

# PONSFORD RETIRES

## La Jolla High's Beloved Football Coach Retires After 11 Amazing Years

By Charles Zuo  
Sports Editor

Coach Dave Ponsford, Head Coach for the Varsity Football Team will be stepping down next year after an extraordinarily fulfilling

home after practice, which was usually around seven. And during the off-season, when players were relaxing or playing other sports, Ponsford was busy studying film or making plans for the upcoming season. His outstanding dedication to

a great coach." senior Thomas Bowman said.

Because of the demanding schedule that came along with a head coaching job, Coach Ponsford was unable to spend to time with his family as much as he would have liked.

abrupt, plans are already being made for the next football season. Defensive Coordinator Rey Hernandez, who has been with the team for several years, will be taking over the new head coaching position.

But Ponsford was more than

ever had. He was the main figure in helping me make the transition from being a boy to a man," senior Robbie Beathard said

Although Ponsford will be retiring from the field, he will still be teaching the Advanced



Photo courtesy of www.sdnews.com and www.signonsandiego.com

coaching career.

For the past 11 years, Ponsford dedicated his life to the Viking Football Program. During the football season, Ponsford was leaving his house at five in the morning and returning

the football program inspired many of his players.

"He had a passion for the sport. He cared about the game, he cared about the players. He succeeded both on and off the field. He was

"I am looking forward to spending more time with my wife Linda and traveling more than we have been able to," says Coach Ponsford in an interview with the SD News.

Although his retirement is

a coach or a teacher. To his players and students, he was a mentor and a role model. His enthusiasm for coaching and teaching set an example for his students and players to follow.

"He was the best coach I've

Placement United States History class at La Jolla High. And surely, every Friday night, he will still be seen at the football games, cheering La Jolla on.

## Standout Athletes In Track and Field

By Katerina Smith  
Staff Writer

This year, the La Jolla track team is blessed with plenty of wonderful athletes. However, two specific athletes have risen above all expectations. Senior Nihal Kayali and junior Jose Aviles have not only led the way to victory, but they have shattered county records as well.

*Jose Aviles*



**Hi Tide:** What sports do you play?

**Jose Aviles:** Track and football, but track is my main thing.

**HT:** How long have you been playing?

**JA:** This is my third year for both sports.

**HT:** What positions do you play?

**JA:** In track I mostly do shot-put and for football I play center.

**HT:** How is track?

**JA:** Track is amazing, I'm ranked ninth in the state.

**HT:** Wow, that's amazing. How far do you throw for shot-put?

**JA:** I throw 57 feet and 3 and a half inches.

**HT:** So what makes track your favorite?

**JA:** Track is an individual sport and it's great because I can represent our school.

**HT:** Have you been recognized by college recruiters?

**JA:** Yes, I'm currently talking to Stanford, Calstate, Northridge, Longbeach and USD.

**HT:** What's your inspiration?

**JA:** I want to thank my coaches. Coach Frank and Coach Steve really motivated me to do my best.

**HT:** Who is your athletic idol?

**JA:** Definitely Randy Barnes. He's the world record holder for shot-put.

*Nihal Kayali*

**Hi Tide:** Are you the captain of the track team?



**Nihal Kayali:** Yes, and I've been on track since freshman year.

**HT:** We heard you are the county record holder for the 800 yard dash.

**NK:** Yeah, but my main event is the mile

**HT:** How fast is your mile?

**NK:** I got 4:59:14.

**HT:** That's amazing! What other events are you recognized for?

**NK:** I was ranked first for the 1600 meter run.

**HT:** How did you get to where

you are today?

**NK:** It definitely takes a lot of practice, but in the end, it is worth it. It really did take me four years of practice to achieve this much.

**HT:** Has this helped you with college acceptances?

**NK:** Yes, I'm going to Yale for cross country and track.

Be sure to watch out for these two exceptionally talented athletes today at Cathedral high-school for the Western League Finals!

# GETTING YOUR BODY BEACH-READY

By **Jessica Wood**  
Staff Writer

As the weather heats up, all of us find ourselves hanging up the sweatshirts and putting on the sleeveless tops. Without the big, baggy, warm cloths to hide our winter bodies, it's time to get into shape. After 3 weeks of this work out, you will feel confident jumping into that bathing suit that has been collecting dust in your drawer for months. With this simple work out you can get the body you want and be ready to flaunt it on the beach all summer long.

## #1 A HEALTHIER DIET



Substitute the foods with high fat and cholesterol for something leaner and healthier. Make sure you are hydrating all day. And rather than going for the chips and cookies for an after-school snack, reach for the fruits and veggies. You will see the pounds disappear. You can do all the crunches in the world, but without a healthy diet your toned muscle will go undetected.



## #2 STRONG ARMS



Studies have shown that the best arm workout you can do without using equipment is push-ups. Everyone knows how to do them but if your arms are not strong enough yet, shift positions from your toes to your knees and continue your workout. Remember to inhale while pushing up and exhale while lowering down. Keep your abs tight. Do six sets of fifteen.

## #3 TONED LEGS



Lie on your right side propped on your elbow and forearm. Your torso should be lifted off the floor, legs stacked and in line with your body. Put your left hand in front for balance. Exhale and slowly swing your left leg forward as far as it is comfortable. Hold and move your foot forward and back a few inches, for two counts. Inhale and swing your leg back, past your right one. Do this six times without lowering your leg. Switch sides and do the same thing with your right leg. Do four sets of these.

## #4 SCULPTED ABS



Rather than doing 1,000 crunches a day, try this exercise that targets all areas of your stomach. Lie on your back with your knees lifted at a 90-degree angle, and hands under your back. Make sure to contract your abs, press your lower back to the floor, and lift your head and neck off of the floor. Inhale, and lift and extend your left leg while drawing your right knee towards your chest. At the same time, twist to bring your left elbow towards your right knee. Inhale and twist to left switching legs. Do six sets of 12.

## #5 DAILY CARDIO



Make it a goal to get in a half hour of fitness every day. Go for a walk or a light jog. To maximize your workout, do six 30-second sprints during your walk or jog. The sprints will be equivalent to 45 more minutes of jogging. If you really want to push yourself, finish your workout with three sets of 20 lunges.

ans and gardeners, and larger class sizes. The second, Plan B, is much harsher and includes complete cuts of athletic and art programs, as well as bus services. The ultimate deciding factor lies in the power of tax revenue and the decisions made by the California senate.

Yet, part of the ASB congress meeting was dedicated to discussing and creating ways in which students could demonstrate their dissatisfaction towards the cuts and compel senators to make education a priority.

The leader in these discus-

sions was ASB congress Vice President, and our own La Jolla High ASB President, Raquel Saxe. She began by offering suggestions the congress had already thought of, which included: sending e-mails or letters to Sacramento from teachers, parents and students alike, a town hall meeting run by students that would attract publicity to the cause, taking a trip to Sacramento and protesting in person, or, the most extreme option, staging walk-outs.

The town hall meeting idea received the most positive response for other stu-

dents, while the walk-out idea seemed counter productive; not only because symbolically it makes little sense to walk out of school when students are protesting to put more money into school, but because it actually takes money away from schools. In fact if each student increased his or her attendance by one day, the district would gain \$140,000.

Other ideas to reduce the cost included putting in more synthetic fields because they use less water. Although, some students saw flaws in this plan, "What's the point of synthetic fields if there are no sports?"

junior Haley Cottrell said.

La Jolla High sophomore, Victoria , suggested creating "earth hours" in which schools would voluntarily turn off their lights and use less electricity during certain hours to create awareness and use less energy. This idea was similar to the earth day event organized by ASB that was held recently at our own school on April 21st, during which teachers had their lights turned off for the first ten minutes of each class. Another La Jolla High sophomore, Ivan Deryugin, proposed the idea of having electronic text books instead of heavy paper ones, which use up a lot of paper. While Kowba and Grier liked this idea, they saw some obstacles,

"Textbook companies have strong lobbyists. Also, where do we get the money to buy our own e-readers?" Superintendent Grier said.

Grier had a similar response to all the proposed idea; he liked them, but he questioned their effectiveness,

"I wouldn't give up, but there is no more money," Grier said.

Still, the congress was not discouraged by the Superintendent's words. Our ASB President Raquel Saxe plans to put many of these ideas into motion.

"Students at our school have expressed passion about these cuts and definitely don't want to lose the programs they love, like athletics, music, and arts, but the reality is, those programs are in jeopardy and these cuts are dramatic. We all need to do something about it if we want to see change." Saxe said.

Our President also wants to remind students that they can write to their state officials and express their beliefs and concerns. Other simple ways to help the district include attending school regularly and trying to use personal supplies from home as much as possible

So while the news is not all bad; Mr. Shelbourne is planning on maintaining all of our teachers and programs and there is a stimulus package on the way, it is important for students to remain aware of the possibilities and seek out ways to help. The budget cuts affect us, the students, so our actions may determine our fate.

## Special Election

By Danielle Daitch  
Staff Writer

This May, the state of California will participate in an atypical event: a special election. This out-of-the-ordinary scenario, set for the 19th of this May, will allow voters to voice their opinion on imminent changes to our state's budget. The presented propositions focus on areas such as education, mental health, even the lottery. The collective goal of the propositions is to balance the state's budget. For La Jolla students, propositions focusing on education are the most pertinent.

Prop 1B advocates distributing supplemental payments to schools to address recent

budget cuts. The payments would begin in the 2011-12 school year, and would replace all other payments the government would otherwise make. This proposition would result in state savings of up to several billion dollars for the 2009-10 and 2010-11 school years, since schools would receive no required payments until 2011.

Other propositions include 1A, which changes California's budget process, 1C, an act to modernize how lottery winnings are distributed, and 1D, which protects the funding for children's services. Prop 1E suggests the temporary relocation of funding for mental health services, while Prop 1F prevents the increase in elected officials' salaries during budget

deficit years.

This special election is also an opportunity for La Jolla High students to volunteer as poll workers. The Mission Possible program allows students to work at their local precinct, earning volunteer hours, extra credit in certain classes, and money for their class account. Many students who worked in the November election are excited to participate again.

"It's really fun because it is a good learning experience to be a part of an election process," junior Jessica Chan said.

While not as significant as a presidential or gubernatorial election, this particular election still contains important issues relevant to all Californians.

By Amy Liew  
Staff Writer

This year's annual food fair hosted at La Jolla High School was a great success. From Inn-Out burgers to sushi, there was a variety of food that students could choose from. The quad quickly filled with students as they began to get in line for their food. Some clubs such as Fight for the Cure and Clean Campus sold out within the first fifteen minutes lunch.

"We sold hummus and pita bread. We sold out really quickly this year and I think we had a big improvement from last year," junior Tiffany Fan said.

However, there was a bit of a disappointment from this

year's food fair. There were not as many choices as there were last year and clubs did not provide enough food for the hungry students. A lot of students went back to class with tickets still left over.

"Club did not get enough food for the food fair. We had made 200 egg rolls, but it still wasn't enough to meet the demands of La Jolla High School. However, it was a great success because we sold out three minutes after lunch and people still asked for more," senior Tony Tang said.

The Madrigals club sold s'mores that were absolutely delicious. The melted marshmallow and chocolate melted in the mouth and the cookies provided a nice crunch to it.

The IHF club sold huge quesadilla's that cost four tickets.. MECHA club sold carne asadas that cost ten tickets. The egg rolls and chow mein were rich in flavor. On the other hand, the horchata drink could have been sweeter.

"The food fair was fun this year, but it was not as big as last year. Hopefully, by senior year it will be better," junior Thuy Vo said.

The clubs that participated in this year's food fair definitely benefited from this event to raise money for their club. There was definitely a lot of excitement in the atmosphere and the food was absolutely scrumptious.

## Food Fair



### HIGHLIGHTS OF THIS YEAR'S FOOD FAIR

- 1) Spring Rolls from the Foreign Film Club
- 2) Boba Tea from the Sophomore Class
- 3) Egg Rolls from the Asian Club

help. President Obama responded the next day, saying, "I will press to ensure that we fully understand what led to this tragedy."

Some people have already attributed this tragedy to the current military mental health crisis. Multiple tours of duty and short visits home have contributed to a dramatic rise in military suicides in the past 30 years. At the same time, military doctors have been accused of intentionally misdiagnosing Post-Traumatic Stress

Disorder (PTSD) in soldiers as a less serious anxiety disorder at the request of Pentagon officials, in order to save money on health costs.

According to the Department of Veterans Affairs, suicide and PTSD are closely related, and a lack in mental health services in the military may be to blame, since some soldiers who take their own lives were previously diagnosed with less serious stress-related disorders. Other behaviors linked to PTSD include violent behav-

ior like domestic violence.

Admiral Mike Mullen, chairman of the Joint Chiefs of Staff expressed concern on Monday over the stress caused by multiple deployments and short "dwell time" (time at home).

The incident on Monday is not unique. Last September, a soldier was arrested on suspicion of shooting two of his fellow soldiers on a base about 25 miles south of Baghdad, and in April of 2005, an airman was sentenced to death for at-

tacking fellow soldiers with a grenade.

Programs like The Soldier Project devote resources to filling the gap in mental health care left by inadequate military facilities.

None of the military personnel involved in the incident on Monday have been named yet, pending notification of their families. The man responsible for the shooting is awaiting trial. President Obama said that he was "shocked and deeply saddened," by the incident.

## Global Updates

By Brooks Newberry  
News Editor

On Monday, an unnamed U.S. soldier stationed in Iraq shot and killed other 5 service members in a military counseling center, where it is unclear whether or not he was seeking

# Sarahs Super Smash Shack

**By Jessica Silvers**  
Staff Writer

Have you ever just felt like breaking something? Well, now you can at Sarah's Smash Shack, located in Downtown San Diego. There to alleviate all the frustrations a person could possibly have with a single smash, it is an adventurous opportunity for people to express themselves dangerously while staying safe.

Founders Sarah Lavelly and Ed King opened up Sarah's Smash Shack with the goal of allowing people to let go, let loose and relieve all of their daily stresses.

The idea of creating the Smash Shack came to Sarah during a low point in her life and she just felt like breaking things. That feeling literally created the Smash Shack.

Customers are able to throw, smash and destroy items from a selection of breakable objects in two private rooms to release anxiety and emotions without fear of reprisal.

The Break Rooms have speakers throughout the room so you can crank your own music from your mp3 player while you are being destructive.

The rooms are perfect for couples, friends, groups, singles, or any combination. Sarah's Smash Shack even offers discounts for parties of 10 or more.

In case you're not quite sure how to get all your anger out at once, they have plenty of options and suggestions.

For instance, if you have a poster or large photo of an ex-boyfriend (boss, ex-best friend, etc) lying around, you can actually paste it up on

the wall to use as a target.

After you (and your friends) are done and exhausted, you can, for an extra 10 dollars, put your shattered frustrations into a clear box and take it home.

Another option that will be available in the near future is that patrons will be able to use the shattered clumps of remaining glass to make jewelry. The pieces that are not used are donated to student mosaic classes.

Not only is the feeling you get from breaking dishes a natural high but the prices are too! On their glass menu of breakable items you have many options from plates to ashtrays. The prices range from \$15 for 4 plates to \$40 for 20 items of your choice.

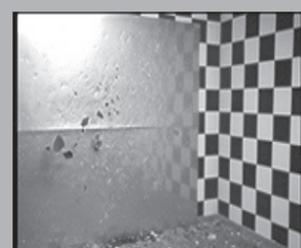
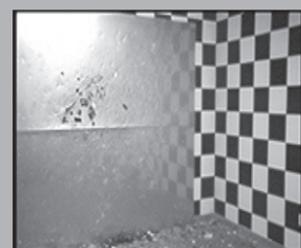
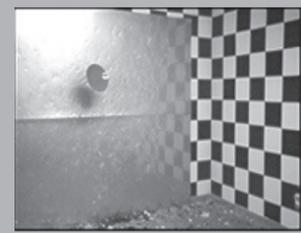
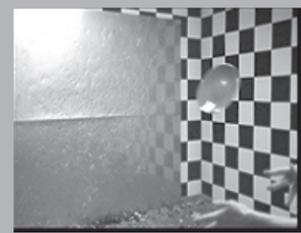
There are no minimum or maximum purchases; they follow the policy of "you break it, you buy it." Don't worry, safety gear is included.

To ease up on your wallet, the best part is that they offer police, fire, military and student discounts, as long as you ask about it.

The Smash Shack is open everyday from 10am through 8 or 10pm depending on the desired week day. Weekends are open until midnight and Tuesdays are only for parties that arranged by appointments.

To attend alone you must be 18 years old. Minors can be accompanied by a parent or someone of age without issue.

Sarah's Smash Shack is a great place to go when you have frustration and anxiety! Whether your mom ordered you to move out or your dog just ripped up your favorite pair of jeans, don't take it out on them- break some dishes.



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

# As Seen On TV

**By Angie Rosal-White**  
Stylist Editor

You can change the channel and they will always be there. You can mute your television but the overdramatic acting remains on your screen. In the end everyone wonders, "Does it really work?"

Ridiculous infomercials will always be a joke told with friends, but the enigma to many viewers is that some of these cheesily named products are exceptionally useful, while some are simply a piece of trash.

Made in Germany, and now the United States, Shamwow

is a liquid absorbing cloth that holdstwelve times its weight in liquid, is machine washable, cleans up spills fast, lasts for years, will not



scratch surfaces and dries pets. "Shamwows are great," said sophomore Kianna Anvari,

"They absorb everything and really help around the house."

Selling for nineteen dollars, this super towel seems too good to be true. When used properly, Shamwow is a favorite item when rinsing and drying, and the actor in the infomercial is charmingly enthusiastic, yelling, "Shamwow, you'll be saying wow everytime!"

The Royal Blue, Sage Green, Burgundy, and new "designer" patterns offered in Giraffe, Zebra, and Leopard are available in America's most famous infomercial item, The Snuggie. The blanket with sleeves and warm cotton



sounds awfully similar to a robe. Surprisingly, reviews of

Snuggie are teeming with positive comments. Something that a regular robe does not offer is its extra length that imitates a blanket, which keeps the customer warmer.

"The Snuggie looks ridiculous and scratchy, but if it's worth it I think it would be a good mother's day present," sophomore Vanessa Jasso said.

The Snuggie, now printed with designer patterns, may be something of the future.

"As seen on TV," is the one sentence that instantly puts an image of a useless product with a tacky name in one's mind, but behind the cheap appearance and annoying commercial of these products lies a new discovery that could come to use to one's cold body temperature or soda spills.

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

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# SUDOKU

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

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# MRS. HENDERSON TALKS MUSIC



Photo Courtesy of Kathy Lunas

**By Stefan Garcia-Valentin**  
Staff Writer

Mrs. Brenda Henderson, one of two music teachers at La Jolla High School, was interviewed by the La Jolla High Tide to give her the opportunity to express her thoughts about the California state budget cuts and its effects on the music and arts department.

## High Tide:

*Do you know how the Department of Music is going to be affected by the California state budget cuts?*

**Mrs. Henderson:** *We don't know yet, actually. The district has not really told us anything yet on whether they are going to cut on our school's music department. I know they are planning to cut at the elementary level; but that will anyways affect the upper level as years go by because there would be less and less people that would come to our programs.*

Mrs. Henderson has been teaching music for the past 15 years, nine of which she has spent at La Jolla High School.

Over the many years that she has taught music, the district cut back on music only once.

**BH:** *They [district] cut back the Middle School Choir six years ago, but there have been no cuts in our school for as long as I have been here.*

According to the principal, Mr. Shelburne, the district and the school might have to make some sacrifices to save money. Electives, for example, might have to be cut down by a few courses which happen to include the arts and/or music.

**HT:** *If the district does decide to cut from the music and arts department, how would the students (especially the artistically-oriented) be able to cope with it?*

**BH:** *Well, those that are interested in music and art will seek outside programs and organizations such as the San Diego Children's Choir and the San Diego Youth Symphony, and join them. But, you know that people like music at*

*different degrees. So those who are not necessarily going to do music in the future might not seek them outside of school.*

**HT:** *How do you think that the students of the school, in general, will be affected by the lack of arts and music?*

**BH:** *Music is a big part in most of the students' life. I mean, there is so much data that supports that music does help in many other school subjects.*

*They'll be losing most of their creativity and they would not be able to "branch-out" and become well-rounded people. I seriously don't know how it would be without music.*

If the state, district, or school does decide to make the cuts in these areas of self-expression and creativity, many students participating in the art studio, band, choir, or even musical theatre might never be able to find that special place surrounded by friends and supportive teachers. Without this, there would be no stress-free environment for students to unwind and be themselves.

# Nowhere Men Are Going Somewhere Fast

**By Christina Kirby**  
Staff Writer

Rarely does a local high school band get the opportunity to professionally record songs, get played on the radio, and perform in local bars. However, musicians Lindsay Olsen, Hunter Gettlefinger and Miko Vespremi, members of the band Nowhere Men, are ones of the lucky and talented few who have had these opportunities.

The success of the local La Jolla band started in February when La Jolla alumna Lindsay Olsen entered, and won, a songwriting competition. In the contest, Lindsay performed her song "Getting Older (Constipation Blues)" in front of judges at Humphry's, and ended up winning the grand prize.

Tim Pyles, a deejay for the local radio station 94.9, was one of the judges and very impressed by Lindsay's unique sound. He told San Diego City Beat that "there's a few people out there that seem to embody an old soul. It's almost like she's channeling somebody. I hear everybody from Billie Holiday to Marlena Dietrich. It really captured me as something

different." Nowhere Men were soon set up to record five songs with Capricorn Studios. Three days later, their music aired on 94.9.

"This whole experience has been really fast but fun," senior

the band was aired on KPBS Radio station on March 5th.

Two articles have been published in local music magazine San Diego City Beat. Nowhere Men were reviewed by music critic Seth Combs and was given

sdcitybeat.com.

What has drawn people to Nowhere Men's music? Their music includes a mix of blues, jazzy and folk sounds with Lindsay's extremely talented and unique voice that presents a fresh sound. As a songwriter and singer, Lindsay also plays the harmonica and keyboard.

A current senior at La Jolla High, Miko Vespremi plays the mandolin as well as the keyboard. He has been trained in classical and jazz piano. Guitarist Hunter Gettlefinger has been playing guitar for eight years, and also accompanies Lindsay in singing in one of the songs "47 Years Ago."

Despite the band's young age, (Miko and Hunter are high school students and Lindsay graduated last year) Nowhere Men booked gigs at the Casbah twice already in March.

Be sure to check out Nowhere Men's music for yourself at their next live performance in June or take a look at their MySpace (<http://www.myspace.com/nowherementheband>).

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



**From left to right:** Hunter Gettlefinger, Miko Vespremi, and Lindsay Olsen are the Nowhere Men, whose unique sound is here to stay.

Miko Vespremi said.

On February 23, Nowhere Men were announced as "Local Member of the Day," for 94.9, and their popularity has continued to burgeon since then. An interview with

the "Extraspecialgood" title, where he referred to the music as "amazing in both sound and maturity." A longer interview was also published a couple weeks later by Seth Combs, which is available online at

# LISTEN UP!

Tired of the 40 songs that are on your radio? Take a listen to this music selection chosen especially by your A&E Editors and expand your musical horizons.

"The Healer"

Erykah Badu

"Waves of Rye"

Department of Eagles

"Gimme Little Sign"

Brenton Wood

"Dynamite"

The Roots

"My Girls"

Animal Collective

"Where Do We Go From Here?"

Jamiroquai

"The Beach Party"

Hot Chip

"Bleeding Love"

Leona Lewis

"The Way the Lazy Do"

Dr. Dog

"Family of Others"

Deerhoof

"The Eraser"

Thom Yorke

"On a Neck, On a Spit"

Grizzly Bear

"Isolation"

Joy Division

"Last Flowers"

Radiohead

"The Narrow Path"

Blu & Exile

"Kids With Guns (Hot Chip Remix)"

Graphics by Molly Salas