and Glen Campbell. The remake will star actors such as Matt Damon and Jeff Bridges. The movie is the story of a girl who recruits an aging cynical deputy marshal to find the man who killed her father and avenge his death. It is scheduled for release Christmas Day 2010.

Although the role was given to someone else, she auditioned for the part of Mattie Ross, the girl who lost her father. She would have to do stunts such as horseback riding since it is a western film.

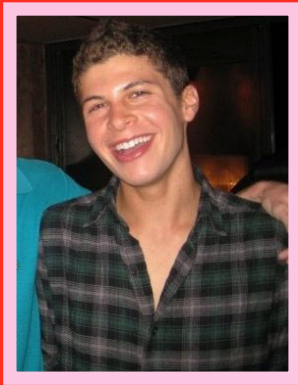
"This was an exciting experience and I can't wait to have another opportunity like this," Maddy Harvey said.

Harvey backstage during *You're A Good Man, Charlie Brown*.

Student Artists at LJ

By Christina Kirby
Staff Writer

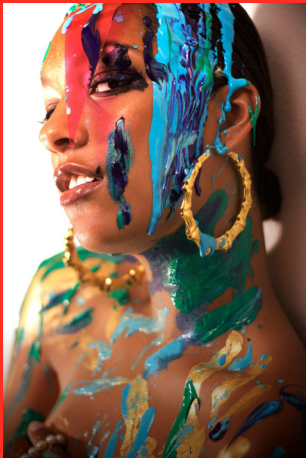
La Jolla High is a host to a variety of talented artists. From musicians, photographers, and painters, these skilled students have pursued their passions and have been extremely successful.



LENY BEHAR

Growing up with artists for parents has been influential in senior Leny Behar's life. Currently, his main focus is music, where he plays the piano, sings, and writes his own songs. Next year, he plans on moving to New York City to pursue a musical education. Another of Behar's artistic passions is photography. Three years ago he attended classes at UCSD and since then has formed his own business. He has created a studio, where he has made portfolios for models and compositions arts.

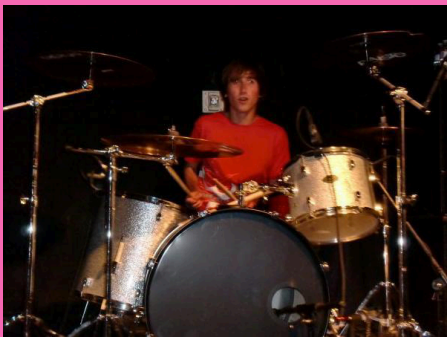
"All you need in life is love and art," Behar said.



JAY SANCHIOLI

Junior Jay Sanchioli's love for music started in elementary school when a teacher inspired him to try an instrument. He joined the school band and learned to play the saxophone. At 13, Sanchioli decided to branch out and began playing the bass and drums. Currently, he is in three successful bands and has played in local gigs around San Diego. He plays bass in two of the bands: Neveready (ska) and Recollection (progressive rock). In the third band, The Spill, Sanchioli plays drums and has had shows at Soma and the Epicenter.

"There are certain types of music that link people together and when it happens it's a beautiful thing," Sanchioli said.



SPENCER BERKE

Starting a business at the age of 16 is a rare accomplishment. Senior Spencer Berke has successfully done so. At 14 he began taking pictures of cars, and combined his passion for automobiles and photography. Berke hopes to be an automotive photographer for a high-end exotic car magazine and own a gallery in a big city.

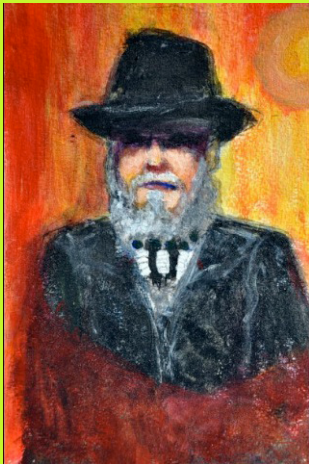
"I try to be as different as possible with my photography. I love making people happy with what I do, showing a picture to a customer or a friend and having a good reaction makes it all worth it. Some people think it's just a simple thing to take a picture, but it's a lot more complex than people think," Berke said.



MIKAELA MCLEISH

Ever since Mikaela McLeish was a young girl, she has been drawing. Inspired by her grandfather, she has become a passionate artist and particularly enjoys using charcoal and oil paints. Next year, she will be attending an art college and hopes to work in the art industry.

"I love drawing people and picking up their emotions. I paint things not how I see them in real life, but my own impression of them. It's easier for me to express myself through my art. If I could say it in words there would be no reason to paint. I enjoy finishing a piece just to see how people react to my art. I like the emotions I get from them," McLeish said.



CHRISTIAN CLARK

Junior Christian Clark became interested in DJing after a visit to Los Angeles, where he was able to meet and talk to a local DJ. Having always been passionate about music, Clark decided to start his own DJing business about a year ago as "DJ Clank." In recent months it has really taken off, with gigs on a nearly weekly basis. DJ Clank has now become the go-to DJ for events in La Jolla. Clark hopes to continue his business throughout college, and teach the trade to his two younger brothers.

"It is fun listening to music and creating mixes out of other peoples work, to make it your own," Clark said.

