

HIGH TIDE

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La Jolla High School Food Revolution

By Sarah Devermann
Staff Writer

Almost 33 percent of children are said to be overweight according to the *New York Times*. Problems associated with obesity have recently been on the rise in the United States: serious diseases, early death, and bullying are all side effects associated with these troubles.

While healthier eating has been promoted throughout society, there is still one vital area which this has yet to be well applied to: school lunches. Everyday, countless school-aged children throughout America rely on lunches served at their schools to give them a proper nutrition. However, many people disagree with the serving of processed and high-sugar foods. Jamie Oliver, one of the many outraged at this problem, is working hard to change the way schools cater food to their students.

“Jamie Oliver’s Food Revolution” is a series of reality television shows that first aired this year. On the show, Oliver tries to get the community and schools of Huntington, West Virginia, to start cooking again, rather

than rely on processed food. Upbeat Oliver works with everyone from business managers, to school lunch ladies in order to achieve this goal.

“I believe that every child in America has the right to fresh, nutritious school meals, and that every family deserves real, honest, wholesome food. Too many people are being affected by what they eat. It’s time for a national revolution,” Oliver said.

The San Diego Unified School District is one district trying to promote the nationwide campaign for better eating. A new program for high school students called “SanDi Coast Café” was initiated this year in an attempt to offer fresher lunches and breakfasts. The new lunch carts around the quad at La Jolla High School are associated with this program.

“We have worked with the district food services division in

their efforts to provide a better array of offering that are both tasty and healthy. In fact, last year or the year before we had students participate in taste tests aimed at finding such dishes,”

our school needs to offer fresher food. For instance, the burgers at the lunch carts are already brown before they are even cooked,” freshman Zoë Kleinfeld said.

Besides the district’s new lunch carts, La Jolla High also has other regulations about healthy eating mandated by the state. State laws regulate what percentage of fat and calorie amounts are allowed in food and drinks. If a snack’s weight, besides a fruit or vegetable, is made up of over 35 percent sugar, it is not allowed to be sold half an hour before or after school. As a result of these regulations, bake sales and the selling of certain food items are not allowed at La Jolla High School.

The saying, “You are what you eat,” plays a large role in our world today. As Oliver puts it, “America needs to stand up for better food!” Through his campaign, Oliver is illustrating how it is possible to make that vital change to the American diet.



Lunchtime: Students glance at the daily lunch menu while waiting in line

Principal Dana Shelburne said.

These carts around school offer many varieties of food which students seem to be enjoying.

“The food is actually good! I buy lunch at school often,” sophomore Jenny Shorenstein said.

However, other students have a different opinion on the effectiveness of the carts.

“Eating fresh food is very important, which is why I think

ASB UPDATES

Hey Vikings,

With just a month left in the 2009 to 2010 school year, ASB has many fun events planned to end the year on a high note.

This Sunday, the 23rd of May, is the second annual Teens for a Cure Walk-a-thon. This 5k walk will take place on the football field. Registration begins at 9 a.m., and the walk begins at 12. Be sure to bring your family and friends; this is a fun event for all ages, and will feature a raffle and multiple performers, including La Jolla students in the band Nev-e-ready.

All proceeds from the event will benefit the American Can-

cer Society; donations are encouraged, and all donors will receive a custom Teens for a Cure t-shirt.

La Jolla High School will be hosting a hair donation drive this Wednesday, June 2nd. The event will take place from 11:30 a.m. to 5 p.m. All are welcome to participate in this event which collects hair to make wigs for cancer patients; donors must have at least eight inches of hair. Bleached or permanently dyed hair will not be accepted. It is also an attempt to set a Guinness World Record, so make sure to be there to help make the “kindest cut of all.”

The senior class has many fun

events planned to make for a fun ending to the Class of 2010’s high school career. Prom will be held Friday, June 4th, at the Prado in Balboa Park. Tickets for all La Jolla High School seniors are included in senior dues; any non-La Jolla High seniors can buy a ticket for \$60, to be sold in late May.

Gradnite at Disneyland will be on Wednesday, June 16th. Tickets will be sold for \$95 from May 18th to May 20th, in front of the finance office. If you have yet to pay your senior dues, the price is now \$95 and will rise in the coming weeks. This price includes prom, cap and gown, a yearbook and the yearbook

signing party, and senior breakfast. Remember, you may be excluded from the above events if your dues are not paid.

The class of 2011 is looking forward to participating in the upcoming gubernatorial election on June 7th, by working at local voting precincts. Over 100 Juniors have signed up to participate in this fun and educational event. The junior class also held a rummage sale on Saturday, May 15th. Over \$1,700 was raised, and will go towards lowering senior dues.

The sophomore class is continuing fundraising efforts, and will continue to sell shirts, water bottles, and food items through

the end of the year, listen to the bulletin for specific days of sales.

The class of 2013 is still selling class shirts. Look for the commercial in the bulletin to see what the shirts look like, and find out where to buy them.

Congratulations to all ASB elected officers for the 2010-2011 school year! Commissioner interviews will be held in the coming weeks—good luck to all who applied!

Sincerely,
Danielle Daitch
Commissioner of Public Relations
Sports Editor

API Ratings Decline

By Suquoia Geary
Staff Writer

As STAR testing comes and goes each year, many students pay no mind to its occurrence. Rumors, passed through the halls, claim that the test does not affect your grade at all.

Starting next year, La Jolla High School may be using the scores from STAR tests to determine whether or not a student will be eligible for taking certain Advanced Placement classes.

“I had no idea. Knowing stuff like that would really make kids think twice about trying on tests,” junior Ally Reilly said.

After last year’s testing scores were revealed it became apparent how little some students at school care about the test. This year’s Academic Performance Index (API), showed that Scripps Ranch High School outperformed La Jolla in rankings. This is a first for La Jolla High School. In 2007, La Jolla’s ratings were higher than Scripps Ranch.

“Finding out something like this so early in my high school

continued on page 10

The La Jolla High School

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The Phallic Fallacy: Is Sex Addiction a Myth?

By Haley Cottrell*Features Editor*

In light of the recent celebrity sex scandals, the existence of a sex addiction is called into question. Can one be truly, physically addicted to sex, or is this just an excuse for large-scale infidelity and promiscuity?

The notion that one can be addicted to sex is absolutely absurd. Of course the human body craves this behavior in order to propagate, but to label it as an addiction is a pathetic excuse for weak will power.

If a man were to eat 20 cupcakes per day, he would not be labeled as a cupcake addict—he would just be fat. The same logic applies to the so-called “sex addicts”; in reality they are just unwilling to control their sex drive, so they take the easy road and label themselves as addicts.

This is insulting to the people who suffer from true addic-

tions, for it trivializes the nature of addiction.

“Sex addiction is a fallacy. It is just an excuse for a really horny guy,” senior Ikaika



Velasco said.

The American Psychological Association does not include sex addiction in its Diagnostic and Statistical Manual of Mental Disorders (DSM), which is used to classify all mental disorders and addictions.

There is no scientific proof that the body suffers from withdrawals when not sexually stimulated, as is the case with drug addictions. This just

do bad things; it's their choice,” senior Kate Cary said.

Cary's existentialist view on the subject is how one ought to observe this phenomenon. Everyone has a choice to do good or bad, and everything in between. If one wants to be promiscuous, one should own up to it and deal with the consequences of one's actions.

“There is a difference between being a sex machine and a sex addict. It is not an addiction; it is just being a player,” junior Trent Stevens said.

Let this be a wake up call for the so-called “sex addicts” of the world and to those who believe in this preposterous myth. As Freud would say, this is just an example of an unrestrained id.

There is no such thing as an addiction to sex. One should own up to one's actions and stop blaming science for one's inability to keep it in one's pants.

Photo Courtesy of www.cartoonstock.com

Gender Selective Television Shows

Which is more enjoyable, a show inclined to interest different sexes or shows that appeal to both genders?

By Elyssa Kanter*Staff Writer*

Many television shows are geared toward one gender. It is these sexist television programs that help maintain the interests of the audience.

Gossip Girl, Vampire Diaries, Desperate Housewives, and Glee are all television shows whose viewers are primarily female. These shows have two things in common: cute guys and drama.

The average male is generally not interested in the qualities these shows possess. Men who watch these shows may have either been influenced by a female, or have ulterior motives for watching these shows. The chances that men watch these shows on their own are very slim.

“My mom got my whole family hooked on Desperate Housewives. Even my brother, Hermy, who is a football player at USC watches it,” junior Nick Kusnir said.

ESPN is the typical male TV channel. Women are usually not interested in old men talking about sports. This channel only

appeals to the male persona.

Another channel that typically interests males is Spike. Shows like Deadliest Warrior or Unsolved Mystery are adventurous and they keep males interested.

“I like to watch ESPN because I like sports and Spike has a lot of action movies. I don't watch the other ‘girlier’ shows because if I did, none of my friends would talk about them with me,” junior Michael Rabinovich said.

Gender-neutral television shows are usually the funniest and most entertaining. These shows may include deeper themes or a better story. Popular gender neutral shows are The Office, Modern Family, Jersey Shore, Law and Order, and Saturday Night Live.

“I love Modern Family. The show offers something to everyone who watches it because the storyline involves many types of people,” junior Callie Goese said.

Television shows that appeal to only one gender limit the amount of people who watch them.

Women tend to watch the romantic, fun, and musical shows, while men enjoy watching sports or adventurous programs.

Neutral TV satisfies both genders by providing the adventure and the interest both men and women look for in an entertaining program.

“O” No

Has Oprah taken her career too far?

By Tania Mashkoory*Staff Writer*

Oprah has come so far, she went from having her own magazine to having her own television show. She has practically taken over the world of mass communications.

We are all familiar with her famous face on NBC, everyday at 4 p.m. standard time. She's changed the world, helped the poor, and donated to Africans. Next on Oprah's agenda—her very own channel. However, is this all really necessary? One has to wonder what are her real motives?

Oprah should channel her energy to bettering the world, as opposed to strengthening her empire through the media. Her magazine takes up the newsstands, her television show takes up the fitness center, and now her channel is going to take up television guides? It is almost unreal how much she “dedicates” herself to others.

But as her daytime talk show is coming to an end and she embarks on starting her own channel, people are starting to take a second look at Oprah and ask “why?”

“I'm not really sure what Oprah's deal is. It seems as though she really is just in it for the fame now, and not so much the love” senior Kimball Wing said.

Obviously, a channel revolving around Oprah is going to be biased. Oprah already has magazine with her face on the cover of every monthly issue, apart from the occasional first lady popping up in last November's issue.

Why does Oprah need her own channel to change the world? If she really does everything simply to better the planet we live on, why must she be so braggish about it?

We get that she is wonderful. She practically picked our president, but it seems with her new “adventure” she may be taking it a little too far.

“I have always been a huge Oprah fan. But now her having her own channel seems like a bit much too me. I think having her own television show is enough. No one needs their own channel, not even Oprah Winfrey,” sophomore Erin Burns said.

She has taken her influence on the world to a whole new level. We all have realized how powerful Oprah is. Who are we kidding?

No matter how pointless and unnecessary her own channel is, Oprah will always find a way to be at the very top. At this point in time her own network is bringing her extreme success. Oprah needs to just stick to helping the world instead of trying to take it over.

Dress Code Discipline

By Iman Hassaine
Editorial Intern

A reoccurring problem at La Jolla High is the dress code. Understandably, the school is near a beach. However, this

should not qualify as an excuse to dress inappropriately. There are those that argue that the punishments given to those in violation of the dress code are far too harsh. As the rules have become stricter, so

have the consequences. The penalties make me wonder whether scandalous or revealing clothing at school is worth it. Now, if a student has two dress code violations, their senior privelages will be re-

voked. Although a dress code is important, are the punishments justifiable? Clothing will continue to be a major issue as long as students continue to disagree with the repercussions.

Compliment Fishers

By Laura Wells
Staff Writer

Everyone knows someone who fishes for compliments. Before they complain about their “terrible lives”, compliment fishers should realize that it is not only annoying, but that it does not work.

For those who are unaware of the meaning of a compliment fisher, it is an individual who will repeatedly say that they are mediocre at something until another pities them and gives them a compliment. If someone proclaims three times that they are terrible at shooting baskets and proceeds to make a three pointer then they are a compliment fisher. What seems to evade the logic of the compliment fisher is that their “accomplishment” probably goes unacknowledged for a reason.

It turns out that students have strategies for dealing with compliment fishers. Rather than play along with their whininess, senior Avi Salom shares, “I usually make them feel worse, and I’ll agree with them if they put themselves down.”

When people fish for compliments, they are forcing people to form dishonest opinions. Junior Matt Stewart believes that “the compliments that fishers receive aren’t real, and they’re done out of pity.” In other words this does not mean that your art project is bad, however it most likely does not deserve the credit you believe it does.

“The High Tide” was referred by an anonymous student to a person who is believed to be a compliment fisher. When we interviewed the alleged compliment fisher about his feeling towards his own, he apparently had no understanding whatsoever of the term “compliment fisher.” Their belief about self-putdowns of compliment fishers was that “by putting themselves down, they are making others feel better about themselves.” When asked what his reaction to a compliment fisher would be, he ironically replied that he would tell them to quit playing games.

Compliment fishers are insecure people who need false reassurances to feel better about themselves. Most of the feedback that compliment fishers receive is false, not to mention the fact that no one wants to be around one who is constantly putting themselves down. Compliments are a gift, and someday those who keep telling others that they suck might receive a nod of agreement.

PRO

By Rose Di Toro
Editorial Intern

The female students at La Jolla High seem to be taking it for granted that the beach is a block away. Their skimpy outfits are more appropriate for a swim in the ocean rather than the classroom setting.

In an attempt to shed light upon this issue, Principal Dana Shelburne recently sent out a notice stating that girls’ shorts must be at least fingertip

“Many seniors have free periods. Perhaps a more hands on approach to this issue would be to administer detentions during free periods,” librarian Lynn Stell said.

Although seniors may feel outraged that their privileges would be removed by something as benign as a dress code violation, they have been at La Jolla High the longest. Therefore, they should be fully aware of the punishments for breaking school rules.

CON

By Carolina Bellizzi
Sports Editor

La Jolla High’s administration has been cracking down on the enforcement of the school’s dress code policy. Many students have noted that the administration has rendered the dress code policy deficient in nature. This has been made clear with multiple announcements referencing the school’s dress code policy on the Bulletin as well as phone calls home enumerating what does and does not constitute inappropriate clothing.

Those students whose clothing is deemed inappropriate not only once, but twice, will incur some truly unfortunate consequences, the most questionable being the loss of senior graduation privileges. That said, it should be understood that the resurgence of the sanctity of the dress code has begged the question, “How far is too far?”

In the La Jolla High School’s Student Information Packet, found on the high school website, it states that, “Unacceptable attire includes, but is not limited to, bare midriffs, tube

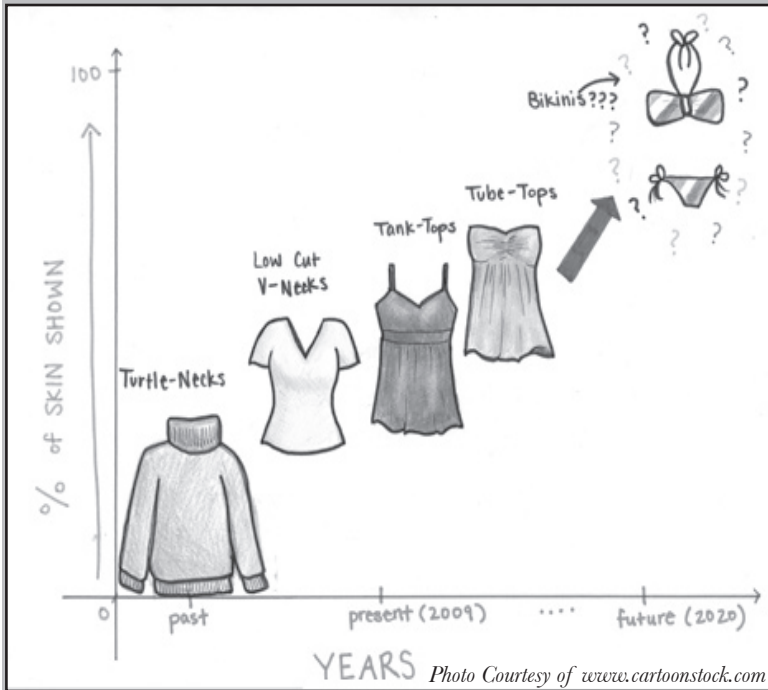
traditional senior activities are in jeopardy because of something as silly as a spaghetti strap. Many students, especially those in the senior class, feel that the administration is being far too hard on students with respect to the dress code

“It is unfortunate that the administration believes that threatening to take away our senior privileges for an offence like a dress code violation is actually a punishment worthy of the crime,” an anonymous student said. “Plus, the people that I have seen being dress coded aren’t even the truly inappropriately dressed ones.”

Others do not understand the correlation between one’s dress and their right to graduate.

“I don’t understand how one’s clothing could possibly influence his or her right to participate in graduation activities,” senior Katie Wahl said. “You could be a straight A student, going to a top school, but because your shorts are too short or you got caught wearing spaghetti straps even twice, your four years of accomplishments are disregarded.”

It is understandable that the administration wishes to



length. “I sent out the notification about dress code violations because I want it to be as simple as possible for the students to adhere to the rules. The “finger-tip rule” seemed to be a simple, yet effective way to ensure that shorts are worn at an appropriate length,” Principal Dana Shelburne said.

This is a fair request on the administration’s part. After all, this is a learning environment, not a club. The handbook states that if a student violates the dress code, he or she is given a temporary substitute garment. A second infraction results in a phone call home. It is not until a third misdemeanor that a student is suspended. For seniors, a suspension results in the removal of all senior privileges.

A common retort to this argument may be: “But it is Southern California and it is like, so hot!” Not only is this statement grammatically incorrect, but it is misconstrued.

During the winter, the morning temperature is in the 40s, and it has rarely been past the mid-70s in the afternoon throughout the majority of the school year.

It is time to get past the excuses. Revealing clothing is not only a call for attention; it also screams: “I have no self respect or self esteem.” Wearing ill-fitting clothes at school is not sexy; it is trashy.

Stop flaunting your bodies for the whole school to see. Save the super short shorts and low cut spaghetti strap tank tops for the beach.

“It is unfortunate that the administration believes that threatening to take away our senior privileges for an offence like a dress code violation is actually a punishment worthy of the cause,”

- Anonymous

tops, spaghetti straps, off the shoulder tops, backless tops, very short skirts or shorts, pajamas, exposed undergarments.... immodest clothing, chains ...and clothing featuring controlled substances, obscenities...etc.” While it states that violations will result in serious consequences, it is troubling that some students’ opportunities to partake in

crack down on students’ disregard for the dress code policy. Nonetheless, the punishment should have some correlation to the offence. It is an unsettling precedent which is being set; the fact that it is one’s dress which influences his or her opportunity to take advantage of senior privileges is a sincerely troubling matter.



By Sarah Devermann
Staff Writer

Throughout La Jolla there are many small, locally owned businesses. These businesses, some old and others new, have much to offer to the community. The next generation of entrepreneurs are right here at La Jolla High.

Harry's Coffee Shop is

one La Jolla landmark that has been around for decades. Started in 1960 by her grand-

father, sophomore Tory Evans' aunt and uncle currently own this local diner. Open for

exotic: Sadaf; owned by the family of junior Dario Aharpour. His family's Persian restaurant serves dishes ranging from appetizers to desserts. While Aharpour loves that his parents own a restaurant, he does not see himself following in their footsteps.

"I like the excitement it offers when it gets really busy. I also like all of the new people I get to meet," freshman Meriam Soltan said.

Right across the street from Belmont Park and steps away from the beach, this casual restaurant serves gyro sand-



Photo Courtesy of www.harryscoffeeshop.com

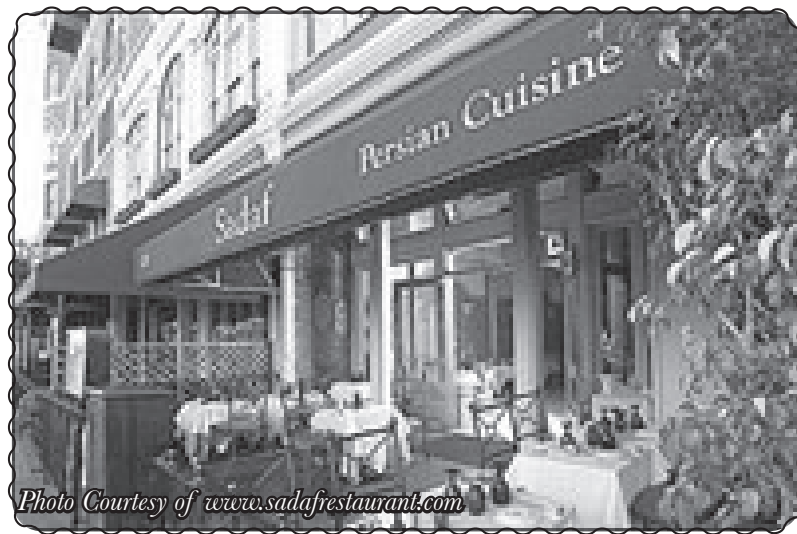


Photo Courtesy of www.sadafrestaurant.com



breakfast and lunch, customers are always greeted with a smile. Harry's offers many delicious foods such as pancakes, waffles, shakes and sandwiches.

"I love that my family owns a restaurant. I not only get to work there, but I am able to

meet many people from the community," sophomore Tory Evans said.

Just a few blocks down the street from this all-American diner is something a little more

exotic: Sadaf; owned by the family of junior Dario Aharpour. His family's Persian restaurant serves dishes ranging from appetizers to desserts.

While Aharpour loves that his parents own a restaurant, he does not see himself following in their footsteps. Locally owned businesses are beneficial to the community as well as to owners. And while the restaurant business might not be easy, families of the owners especially love it and use it much to their advantage!

Guess Who



By Rose Di Toro
Editorial Intern

I am the first freshman to be interviewed for Guess Who this year. Go 2013!

I am a member of the girl's Varsity soccer team at La Jolla High. I have been playing soccer since I was ten years old. I have tried playing other sports but soccer is the only sport I decided to commit to. Soccer is a significant aspect of my life and I hope to continue playing throughout high school and beyond. It would be awesome if I could get a scholarship to play soccer in college. I have not thought too much about where I want to go for college, but I know I want to be near the beach!

Although it is important, soccer is not the only way I spend my free time. I just got my permit so I love to drive around. I also enjoy spending time with friends and hanging out at the beach.

I am 5'0, almost 5'1, and I have long dark brown hair and dark brown eyes. I am not interested in having a boyfriend right now because I like to keep my options open.

Purple is my favorite color. I have always wanted a dog for a pet. My parents think it is too much responsibility, but I know I can handle it! I do not

have a particular favorite type of music, but I enjoy listening to anything on the radio.

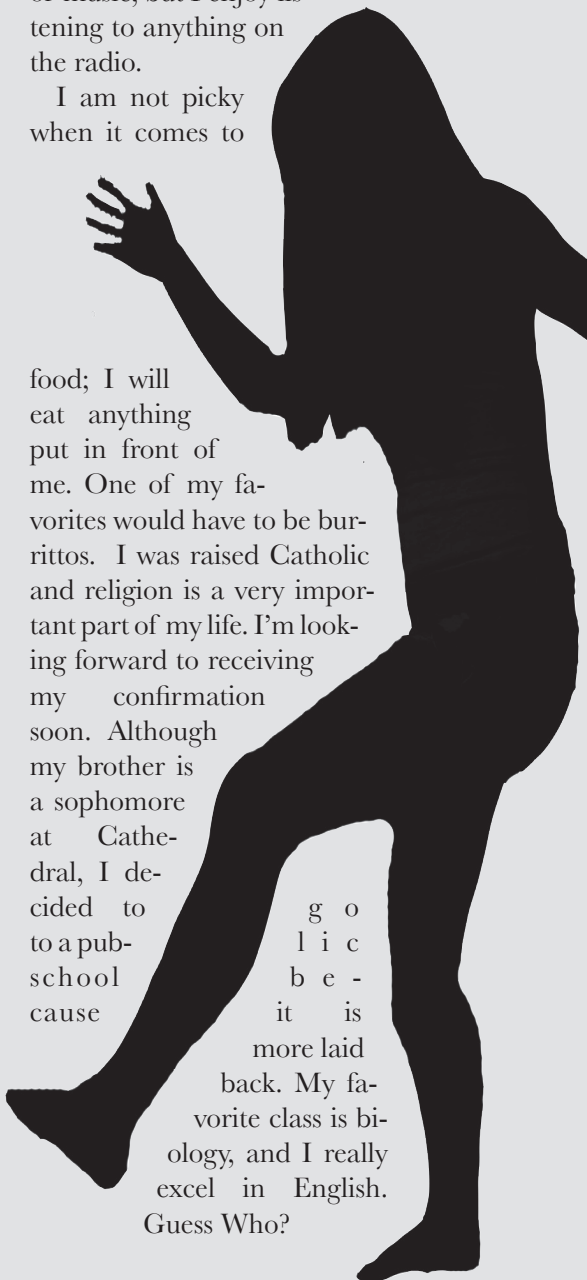
I am not picky when it comes to

food; I will eat anything put in front of me. One of my favorites would have to be burritos. I was raised Catholic and religion is a very important part of my life. I'm looking forward to receiving my confirmation soon. Although my brother is a sophomore at Cathedral, I decided to go to a public school because

go to a public school because it is more laid back. My favorite class is biology, and I really excel in English. Guess Who?

Photo Courtesy of Kianna Anvari

The Guess Who from the last issue was Brendan Milove.



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How To Get A Prom Date in 9 Days

By Wilson Mokiao
Staff Writer

Prom is quickly approaching, and you, like many others at La Jolla, are sadly still dateless. The time to land that special someone is now. These nine easy steps are the Holy Grail of dating solutions!

Sunday: Play the Field

Today is the second most important day. Pick someone who you know. Take your time; you should know them well enough to consider them a friend. Asking a nice friend is better than asking a hot stranger.

Monday: First Contact

By now, you have a good idea of who you want to ask. Do a little snooping around. Find out their schedule and try to walk so that you will meet in the hallways.

A little hello, and a quick “how are you?” can go a long way. Make sure that you do

not look desperate. Instead, every time you see them should be coincidental.

Tuesday: Break Down the Fourth Wall

Communication is the most important part of any relationship. Ask the person some more in-depth questions. Keep the conversation going. Favorite color? Worst teacher? Move up from passing periods. Say “hi” to them at lunch.

Wednesday: Lunch

Sit with your prospective date at lunch. If you need support, bring a friend. Start dropping hints that not only are you available, but you are interested.

Say things like, “I am really looking forward to going to Prom; are you planning on go-

ing?”

Thursday: Extended Contact

Keep the comfort there. Do not be overbearing. If you see them, it should be a welcome

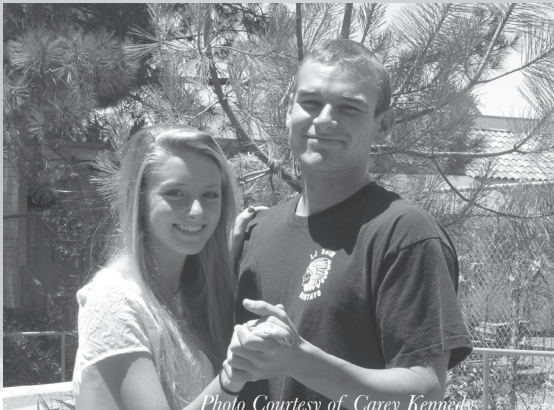


Photo Courtesy of Carey Kennedy
Prom Date: Junior Heather Martin and senior Patrick Hallahan pose for a fake prom picture

surprise, not a situation for stress. Conversations should be 40% you and 60% them. Make sure that you say “hi” in the hallways and sit with them at lunch, maybe this time without the friend.

Friday: Can I Have Your Number?

Today is the big day; it is time to get the seven digits! Ask at lunch, and do not procrastinate. There is nothing worse than waiting and waiting until the bell rings and feeling rused. Ask by saying something like, “I would really like to hang out with you sometime. Can I have your number so I can text you?”

Saturday: Get Your Homework Done

Today is the day of rest. Let what you have said to your future date sink in. In the afternoon send your first text. “How was your Saturday?” or “Hey, what’s up?” Keep texting that night, but NEVER send a one-word response, if you have to, add a question to the end.

Sunday: Hang Out

Find something that you can both do. Some fun things

to do: going swimming at the beach, going to a movie or hanging out at a coffee shop. By now things are a bit more serious. It is all about you two. You could bring a friend with you, but only if you feel uncomfortable. End the day with lunch or dinner.



Monday: The Day of All Days

Today is the most important day of the nine-step process! You should have a pretty good grasp of how you two work together. How you ask is really delicate, depending on your hopeful’s personality. You have to approach it seriously. Do you want to make a big production of it? Or, do you want a more subtle approach, more along the lines of a bouquet of flowers and a private moment?

This is up to you. Good Luck!

Club Spotlight

By Laura Wells
Staff Writer

Mariners Club is very well known across campus. After all, they maintain a constant presence in charity events around LJHS, and are responsible for holding the annual Mariners fashion show, which will be taking place on May 20.

placed an emphasis on successful women. The club has been women-only since its founding in 1841. Last fall, the Mariners hosted a career seminar, which featured several guest speakers, all of whom were women who had interesting jobs and were successful in their careers. Mariners will be hosting another seminar this June on the topic of self defense, and

tary Cassie Brazier said.

Women who are interested in joining Mariners club must meet certain requirements. Aspiring members must first be nominated to join the club by a teacher or club member. In addition, every member must be involved in at least three extra curricular activities. For those who are accepted in to the club, there are several ben-



Photo Courtesy of Brittney Schriff
Preparing For the Fashion Show: (from left to right): Secretary Cassie Brazier, President Haley Cottrell, and Vice President Briana Jones

Senior Haley Cottrell is president of the Mariners club: “The point of Mariners is to assist charities around the school. We also have one annual scholarship, which we bestow on a senior at LJHS every year.” The scholarship is worth about 1,000 to 2,000 dollars, and it is given in honor of Melanee Jones, who was the first African American student to attend LJHS.

Mariners club has always

unlike the last girls-only seminar, this one will be open to everyone. Another exciting annual event hosted by Mariners Club is the fashion show.

“This year we want to make the Mariners fashion show the best it has ever been by getting a lot of people to come. The theme will be VH1 Top 20 Video Countdown and all the clothes that we will be featuring are from stores around La Jolla,” senior and club secre-

efits.

“Colleges especially like to see Mariners Club listed on applications because the club has been around for so long, and it has a somewhat prestigious reputation,” junior Kiersten Gore said.

From raising money for charities to advocating independence and success for young women, the Mariners Club is always willing to give back to the community.

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MEDIUM

Sport of the Month

~

Playground Games

By Kaylee McNeil
Staff Writer

In this age of fast cars and advanced technology, it is often amusing to take a look back at the fun, innocent times of jump rope, monkey bars, and dodge-ball. La Jolla High School students' childhood memories are often filled with thoughts of the games and activities that were a source of so much joy and entertainment during those elementary times.

Waves of nostalgia bring students to the games that they used to play in their youth. Wall-ball, kick-ball, tag, hide-and-seek, four square, tether ball, and helicopter are just a few examples.

"In elementary school I loved to play hot lava monster because its also a mind game," sophomore Maggie Clarke said. "You can hang off of the monkey bars and psych people out."

"My favorite game was definately four-square because I would play every day with my friends and I would win all the time," junior Pasha Rahbari said.

While many of these games

are a thing of the past to most students, some still remain alive in the heart of La Jolla High School.

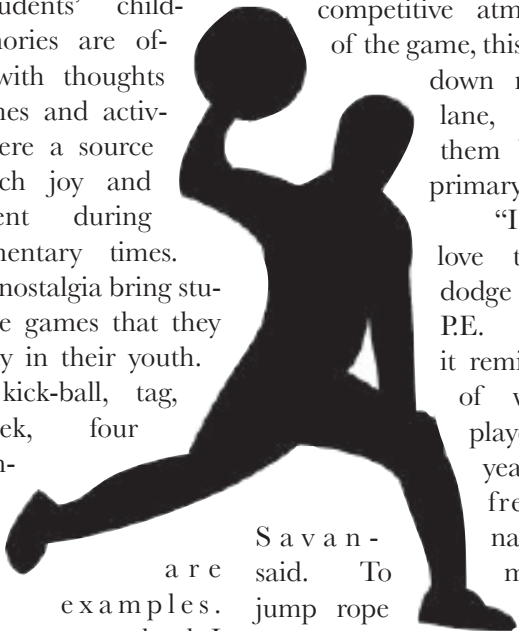
For example, the physical education classes at the school continue to play dodge ball from time to time. For many students, despite the more competitive atmosphere of the game, this is a trip

down memory lane, taking them back to primary school.

"I always love to play dodge ball in P.E. because it reminds me of when I played it five years ago," freshman nah Visser

Savan said. To many, jump rope is not just a memory, but an important hobby. Freshmen triplets Sierra, Savanna, and Summer Beeson jump rope competitively with their team and have made appearances in commercials as a result.

While the rules of these games begin to change over time, La Jolla students will always hold their precious elementary memories of these playground games close.



Playing With The Big Boys

By Suquoia Geary
Staff Writer

This starting season, the baseball team has more to look forward to than hitting baseballs and running the bases. After taking a look at the new baseball fields, one will see why so many boys on the team stick around.

With the team starting to recruit in eighth grade, the name on their jersey begins to mean something to them by the time they get to high school.

"The new field is awesome. Having it all turf gives you the good hops you need while dirt fields can bounce away from you," sophomore Kevin Ussleman said.

The freshman team, which practices with the eighth graders from Muirlands, provides a good foundation for the boys

for when they get to high school.

"I played in eighth grade on the freshman team. It was a good experience and a lot of fun being apart of a high school team while still in middle school," Ussleman said.

The strong sense of pride

Being able to play baseball for my PE class is really cool because baseball has always been such a strong part of my life," sophomore Rick Saxe said.

With the pretty new field, eager young players, and a great program, the boys started this

season ready to succeed.

"We're really spoiled to have one of the nicest facilities in San Diego, and there is a lot of pride in our program

and it's a great team to be a part of. I'm also really grateful that the team has prepared me for playing college baseball in the fall at UC Davis," senior Zac Zlatic said.

With a strong record and some impressive wins, it is safe to say these boys are off to a great start.



Cheering on the team: The varsity boys show their enthusiasm after winning 7 to 4 against Coronado.

on the team is apparent, and with the new shiny TV's in the clubhouse and the opportunity of having one's own locker, the dream of being on varsity is only brightened for these young boys future.

"Of course its fun being apart of the sports team at your high school and playing against your friends at the other schools.

TRUE LIFE

~

I PLAY BADMINTON

By Jacqueline Berracasa
Staff Writer

Contrary to popular belief, badminton is physically demanding, competitive, and as serious as any other sport on campus. La Jolla High badminton players take their sport of choice very seriously. From running laps and footwork in practice, to missing class in order to attend games, they do whatever it takes to keep up their amazing record.

Many badminton players begin practicing in the fall to work on conditioning. The intense practices can last anywhere between four and six hours. Key players, such as sophomore Randi Tang, practice every day in order to keep in shape. This year's encouraging captains include seniors Hanchel Cheng, Gary Tang, Fan Yang, and Tiffany Fan.

History teacher Mr. Tellers, has also contributed to the great

season they are having so far. It is his second year coaching and the players enjoy his company.

"Although he has never played badminton before, he

The team also likes how their new coach finds interesting ways to run drills. It keeps their practices exciting and enjoyable.

"Sometimes we run laps for every letter of Hoover. They are one of the best teams," sophomore Randi Tang said.

The coach's and the players' hard work paid off in a win against one of the best schools in their division, Serra High. It was a close game with a final score of 9-8.

"Coach Tellers is very devoted to the team. He actually took us all out for pizza after the Serra game," senior Kim Hom said.

Badminton players dedicate a lot of time to their sport. Tournaments are usually three times per season and last all day.

Badminton players dedicate a lot of time and effort in to their sport and their hard work has resulted in success, as they go to CIF every year. Come support the badminton team by cheering them on at CIF's.



Grand Slam: Badminton players showcase their skills with their impressive returns.

is a really good coach," senior Cheng said. "[Badminton] is all about being together as a team and being focused mentally, and he has really helped us accomplish that."

Sports Update

Mens Lacrosse and Golf

By Jessica Wood
Staff Writer

Lacrosse

This year the boys Lacrosse team is working hard to carry out the La Jolla High School legacy.

With a team that will graduate 15 seniors in the fall, they have a group with a lot of experience. The season has been a bit rocky so far, with a few upsetting close losses, but they came together to contest teams like Coronado HS.

"The team has good chemistry. CIF is coming up and it is the perfect time for the boys to turn up the heat. We get along really well on and off the field. Now the challenge is to translate that into our play," senior Andy Jones said.

Golf

The Golf team has always been strong at La Jolla High School. This year, the team has a ton of talented players.

Every week they meet to practice at Torrey Pines and work to improve their game. The individual talent is tremendous but their scores have been very inconsistent.

"We have a lot of really good players on the team so our overall scores haven't justified how much potential we have," senior Ikaika Velasco said.

CIF is approaching and the guys are planning to come together when it really counts. Last year they took third in CIF, three shots behind the second place team and this year they have a goal to do better.

STANDOUT ATHLETES

By **Carey Kennedy**
Editor-in-Chief

Track and Field is known for combining a series of jumping, throwing, and running events that all equate to world-renowned competitions. The greatest part about the sport is that all shapes and sizes are successful because there are events offered for everyone.

Distance Running

3200m: Senior Michael Conroy has been a key runner in Track since freshman year. When he joined the cross-country team in ninth grade he discovered his talent for running and consequently joined the Track team. With an impressive two-mile time of

and Andrew Farkas share the fastest 800 (two laps) time of the season, which is two minutes and two seconds. Each of the distance runners enjoy spending their time running, especially Eve who “enjoys getting natty (natural)” or going on nature runs for his workouts. Neither of the runners are fans of clothing since distance running is not conducive to wearing clothes.

“Distance Running: It’s not a sport; it’s a lifestyle,” Eve said.

At the Mustang Relays, a new record for the Distance Medley Race (DMR) of 10:34.36 was achieved by Conroy (1200m), Wagner (400m), Eve (800m), and Farkas (1600m).

Sprints

said.

Field Events

High Jump: Both new to track this year, junior Yuri Ishikawa and sophomore Chris LaChance, hold the record of five-foot-four and six inches in the high jump. LaChance’s natural ability to jump high aids him in his sport as well as his dedication to achieving his best.

“After I got my PR (personal record) I felt really good and very accomplished,” LaChance said.

Long Jump & Triple Jump:

Senior Alan Ampudia discovered his talent for jumping when he thought of asking the coach to try-out because it

“I have the best coaches. It is not all strength because you need a good coach to show you the good technique. Lucky me, my coach, Earnie Watson, coached the legendary Art Venegas who attended UCLA,” Aviles said.

Hurdles

110/300m Hurdles: Junior Brettly Fletcher admits that a friend talked him into joining track this year. After trying out and noticing his talent in hurdles he realized how much he enjoyed doing an individual sport because, “you’re not relying on a teammate and I really like the competition.”

In the 110m hurdles Fletcher runs a seventeen point five second and a forty-four point

Committed to Success

By **Wilson Mokiao**
Staff Writer

With the spring 2010 season already in full swing, the Varsity Women’s Softball team is maintaining an impressive run out on the field.

Despite adjusting to the different style of the new coaches, Anthony Sirian and Evan Bloom, and suffering an unfortunate setback earlier in the season, the team is more committed than ever to achieve every possible success.

The team, almost entirely composed of returning players, share a passion for their sport; something which makes adjusting to new coaching styles considerably easier. Regardless, the girls have embraced this new style with enthusiasm; they remain positive about their work on the field.

As a result of the many hours they devote to their sport, the girls have, unsurprisingly, developed strong bonds and friendships.

“We are all really close friends,” sophomore Anna Moyer said.

Many of La Jolla’s star players are more than just team members. Many of them play on club and travel teams as well. It takes a lot of dedication to devote so much time to playing softball.

The La Jolla softball team is lucky to have these players. The amount of time and practice that they put in shows on the field. Our team has the fastest runners, the biggest hitters, and the best fielders.

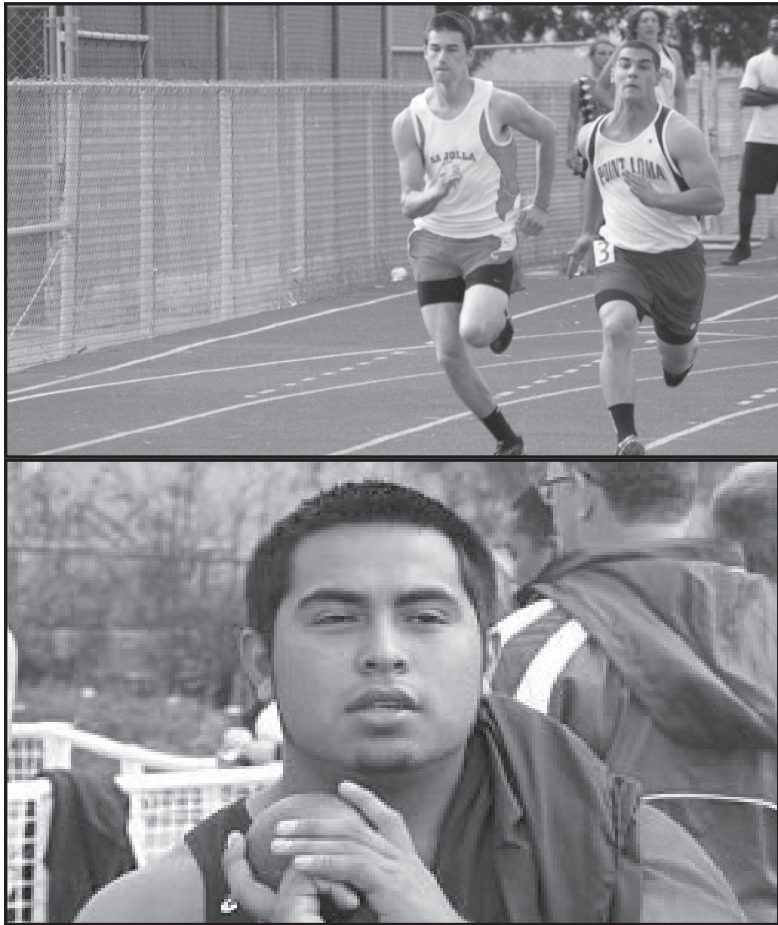
None of the girls who play on club teams are on the junior varsity team, all play varsity. Students like pitcher Amber Urias are dedicated to the sport, and play on a travel team aside from the high school season.

Urias pitched a no-hitter in April, a huge feat for any pitcher.

“I practice every day and strive to be the best pitcher I can be. My travel team helps me to be prepared for my games at La Jolla High School,” sophomore Amber Urias said.

“Softball is life, plain and simple,” sophomore Blair Brice said.

Playing club ball gives the advantage of experience and staying sharp. Since club ball is year round, players continue to hone their skills after the school’s season is over.



Photos Courtesy of www.facebook.com

Featured Track and Field Stars: Cory Wagner(sprints).0, Jose Aviles(shot put,) and Jeremy McGraff(pole vault.)

nine minutes forty-six seconds, Conroy follows his own motto of, “The harder we work the luckier we will be!”

“I really enjoy running, but more importantly I know that every woman is secretly attracted to distance runners,” Conroy said.

1600m: Junior Andrew Farkas attributes his success to his dedicated coaches, “We are very lucky to have such good coaches, especially the distance coach, McCarthy,” Farkas said. His mile time of four-minutes twenty-seven seconds is hard to believe, but perhaps his committed attitude and competitive spirit is what allows him to do exceedingly well.

“I joined Track in the sixth grade to get fit, but now I remember that the faster you run the faster you’re done,” Farkas said.

800m: Both Juniors Alex Eve

400m: As a newcomer to track, Senior Alex Jaziri is known for his first-rate soccer skills, and his ability to sprint exceedingly fast. Jaziri’s time of about fifty-three seconds is one that sets the bar high for his peers.

200m and 100m: As a football player, junior Cory Wagner came to Track in order to improve on his speed. Wagner has done just that, by holding the season record in the 100m of eleven point fifty-nine seconds and twenty-three point six seconds in the 200m. Wagner accredits his success to Coach Cruz, whom he believes really knows what he is talking about, in particular because of his gold medal in the Olympics.

“After winning a race I feel really good, successful. Track is a lot of fun especially because of everyone I know,” Wagner

looked easy. Therefore, Ampudia tried out and realized how much fun it was. In the triple jump he holds the record at forty-two feet one-half inches and twenty feet and three inches in the long jump.

“I enjoy the events because it is fun to hang out with all the people at track meets,” Ampudia said.

Shot Put/ Discus

Distinguished thrower, Jose Aviles, spends around twenty-five hours a week working on technique, weight lifting, drills, etc. All of his hard work and impressive marks have earned him a full ride to the division I college, Cal State Northridge, which he will be attending this fall. In the shot put he has achieved fifty-eight feet and eight inches ,and one hundred fifty-six feet and three inches in the Discus.

nine in the 300mm hurdles.

“I’ve got a really great coach, Noelle Pheras, who does a lot of one-on-one time while working on one technique at a time...I think it is the right way to learn,” Fletcher said.

Pole Vault

Outstanding pole-vaulter, Jeremy McGraff, reached his all time record of fifteen feet and three inches first at the Mission Bay Track Meet, and then again at Escondido Invitational.

For many athletes Track and Field combines their best abilities in a single event. In past years, La Jolla High has achieved the notable position of CIF champs for two consecutive years. Each of the events tests the stamina and strength of the athlete, yet at the end of the day, a realm of sportsmanship envelops the entire team.

continued from page 11

career is good to know if I want to try harder and increase my chances of getting into a good college,” freshman William Geary said.

Though the STAR testing results do not directly affect students’ grades, it does directly affect the school. With lower STAR testing scores, the school’s API drops.

For example, when comparing two students with the same 3.5 GPA for admittances, colleges will choose the student who attends the school with higher API ratings.

“It’s sad to know that the reason so many people didn’t get into college may be traced back to STAR testing,” senior Ikaika Velasco said.

So the bottom line is that a lower API decreases the chances a student has to be accepted into college.

The reason behind these rejections may be traced back to those “pointless” tests from last spring that many students happen to blow off thirty questions in.

To avoid any mysterious rejection letters down the road, perhaps it is a wise idea to take standardized testing seriously.

By Amy Liew
Business Intern

Spanking has been an immediate discipline many parents resort to in order to control their child’s behavior. Tulane University selected 2,500 children across the United States to participate in a two year research study which has linked spanking and other forms of corporal punishment to aggressive behavior found in many kids.

“Spanking can lead to aggressive behavior because it reflects what those kids in the future might do,” junior Nicole Vioria said.

While conducting this survey, researchers took other forms of violence or aggression that may take place at home, such as use of alcohol and drugs during pregnancy, and maternal stress that may affect children. About 27 percent of mothers have used spanking more than twice and have noticed a higher level of aggressive behavior, including temper tantrums, fighting, or screaming in their five-year old child.

“I approve of spanking kids

because it provides an immediate consequence to his or her action with pain. When I was four, I knew that running away



Photo Courtesy of www.imdb.com

from home was bad, but I did it anyway. I ran to my grandma’s house, which was four blocks away from my house, aware of the consequences that lay ahead. Once my dad found me, he spanked me and I learned through my punishment that he loved me very much. I came understand the punishment I received,” an anonymous commentator said.

Spanking may be effective for a brief time, but it becomes a less effective punishment with each repeated use. There are 21 states

where corporal punishment in schools is legal: Texas, Florida, and Mississippi are among these states that frequently use cor-



Photo Courtesy of www.imdb.com

poral punishment to discipline students.

“By spanking kids, it teaches

them that if you can’t handle a situation using words then violence would be the next step; it gives them the idea that violence makes right,” an anonymous commentator said.

Many parents use different methods to discipline their children; some may be more effective than others. One of these different methods consists of taking their child’s phone or Internet privileges away. However, it is important to explain the reason behind their punishment. If parents spend more time explaining the consequences of their actions and the reasons behind their punishment, this may reduce the aggressive behavior found in many kids.

DREAM Education

By Molly Salas
Staff Writer

It is mid-May and many La Jolla High School seniors have decided where to attend college next fall. They have endured the laborious application process, filled out endless forms and scholarship applications, and signed their names what seemed like an infinite number of times. For some students, however, applying to college is a much different process. High school students who are in the country illegally face many challenges that American citizens are never presented with.

Without U.S. citizenship or established permanent residency, it is more difficult for illegal prospective students to get in-state tuition benefits or even admission to colleges.

“While students can be accepted with ease given a strong academic record, schools generally deny students financial aid without a Social Security number. At that point it is possible to report special circumstances to the schools’ financial aid offices, but it is not always successful,” counseling director Beth Behnke said.

States such as Arizona, Colorado, Georgia, and Oklahoma have passed laws refusing in-state tuition benefits to illegal applicants, despite their having grown up there.

Opponents of the harsh laws maintain that students should not be punished for their parents’ inability to obtain necessary papers.

According to the CollegeBoard, 65,000 illegal residents graduate from U.S. high schools each year, but only a fraction of those attend college each year. While there is no federal or state law prohibiting the admission of illegal residents to colleges, individual institutions may institute bans on admitting undocumented residents, or otherwise limit students by way of financial aid limitations.

In 2007, the DREAM (Development, Relief and Education for Alien Minors) Act was reintroduced in the House and Senate. If passed, this federal legislation would permit undocumented students to begin a six-year process leading to permanent legal status if, among other requirements, they graduate from a U.S. high school and are brought to the U.S. before the age of 16, all at least five years before the legislation is signed into law.

To complete the process they would, within the six-year period, be required to graduate from a community college, complete at least two years towards a four-year degree, or serve at least two years in the U.S. military.

While the issue of illegal immigration is close to home due to our Baja California neighbors, additional legislation is being considered known as the AB540, a California law that would benefit illegal students living in California, as well as aid the admissions and financial aid process. Details of this law, however, are still under review.

Letter from the Editors

Dear Readers,

As another year draws to a close, we cannot help but to be a little nostalgic here at the High Tide.

We have covered a wide variety of topics, from basketball to birth control, drugs to dances, cougars to cars, and matzah to madlibs. We have had a great time producing the paper this year, and we hope that you have enjoyed reading.

Brooks and I are excited to be turning over the reins to a new generation of staff members. With rising seniors and juniors taking over all the editorial po-

sitions, the High Tide is sure to have a new look next year. Although we seniors are sad to leave, we are excited to see how the newbies will run things next year. In fact, this issue is the first taste of what is to come; known as the “cub” issue, it was produced almost exclusively by the new page editors and overseen by the new editors-in-chief Dario Aharpour and Carey Kennedy.

For those of you who are strangers to room 501, or perhaps not acquainted with any journalism staff members, it is difficult to understand quite what goes on

within its walls. There is a mix of 60% hard work, 12% editing, 10% late nights, 8% hilarious conversations, 5% reediting, and 5% Persian food.

It has been a thoroughly enjoyable experience putting together the High Tide this year. Thank you for your readership and we hope you continue to support and participate in the paper during the 2010 to 2011 school year.

Sincerely,
Mackenzie Merkel and Brooks Newberry
Editors-in-Chief

Interact Club and Project Mercy

By Norma Ramos
Radio Intern

Once a semester, student Interact club members have the opportunity to dedicate their time to building a home for an impoverished family in Mexico. On May 1, the volunteer opportunity, known as Project Mercy, came around once again for Interact members to participate. Although there were no current La Jolla High School members in attendance this time, a school alumni was present. The project was a great success!

The day consisted of a drive down to the work site, nailing boards, erecting the house’s walls, and working on the roof. Volunteers painted the outside of the home and built windows. There was also time to interact



Photo Courtesy of Cal Mann

Home Sweet Home: La Jolla volunteers present the house key to the family after a long day of work and fun in Tijuana.

with the family’s children.

Along with building the house, the club collected blankets, clothing, food, and many other essentials for the family, consisting of a single mother and three young children.

This was the twelfth house built by Interact. In October of 2010, Interact club will be building their thirteenth home.

Interact club hopes to find more volunteers to share in the homebuilding experience.

What's In Your Future?

By Aida Saam
Staff Writer

Calculate your number to find your June fortune!

A birthday can mean a whole lot more than just a number and a month. We are taking the fortune out of the cookie and straight to you! Find out what lies ahead in your future. There just might be something exciting to look forward to.

To find your fortune number, add the number of the month and the day you were born together. If this is a two digit number, add the digits together until you get a single digit number. For example, if your birthday is September 27, add 9 and 27 together to get 36. Then add 3 and 6 to get your fortune number 9.

1

Although things have been a little boring lately, there are strong signs that something exciting will happen soon. Remember though, excitement comes in many forms. No matter what way it comes, accept it and enjoy it. You may not know when it will come again.

2

Life is going great for you right now. You have the best friends, good grades, and your

eye on someone special. Make sure you stay positive. Soak up the upcoming summer sun, and enjoy the good streak of



happiness you are in. While you are at it, cheer up some friends who do not seem to be having your luck, they could use it!

3

There are some tough choices you need to make and life seems to be throwing hurdles at you left and right. You may feel like the most stressed person in the world right now, but this is only a temporary phase. Sit tight and take control of how you manage your own life. While you may feel stressed now, the upcoming weeks promise a break from your currently crazy schedule.

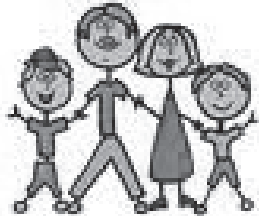
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You seem to have fallen into the same old boring routine.

The days go on and on when there is nothing to look forward to, so you want something to spice up your life. Try to make a vow with your friends that you will do something new every week. Continue this through summer to ensure fun filled upcoming months. It will add the spontaneity into your life that you have been missing, and it will give you and your friends something new to look forward to.

5

Every day it seems like you are in and out of the house. You see your friends' parents more than you see your own, and although many teenagers believe friends are a priority over family, it is just not true. Make sure you cherish the time



you have with your family. Take the little brother or sister out to a movie and agree to have a family night once a week. It shows you care, and may end up meaning a lot more to you

than you expected.

6

Although being focused and determined can be a great thing, there is also the need to sit back and go with the flow. You may be working at getting that almost perfect SAT score, but by doing that you may be missing out on some great opportunities to make some life time lasting memories with those you love and care about. Take a break from the hard work and head out with some friends or family; life is flying by right before your eyes.

7

Summer is so close you can feel it. Start making a list of things to do this summer with friends and family and stick to it. Soon, you will be finding yourself checking them off one by one and enjoying every minute of it.

8

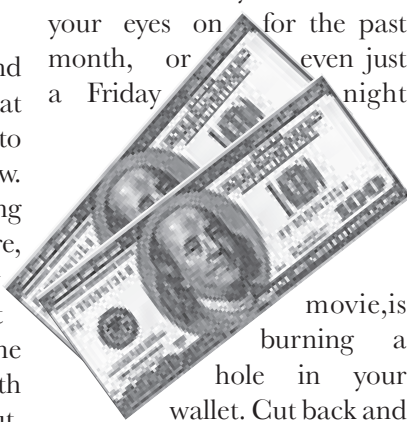
Cash is low for you and everyone seems to be spending

9

Being in a dry spell may not be as bad as you think. Sure, you have not had a date in months, but embrace being single.

Go out and get to know all the available fish in the sea, no strings attached!

For those lucky enough to be with their special someone, grab some friends and go on a double date or, even better, set up your single friends!



Upcoming Summer Movies

By Kaitlin Shantiai
Staff Writer

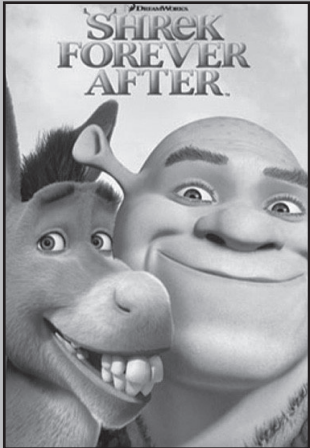
Summer 2010 can be summed up in three categories: sequels, remakes, and 3-D. These upcoming summer movies are something to be excited about.

On May 7, experience the thrilling sequel *Iron Man 2* where character Tony Stark, otherwise known as Iron Man, becomes pressured by the government to share his technology secrets to the public. Unwilling to do so, Iron Man faces some unhappy powerful new forces.



Whose victory will it be? *Shrek Forever After* hits theaters May 21. In this "final chapter,"

Shrek longs to become his old ogre self again and signs a pact with the infamous Rumpelstiltskin. As soon as Shrek realizes his life has taken a turn for the worst, he does



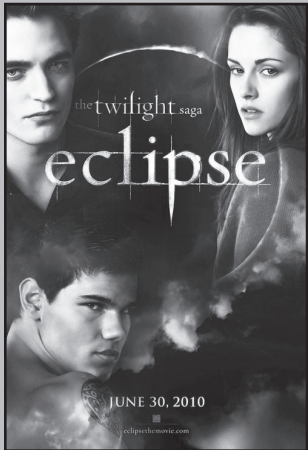
everything in his power to put everything back into place.

On June 18, relive your childhood with *Toy Story 3*. Andy is now a young adult departing for college and his toys have been put into storage. Before they could make it to the attic, Woody and Buzz are picked up by garbage men. Finding themselves in a day-care center, they are forced to survive pre-school children.

It's back! Make sure to

catch *Step Up 3-D* on August 6. Located in Paris, Moose misses his flight back home to Baltimore and meets some young dancers that show him a whole new style of dancing. They form a crew and work to compete in the biggest dance competition of their lives.

Last but not least, on June 30 see *The Twilight Saga: Eclipse* where Bella is forced to choose between her love for Edward and her friendship with Jacob. Surrounded by danger and with graduation approaching quickly, Bella is confronted with the most important decision of her life. Werewolf or vampire?



File Photos

glee

By Kaitlin Shantiai
Staff Writer

Glee is a new hit television show about a high school glee club striving to restore its school's former glory. The show is a musical, comedy, and drama all in one. Glee is the talk of the town, but exactly what is all the hype about?

The series began when a high school teacher became inspired to transform the school's Glee Club into performers good enough for the Nationals. The teacher's only hope lies within two students: Rachel and Finn. Rachel is convinced choir is her ticket to stardom while Finn is the typical quarterback with an exceptional voice. The determined teacher is out to do whatever it takes to turn the high school Glee Club into a Hollywood sensation.

Glee has an average of eight million viewers and there has been over 4.5 million song downloads and CDs sold. A nationwide concert has been announced which should only increase memorabilia. For

example clothing, accessories, posters, etc.

When the show aired, some feared it would just be another "High School Musical." The show has done its best to keep it appropriate for kids but also interesting enough for adults. The viewers also get a closer look in music theater territory but it is not the only aspect of the show.

"The show has a really good balance between music and regular high school life. I love the show. I'm definitely a gleek!" said junior Nick Kusnir.

As if there isn't enough hype already, Glee is now holding open auditions to be apart of the cast. The only requirements are to provide a short video with a small introduction of the contestant and a performance of a specific song.

It is obvious that Glee's popularity won't be dying down anytime soon - at least not until every American has been turned into a "gleek."

CELEB COLLEGE MAP

By Kelly Lin
News Editor

Celebrities are just like us. They go grocery shopping, pig out at In-n-Out, and believe it or not, many of them also attend college. In today's society, it is rare to even see the words "celebrity" and "college" in the same sentence. Lately, mainstream media has become so obsessed with

glorifying the "bad side" of celebrities that we rarely hear the positive things celebrities are doing in their lives, such as going to college. Nevertheless, a fair amount of celebrities are participating in collegiate life.

As many of La Jolla High School's seniors busy themselves with their own college plans, the question remains: Will there be any

celebrities in the collegiate class of 2014? Rumors of Nick Jonas becoming a Northwestern cherub, Dylan and Cody Sprouse attending NYU, and Miley Cyrus going to USD are just some of the crazy conspiracy theories circulating across La Jolla High and internet message boards. Unless some valid evidence is revealed, as of now, all these

claims are in the words of the ever reliable E!News, "So FALSE!"

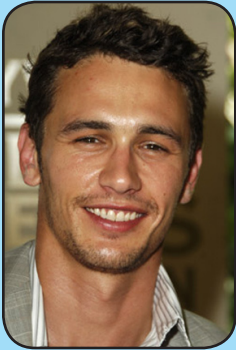
Nevertheless, despite all the false rumors circulating around, there are some true stories. Oceanup.com has confirmed that Emily Osment from the Hannah Montana series will be attending an unidentified college in California. In addition,

students in Berkeley's class of 2014 might get the opportunity to meet 2010 Winter Olympic Bronze medalist for short track speed skating, JR Celski, when he attends Cal this fall.

As one heads off to college, one should keep their eyes open for the celebrities at their college or the next Barack Obamas and Mark Zucherbergs of the world.

James Franco

Another celebrity currently attending college is the dashing James Franco. Best known for his roles in the Spiderman series, Franco is also a highly accomplished scholar who has studied at some of America's top universities including



UCLA, Columbia, and New York University.

However, Franco's academic excellence does not stop there.

Franco was recently accepted into the PhD English program at Yale and will be attending the university this fall. In 2009, Franco received another "distinguished" title when he was named one of Salon.com's "Sexiest Men Living" thus proving that geeks can be smart and sexy.

File Photos

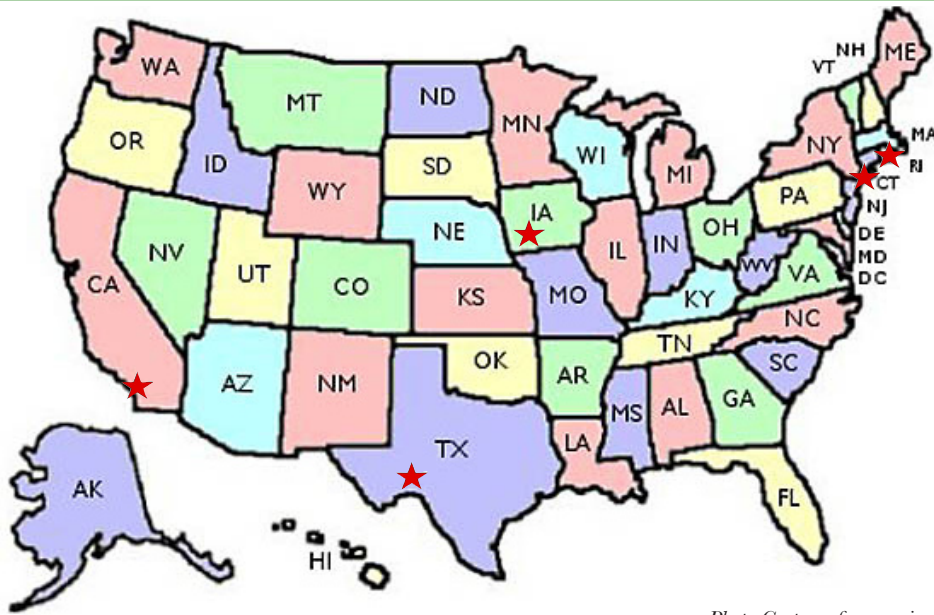
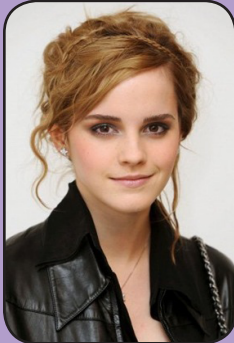


Photo Courtesy of www.justsoar.com

Emma Watson

This talented actress played Hermione in the wildly successful Harry Potter series, is the face of Burberry's campaign, was ranked 6th on Forbes "Most Valuable Young Stars" list, and is the object of affection for millions of Potter fans across America.



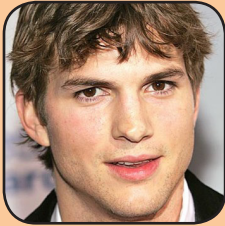
Last year, Watson added another accomplishment to her list of achievements when she was accepted to both Brown University and Yale University. Watson chose Brown University and is currently attending the university as a freshman.

"Emma Watson's decision to go to college and get an education sets her apart from other young actresses," sophomore Fabiola Zirino said.

Who Knew? Famous Alumni

Ashton Kutcher

Once a student at the University of Iowa, Ashton Kutcher studied biochemical engineering. His brother had suffered from heart problems, and he had hoped to help develop a cure.



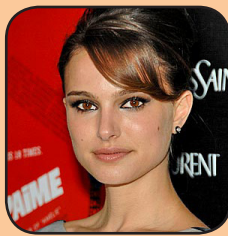
Reese Witherspoon

Reese Witherspoon recieved a degree in English at the University of Texas. She also studied English at Stanford, but left after one year to pursue acting.



Natalie Portman

This actress actress attended Harvard College, were she recieved a bachelor's degree in Psychology. Portman also studied at the Hebrew University of Jerusalem.

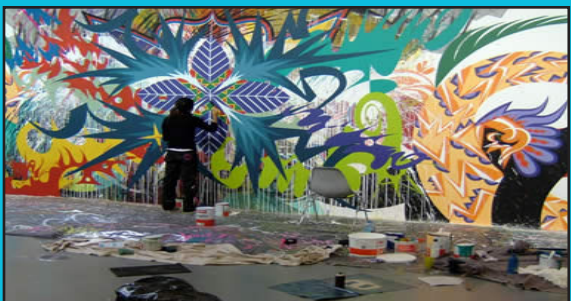


GRAFFITI ARTISTS

By Taylor Jetter
Staff Writer

Graffiti is a largely unappreciated form of art. Many people do not seem to understand the time and effort it takes to make a legitimate graffiti mural. Often times, it will be painted over with bland and boring colors days later. The graffiti artists here at La Jolla High School wish they could take their art to the streets without

running into trouble with the law. However, they are forced to stick to their blackbooks and note pads for now.



Senior Angel Bates is among these artists. She has been doodling in the margins of her notes since seventh grade, and her effort really shows. Bates neat script and crisp bubble letters are that of a true graffitiest. She dedicates a lot of her free time to her art,

letting her imagination run wild for a while.

"One of the most beautiful things in the world is a blank

sheet of paper. It's a tiny bit of the world that you get to put yourself into by letting your mind roam free. There are no limits to what you can do, and that's when I bust out something real crazy," senior Angel Bates said.

Although she can not take her art to the streets, Angel continues to fill up the pages in her blackbook with more of her tricked out words and phrases, all cleverly crafted into beautiful pieces of artwork.

"I really wish tagging wasn't illegal. Graffiti takes skill, and just because it's not hanging in a museum doesn't mean it's not art," freshman Kelsey Webber said.

It seems the taggers are not the only ones dreaming

of a more understanding law enforcement. People



Photo Courtesy of Taylor Jetter

everywhere are amazed with what certain people can do with just a pen and a piece of paper.

Another individual gifted with the talent of frechand drawing is sophomore Kevin Alarcon. Currently, he is decorating the word "dusk." He can wield the word into an array of arrows and bubble letters, with various arrangements of colors.

"It's so addicting once you find the word you click with.

You can't put a pen to paper without doing a quick sketch of it," sophomore Kevin Alarcon said.

Kevin continues to dress up "dusk" and dreams of taking it to a bigger scale one day.

Graffiti may not yet be accepted as a form of "art," but that does not seem to affect the artists. They continue to throw themselves into their work, all in hopes of one day not having it covered up with white paint.