



HI-TIDE

Volume LXXVVII Issue 7- May 6, 2011

Hi-Tide CUB ISSUE

ASB UPDATE

Hello Vikings!

I hope you've all been enjoying the beautiful spring weather and had a great time at Food Fair! This month there are a lot of senior events coming up.

Senior dues are \$90 and are due today, May 6th, to the finance office. Grad night is June 8th and is \$95, bring in a permission slip available on the ASB website and sign up on May 10th, 11th, or 12th.

Prom is in two weeks! Prom is included in senior dues, and will be \$60 for guests of seniors. Senior yearbooks, also included in dues, will be distributed at the senior signing party on June 6th.

ASB applications for next year are due today to room 305! Election day for next year's ASB will be May 27th.

The annual dogdeball tournament will be May 23-28th. Sign up with your team during lunch next week!

Thanks!
Victoria Frager
ASB President

OSAMA IS DEAD

By Wilson Mokiao
Staff Writer

Osama Bin Laden was killed on May 3 by U.S. military action.

Intelligence was presented to President Obama in late August 2010 regarding a possible compound in Pakistan in which Osama may be hiding.

President Obama was presented with four options to eliminate the infamous terrorist.

Obama chose to send in Navy Seal Team 6 based in Virginia. The team shot and killed Osama Bin Laden, bringing an end to a long manhunt that spanned nearly a decade.

2011 RYLA LEADERSHIP AWARDS

Congratulitons to the 2011 RYLA recipients:

Mackenzie Allen, Jordan Atnip, Kevin Cruz, Kartini Dinh, Alyssa Kennedy, Ellen Latta, Sophia Lin, Daren Liu, Sydney McLeish, Nicole Miller, Anna Moyer, Qian Zhang

By Sophia Lin
Student Contributor

In mid-April, twelve juniors at La Jolla High School joined three hundred other high school juniors at Idyllwild Conference Center for a three-day leadership conference.

Sponsored by Rotary clubs of Rotary District 5340, the Rotary Youth Leadership Awards program is dedicated to fostering leadership qualities in high school juniors in San Diego and Imperial counties.

Designed to galvanize students into sparking change in their communities, RYLA is a unique, powerful opportunity that inspires its participants to truly represent Rotary's motto of "service above self."

Before arriving at Idyllwild, RYLA was, for the most part, "shrouded in mystery," states junior Alyssa Kennedy. "Nebulous, even."

Seniors who had participated in RYLA last year shared frustratingly few details about the three-day camp, so from the general instructions to bring a sleeping bag, warm, comfortable clothing and an open mind, many juniors dreaded that RYLA would be, as junior Anna Moyer stated, "like sixth grade camp all over again."

Fortunately for all participants involved, the reality of RYLA was a completely different experience.

The open-minded, friendly, accepting attitudes of everyone attending RYLA and the motivational life lessons shared by powerful speakers left an indelible mark on the minds of all RYLA attendees, students and adults alike.

The details of RYLA are vague, but for good reason. Initially, many juniors were skeptical of the impact of the camp.

"I didn't think it was possible



Photos Courtesy of Kartini Dinh

Attendees from La Jolla pose with new friends at Idyllwild

to get that close to a group of people in one weekend," said junior Sydney McLeish.

RYLA participants were surprised to discover that not only did they leave with a strong support system of new friends, but an open mind and a passion to be the change they want to see in the world.

The three-day camp at Idyllwild lived up to much more than its expectations of campfire songs and long nature hikes.

As junior Kevin Cruz put it, "RYLA inspired me to be the change in my community, but also to look beyond my community to spark action on a more global scale."



Photo Courtesy of LJHS Robotics

LA JOLLA HIGH SCHOOL SENDS ROBOTICS TEAM TO CHAMPIONSHIPS

By Emily Kuo
Copy Editor Intern

Despite being only three years old, the La Jolla High School Robotics Team, (Team 2984) triumphed in the FIRST (For Inspiration and Recognition of Science and Technology) Las Vegas Regionals competition from March 31 to April 2 of this year.

The team is comprised of president and senior George Brabon, senior Patrick Sapin, senior Jason Farnam, senior Robert Andrus, senior Julia Haerr, senior Rafael Cosman, junior Andy Hill, sophomore Emma Scott, sophomore Nichole Walker, and freshman Scott Strang, with help from their coach, Greg Volger, their mentor, Jim Snook; PFIRST robot-

ics alumni Li Pi, and last year's president Thomas.

Together, they scored a perfect 17-0 victory. This year's competition is called Logomotion, which involved placing inflated tubes of triangles, circles, and squares on three levels of pegs on a ten-foot wall. In addition, they earned the Industrial Design Award, the highest engineer award, for their ingenious design and creative applications of their five foot, 120-pound robot, Njoror.

As a result of their superb win, the team was invited to compete in the FRC (FIRST Robotics Competition) National Championship located in St. Louis, Missouri on April 27 to 30. They ended up placing 24 out of 80.

Congratulations to all of them for their outstanding win!

Congratulations to La Jolla High's Academic League Team!

On April 28, the team beat Eastlake in the semi-finals and then went on to defeat Torrey Pines for the county championship title! Well-done to coaches Lyon and Quisnell, as well as to all the students involved.

The La Jolla High School
HIGH TIDE

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Organic Takes the Cake

By Christine Han
Editorial Intern

When it comes to an organic apple vs. a conventionally grown apple, conventional wisdom holds the organic fruit to be of greater health benefit. But the question is-how can one be so sure?

Studies show that organic fruits and vegetables contain 40% more antioxidants than their non-organic counterparts. There are also higher levels of other substantial minerals, such as iron and zinc, in organic products.

Take a close look at organic milk. Research on organic fats. net has shown that organic milk provides more anti-oxidants, CLA, omega 3, and vitamins compared to regular milk. Levels of antioxidants in organic milk were proven to be up to 90% higher than in milk from conventional foods. Researchers at the Danish Institute of Agricultural Research, Institute of Grassland and Environmental Research, and the University of Aberdeen proved that organic milk provides more nutrients and is healthier than non-organic milk because organic cows are pasture grazed, resulting

Programs show that about one in three non-organic food samples tested consists of a substantial amount of pesticide residues

in better quality milk overall.

Eating organic is the safest choice to make. Here's why. Since organic produce lacks chemical fertilizers and pesticides, the human body is not adversely affected in any way. Programs show that about one in three non-organic food samples tested consists of a substantial amount of pesticide residues.

Not only is eating organic safe for the body but it is also safe for the environment. Since chemicals are not present in organic farming, there is minimal soil, air, and water pollution, thus creating a safer world for future generations.

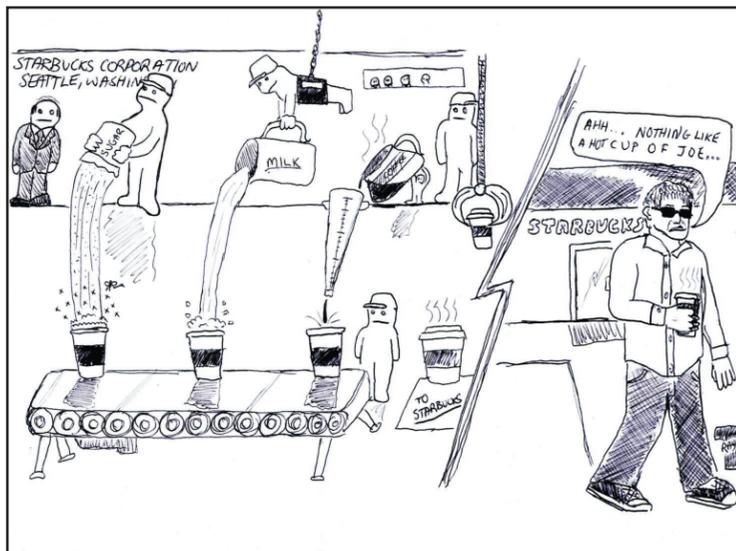
"Although it may have possibly been contaminated with gas pollution etc., I feel safer knowing that what I consume doesn't have chemicals directly sprayed on it," sophomore Margaret Haerr said.

According to a 10 year study by the University of California, Davis, organic tomatoes are grown in an area that has

COFFEE VS. TEA

Battle of the Brews

-By Tim Rayner-
Staff Writer



Coffee. The lifeblood of America. Made from beans roasted and ground into a fine powder, then brewed in hot water, coffee is a delicious drink with many ways of preparation, such as espresso, which is hot water shot through finely ground powder (giving it the ultimate concentration and flavor), and is preferred by Italians. There is also French press- a coarser, lighter grind.

However, many Americans drink coffee not for its distinct flavor and soothing aroma, but the caffeine content. Since most Americans are too soft to drink black coffee, it is diluted with milk and sugar to make all sorts of crazy drinks with foreign names.

This adulteration of a great drink is turning into a modern-day crisis, as coffee is being sold

no longer for its original purpose, but as a dessert drink full of sugar and fat (take Starbucks, which makes money off its Frappuccinos and Macchiatos, but serves a questionable coffee by itself).

In actuality, the coffee bean is a "superfood" with many antioxidants and brain-stimulating effects. In its purest form, it can help prevent many diseases, and actually be beneficial to dental health.

"I prefer coffee over tea, because it puts me on the same level as everyone else," senior Nick Reynolds said.

While coffee is delicious and a very multicultural beverage, tea is also great because of its more gentle, relaxing properties, as well as its many varieties, such as black, green, white, yellow, and oolong, among others.

Tea is made of crushed leaves,

herbs, and spices infused into hot water and served at an ideal temperature of 175 degrees Fahrenheit. Tea contains about half the caffeine content of coffee, with a host of nutritional properties, as well as a very relaxing aroma.

According to senior Austin Wang, "Our tea is served unsweetened and natural, with no additives or preservatives, to keep the Taiwanese tradition alive."

While tea is the most popular beverage in the world, in many parts of the United States, the consumption of tea is lampooned as a high-brow, dainty activity.

"Coffee is a man's drink," says sophomore Chance Abbott. "What am I, some silly European?"

Ironically, drinking tea has been proven to reverse aging (because of the myriad of antioxidants in tea leaves), prevent diseases (even cancer), and help regulate bodily functions, more so than coffee.

Even tea, though, is under attack by Starbucks, who puts milk and sweeteners into their tea and serves it as lattes and frappes.

One thing is for certain: in the battle of coffee vs. tea, there is no clear winner. Take away the additives, and what you are left with is two very similar drinks with many health benefits.

lower nutrient supply. However, this means that more antioxidants are formed such as kaempferol and quercetin. Many people are aware that antioxidants help in reducing heart diseases and keeping our health stable. Another study in January 2003 initiated by Journal of Agricultural and Food Chemistry found 52% more vitamin C in frozen organic corn than in conventional corn. A three year study in Italy in 2002 of the same journal concluded that levels of polyphenols are higher in organic pears and peaches and about 8% more vitamin C in organic peaches. Lastly, a study in the European Journal of Nutrition in February 2002 found more salicylic acid in organic

Journal of Agricultural and Food Chemistry found 52% more vitamin C in frozen organic corn than in conventional corn

vegetable compared to non-organic soup. Salicylic acid is

involved with the anti inflammatory properties of aspirin, and boosts the immune system.

People may be concerned with the prices of organic food. While this may be true, reasons behind this should be understandable. Organic food supply is limited compared to conventional sup-

Organic food is harder to produce and manage; how can one argue that organic food is too expensive when it is obviously worth it?

ply. Organic farmers do not receive federal subsidies like conventional farmers do, thus the price is based on the cost of growing. Organic food is harder to produce and manage; the organic farmer must use tillage and crop rotations to control the pests. How can one argue that organic food is too expensive when it is obviously worth it?

Boarding school students, eating mainly organic foods, experienced a decline in colds, fevers, and other sicknesses. They had fewer sports injuries, healthy looking skin, and improved

health overall after eating organically for three years.

"Organic food tastes better, is more nutritious, and is healthier for the environment. By eliminating pesticides from our diet, we are at a lower risk for cancer and various other diseases," junior Sara Phelps said.

The belief that organic food tastes better than non organic food is widely held by the organic community. Hundreds of gourmet chefs around the world are choosing organic food because they believe it has superior taste as well as quality. Because organic food is grown in well balanced and rich soil, it makes sense that these products taste great.

"Organic food is like original food at its prime," sophomore Rozel Hernandez said.

So, is organic food better? Yes! Decreasing one's toxin burden and increasing one's use of vitamins, minerals, and antioxidants can have a major impact on health. It's healthy and tasty all at the same time! Go organic!

Crabby Customers

By Jordan Linsky

Staff Writer

Standing in line behind a customer who angrily spits out their order for a tall, low fat, soy, double shot, caramel latte, with extra whip cream is never an enjoyable experience.

However, the only thing worse than being trapped behind this person, has to be being the employee who has to cater to the inconsiderate customer's needs.

Today, people treat employees, who gratify their needs, like trash. If a meal is not perfectly seasoned, or the young employee at Vons is unaware of what isle the crackers are on, customers are more than likely to scoff, roll their eyes, complain to their friends, and then write a very opinionated rant on yelp.com.

This sense of entitlement people feel is disheartening. Since when did texting and ignoring the lady at the checkout stand become acceptable? Employees are there to help the customer and ensure their well-being. Such a task is hard to accomplish when clients are consistently unsatisfied unless their request is fulfilled to their perceived standard of excellence.

Individuals who feel the need to walk into a coffee shop and complain about how a cappuccino that is five degrees cooler than expected, obviously have no control over their life. Walking into an establishment and

directing people like you are Clind Eastwood is not a gratifying way to release frustration. First, the irritating customers are foolish in aggravating the person who is handling their food and/or drink. Second, there is no point to boss around the kid behind the counter. No matter the tone used, the order is going to be the same. Why not spread a little joy and give a warm smile to the people that serve the public?

The most irritating quality of a customer is having ridiculous requests. It is a guarantee that the client does not actually understand the absurd request they are making, which makes them the laughingstock of all the employees when they venture into the kitchen and announce that a customer wants a half rare and half medium rare burger.

Remember when venturing into any kind of establishment, treat the people who are serving with respect.

They are people as well and deserve respect. It should be remembered that a lot of revolting activities can happen to an order between the kitchen and the table.

DUMB DRIVERS

You suck,
Get off the road.

By Christine Han

Editorial Intern

At one point or another, we have all experienced angry and inconsiderate drivers on the road. They are the drivers that cut you off or tailgate you for no apparent reason except for their own sick pleasure.

Picture this: The lights turn red and everyone slows down and stops their vehicles but there is always that one driver that is blocking an entire lane of traffic. Not only is the person showing her disregard for others, by now waiting for her turn, but she is also blocking everyone who wants to make a right hand turn.

Another situation you have probably experienced are drivers that go under the speed limit. All we can ponder peevishly is "any time now" and

explode with agitation. Then there are those drivers that furiously honk at you while cussing like a rap star on a Saturday night because they are irritated with the tiniest things. Like really... take a chill pill.

In many cases, pedestrians or cyclists are invisible to unaware drivers. It is as if they do not care if they run you over. Also, if you are on the road you may notice that people do not use their indicators properly. What's the point of them if you don't even use them? They do not bother to indicate where they are going and then end up blaming, honking, and screaming at you. It is not like we know exactly when you want to turn unless you use your indicators.

Drivers these days need to take it easier on the roads and stop blaming other people. It is just plain rude and obnoxious.

World Update:



Steroids: Not as Bad as They Seem?

By Quinn Miller

Editorial Intern

It is a generally accepted fact: cheating is bad. And nowhere is it more frowned upon than in professional sports.

In 2003, Giants slugger Barry Bonds came under fire for allegedly using performance-enhancing drugs. Although it was claimed that he had taken the substances unknowingly, the fact remains that he accomplished some of his greatest victories with the help of steroids.

Barry Bonds is not a unique case. Other athletes discovered to have "juiced-up" include: baseball pro Alex Rodriguez, basketball star Shaquille O'Neal, and five-time Olympic track and field medalist Marion Jones.

Star athletes repeatedly

demonstrate that they are willing to use performance enhancers and risk public humiliation in order to get an extra edge over the competition. For every 100 honest athletes, there exists at least one who has cheated his way to the top.

Most people react with disgust and anger when these cheaters are uncovered. Fans feel let down and betrayed, and the initial reaction is to call for the blood of the fallen superstar. Rarely does one hear support for steroid use in professional sports.

Yet that is exactly what this author is suggesting. If a man really wishes to willingly shrivel his testicles and grow breasts for the sake of being a champion, why not let him? If a woman wants to subject herself to chest hair and a voice deeper than James Earl Jones' in order to become a star athlete, why should she not?

Understandably, having these kinds of athletes compete with their weaker counterparts would be unfair. Instead, they should be given their own division. There exists the Special Olympics for the handicapped; why not the Enhanced Olympics for the juiced?

An Enhanced Olympics would draw massive crowds. Humans, as a people, love watching amazing feats of strength and agility; millions would pay to see athletes compete on a previously unimaginable level.

Who wouldn't want to see a human being, muscled up more than a thoroughbred racehorse, bench-press an 18-wheeler? Why not watch someone run the mile in a minute and a half?

Why keep someone from swimming if they make Michael Phelps look like a member of the La Jolla High JV Girls Swim Team?

Just a Thought : People With Headphones

By Jasmine Mobasseri

Opinions Editor

At one point or another, everybody has experienced the overwhelming rush of adrenaline when their favorite song plays its way through the speakers. Its a distinct combination of glee and passion that sends many into a fury of dance moves or head bobs; its the ultimate trigger of lip syncing and booty shaking. Everybody lives for the moment that their iPod reads their mind and plays that one song, that one melody, that makes them melt from head to toe.

Although one can wonder how such a moment can be truly lived, when a person has a head phone in one ear, while listening to a conversation through the other. For those

who wear their headphones out in public, especially while spending time with others, the three "Ws and an H" need be asked:

Who? Who actually tolerates having a conversation with someone listening to music while speaking to them? Most would agree that a girl finally mustering up the courage to confess to her one love, that she is all she has dreamed of, would be a romantic scene. However, how romantic could such an event be when the guy has "Smack That" by Akon blasting in his left ear?

What? What is it that makes life dull enough for one to desire a constant soundtrack in the background of their day? Also, what is a person avoiding? One can only assume that the one jammin' out wants nothing to do with those

around him.

Why? Why on earth do people feel compelled to wear one-headphone in one ear while they manage the outside world with the other? There are few explanations that can mildly justify such behavior.

How? How does one manage to finish a song when they only put in headphones for a passing period. There is only a five minute span between the bells, there is no way a person can put in headphones, pick a song, rock out, and put headphones away in such a short time frame.

This all sounds angry and bitter. Still, there is solid reasoning behind it. The first person to answer the questions above without headphones in their ears, and with their iPod off, wins an award. It's just a thought.

Guess Who

By Mae Goodjohn
Editorial Intern

Hey! I am a freshman here at La Jolla High. I have five siblings but only one of them currently attends school here and she is a junior. Though I was born in Berlin, I moved to San Diego when I was two years old and have lived here ever since. My first language is English but I speak a little bit of German in my spare time.



I was exploring there, I got to practice my multiple accents that I am known for.

In my spare time I love to sing, horse back ride, play tennis, swim, and volt. I also like drawing cartoons. My favorite class is history and I love the song *Mr. Bright Side* by The Killers.

You can catch me shopping at the shoe store Aldo at the UTC Mall, reading *The Girl With the Dragon Tattoo*, or drinking these funny little beverages called Yalkuts.

I love to travel and hope to explore the world when I get older. Over winter break I went to Europe and Jamaica and I had a blast. I am into linguistics, so while

THINGS TO KNOW: HELPFUL TIPS FROM LJHS TEACHERS

By Amanda Menas
Editorial Intern

Have you ever been frustrated after finding out that your teacher taught you the “hard way” to do something instead of the “easy way”? Have you ever been annoyed that you do not know how to do a simple task that everyone else seems to know how to do?

Well, we talked to some LJHS teachers and got some helpful tips on how to make your life a little bit easier.

Computers:

How to change an iWork document(pages, numbers, keynote) into a PDF or Word document:

On an apple computer, go to the bar along the very top of the computer screen. Click Share, it will bring down a menu bar. Click on the last option on the list: Export. It will then pull up a menu bar in which you can click on the version you would like to save it under(PDF, Word, RFT...). Click next. Type in what to save it as and where, then press export.

Art:

How to draw a cube: Start by drawing a square. Draw a second square of about the same size starting the lower left hand corner in the middle of the original square. Connect the corresponding corners, e.g: top right to top right.



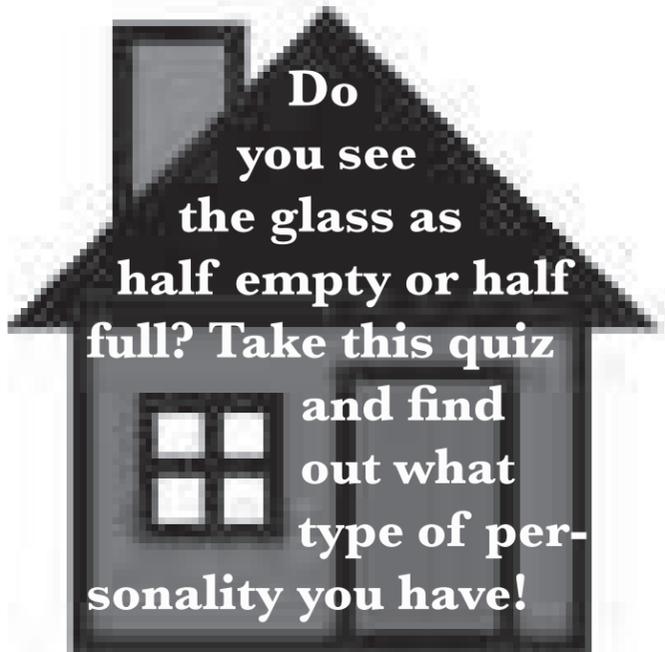
Math:

Easy way to find Arrhythmic Means: *only works with an odd number of numbers*

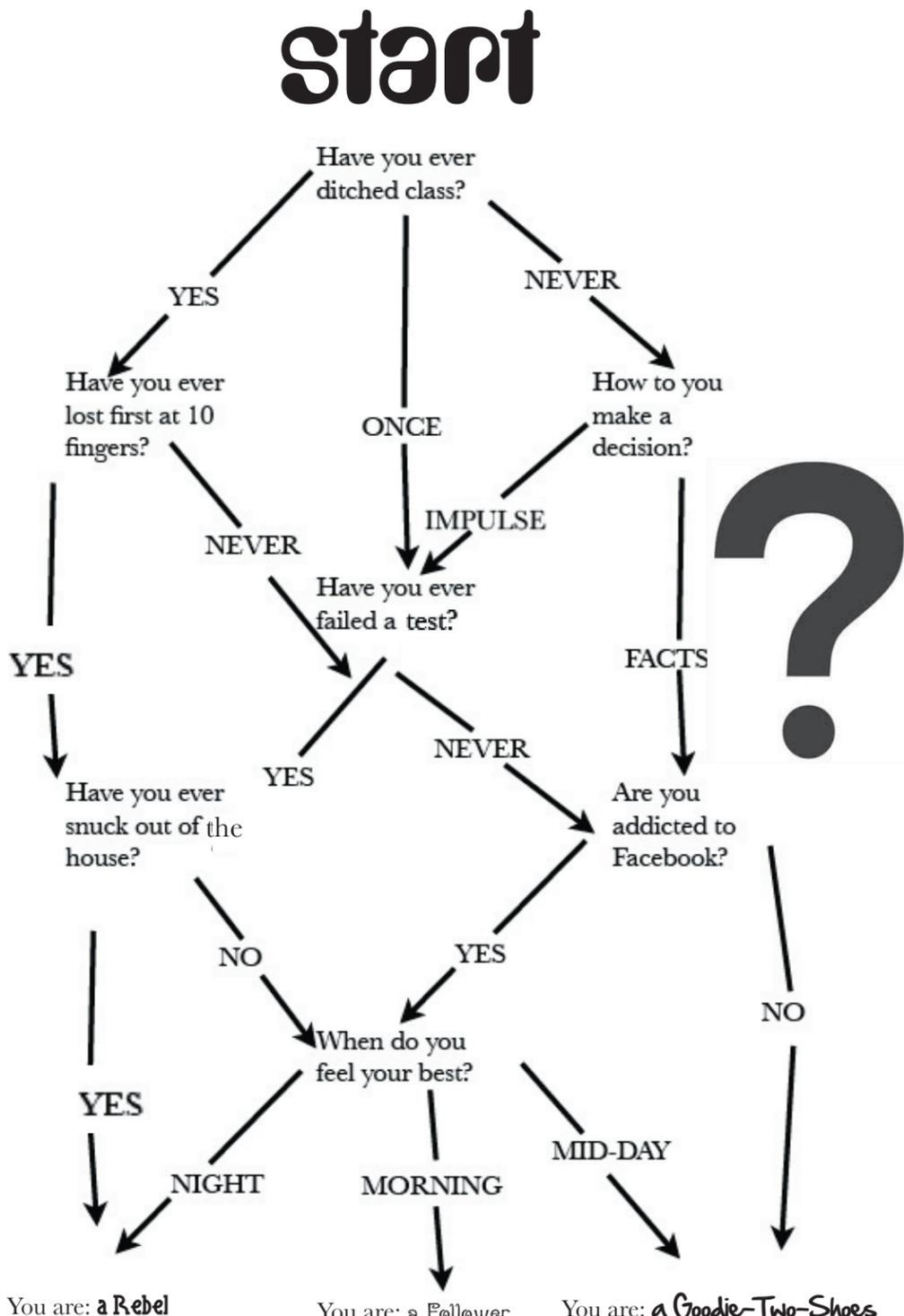
Example: 16, __, __, __, __, 32 find the mean of the end numbers to get the middle number: $16+32=48/2=24$ to find the second number you find the mean of the middle and the first: $16+24=40/2=20$ and lastly to find the 4th number you find the mean of the middle and the last: $24+32=56/2=28$
16,20,24,28,32.

Personality Quiz

By Amanda Menas
Editorial Intern



Do you see the glass as half empty or half full? Take this quiz and find out what type of personality you have!





Gary Jules, and LJHS alum is pictured above.

history of the VIKINGS

By Eddie Gonzalez
Staff Writer



Gore Verbinski, pictured above, is also an LJHS alum.

La Jolla High was founded in 1922, though the school's history wasn't recorded until 1925. That's when the first yearbook was made.

In the early years of La Jolla High, students of grades seven through ten attended La Jolla High. Students of grades eleven and twelve attended school at San Diego High.

A few of the clubs that were part of La Jolla High from the beginning were the Student Body (ASB), Stamp Club, Hi-Y (male and female athletic club), Boys and Girls Glee Clubs, Orchestra club, Senior Orchestra, Band, and Drama.

The only sports that LJHS offered to students in 1925, for males, were football, basketball, baseball, track, swim, and tennis. The only sport that was available for females was softball.

Today, La Jolla High offers a variety of sports for males and females and hundreds of CIF

titles have been acquired over the years.

La Jolla High's mascot is a Viking which symbolizes fearlessness and determination. The school's colors (black and red) were adopted when San Diego

there were fewer building complexes and there were houses down by the quad. The pool complex was a parking lot.

attend La Jolla High. La Jolla High is known for its diverse student body, with an array of backgrounds and cultures.

Of the approximately 1,650 students currently enrolled,

A notable alum from La Jolla High is Gary Jules. Jules became a one-hit celebrity after covering the song "Mad World" by Tears For Fears. The cover song was featured in the cult-film Donnie Darko. The song reached number one in the 2003 U.K. charts.

Another noteworthy alum is Gore Verbinski, who is an American film director and writer. He is best known for directing the first three Pirates of the Caribbean

films, as well as The Ring and Rango. Verbinski was born in Oak Ridge, Tennessee, before moving to San Diego and attending Torrey Pines Elementary, Murilands, and La Jolla High. After graduating, Verbinski studied film at UCLA.

La Jolla High's history is rich with famous artists, football players, and ac-

tors. The enlightened and artistic generations of tomorrow are among us at La Jolla High today.



Pictured above is the front of a post card showing LJHS in its early years

Photo courtesy of google.com

University donated football equipment to the school.

The physicality of the land structure at La Jolla High was much different. Originally,

An increase in enrollment led to the expansion of the school site.

Today, more than a thousand sixteen hundred students

ninety-five percent of them move onto a four-year university or college, and many of those alumni contribute significantly to society.

WHEN I WAS SEVENTEEN: KERRY DILL

By Grant Simington
Staff Writer

Mrs. Dill is known around campus as the psychology teacher and one of the ASB advisors. The Hi Tide wanted to know more about her so we sat down and asked her about life as like when she was seventeen.

Hi Tide: Where did you grow up?

Kerry Dill: Los Angeles.

HT: What was the name of the high school you went to?

KD: Notre Dame Girls Academy.

HT: When did you move to San Diego?

KD: I graduated at 17 and moved here for college

HT: Where did you go to college?

KD: San Diego State. Go Aztecs

HT: Were you involved in high school?

KD: I ran cross-country and I was on the academic decathlon team, which is like academic league here.

HT: Where did you and your friends like to hang out?

KD: There wasn't really a

place we went. We just went over to each other's houses.



Photo courtesy of google.com

Mrs. Dill is pictured above teaching her class.

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

KD: I was a complete nerd.

HT: When you were in high school where did you want to go to college?

KD: I wanted to go to USC or Stanford but I didn't qualify for financial aid so I ended up at Cal State. I didn't want to stay in LA though so I came to San Diego.

HT: Do you still talk to any of your friends from when you were 17?

KD: Yes, I talk to a lot of them. Most of them live in LA though.

HT: Of all the friends you had when you were 17, who ended up with the coolest job?

KD: Three of my best

friends from high school are teachers now. Its pretty much just us.

HT: What type of music did you listen to when you were in high school?

KD: I listened to rap and hip-hop. My first CD was NWA *Straight Out of Compton*.

HT: Is there anything you wish you had done differently when you were 17?

KD: I wish I was more involved with school because I was kind of antisocial. I didn't even take my senior picture because I thought I was just too cool for school. So the only place that I'm in my senior yearbook is on the academic team page.



By Wilson Mokiao
Staff Writer

Lunchtime Buddies

Reporter: So, how do you know each other?
Real: We all do sports together, but I have known Jonathan for a couple years.
Nienberg: Olivia and I have always been friends, this year we have all six classes together. We met the rest of [the group] at sailing club.
Reporter: I get the feeling that you know each other pretty well, is spending the afternoons at practice and lunchtimes together too much?
 [laughter]
Selarno: Definitely not, lunchtime is when we get to relax and not have to focus on sailing. But Eric does get on my nerves sometimes.
Tarakajin: Hey, if that were true, why is the team's song about me?
 [laughter]
Reporter: So, do you guys have any special lunchtime rituals?
Bay: Oh, yes. Every day, at exactly 11:55 Roowis [Fowler-Gerace] comes over from another group and starts saying 'Student store Student store Student store' and Jon, Selarno, and Eric all get up and leave us for 10 minutes to go get candy and junk food.
Reporter: Who has the best lunch?
Group: Selarno.
Real: His grandmummy packs him huuuge lunch; it could feed a small Mongolian village.

I am sitting down with Jonathan Selarno, Jon Real, Eric Tarakajin, Marisa Nienberg, Olivia Gu, and Gracie Bay. It is a normal lunch day, and the six are seated on a concrete bench next to the office. They chose the spot, because during lunch, the shade from two adjacent trees perfectly covers the area.



Selarno: Yeah... it's pretty huge. Like two sandwiches and a bunch of munchies.
Reporter: Besides practice, do you all hang out after school?
Nienberg: Yes, Olivia and I are grafted at the hip, but our group usually meets up at the yacht club on the weekends and sails to paradise point or to grab some food.
Tarakajin: There is almost always something interesting happening at the club, like races or a band. Whenever I go down, there is always someone I know there. The velocity just has to be made good.
Reporter: Are you all in the same grade?
Bay: Not at all. I am a freshman, Marisa, Olivia, and Eric are sophomores, Jon Real and Selarno are both juniors, and Roowis, Kevin, and Quincy are seniors. We are pretty diverse.
Reporter: So are the best seats on the bench reserved for the upperclassmen?
Real: Haha, nope. Thunder and lightning always get a seat, and sometimes they will let one of the women sit down. Maybe.
 [laughter]
Nienberg: Jon is just a pushover. Liv [Gu] and I always get a seat.
Reporter: Well thanks for talking to me, have a good lunch.
 The sailors clique is a great example of LJHS lunchtime groups. Lunchtime may only be a few minutes, but the things that happen build friendships that last a lifetime.

Brown Bagging It

By Mae Goodjohn & Amanda Menas
Editorial Interns

Mia Freiberg:

"This is one of those lunches that I've been waiting for since 1st period. I am so proud of this lunch."

- Greek Yogurt
- Sandwich with Avocado, Chicken, and Lettuce
- Apple
- Hummus



Kayla Ashkenasi:

"I have a random cucumber in my lunch."

- Sandwich
- Yogurt
- Cucumber



Lachezar Nikolov:

"I eat throughout the day so I don't have much for lunch."

- Apples
- Pretzels
- Grapes
- Vegetables



Ben Allen and Jorge Jimenez:

- Cup of Soup
- Sandwich
- Cookies
- Cliff Bar



Jessica Hall:

"I <3 burritos."

- California Champion Burrito
- California Champion Burrito



LUNCH SWAP

By Jasmine Mobasseri & Norma Ramos
Opinions Editor & Radio Editor

Entering my freshman year, I genuinely expected La Jolla High School to embody the clichés that popular Blockbusters establish. Throughout the duration of my youth, I believed that *Clueless* accurately portrayed what high school was about. As sad as it seems now, my greatest concern as a freshman was deciding where to sit during lunch. From what I knew, where I sat during that short 35 minutes was to determine how I was to be identified for the rest of high school. I hate to admit it



now, but for freshman year, the movie clichés were right.

When I was a freshman I loved to wander around the campus observing the groups of distinctly similar stu-

dents. I remember it so clearly: the cute senior boys stood next to the benches under the trees, the underclass men jocks stood on the top of the hill in the quad, and

the ditzy blondes at the bottom of the hill on the quad. I knew the campus and the cliques like the back of my hand; the same people sat in the same groups every day, always sure to maintain the high school stereotype that movies like *Mean Girls* set.

Now, it is two years later, and it has been a couple of years since I last spent a lunch moseying around the campus. In all honesty, up until a week ago, I would have never guessed that my 35 minutes of freedom would be spent observing my fellow students again.

On the contrary, two days ago, my friend and I began a social experiment to see what La Jolla High was like during lunch. Part

one of our operation: we planned to spend lunch walking around and seeing what the school simply looked like during lunchtime. Before my friend and I began our excursion we mapped out where we would go and who we would look for. You can imagine our surprise when we got to a certain spot, expecting a certain group, and they were nowhere to be found. In fact, there was a group the polar opposite of whom we expected. It shocked us just how much we misinterpreted the placement of students at lunch. I could not help but vividly remember freshman year, where all clichés were verified in comparison to now. The lunch groups today are broken up and mixed with the most unexpected combination of students. It was exciting, endearing, and... frightening?

After the first day of our experiment, it was back to the drawing

board. Day two of this social experiment consisted of stepping out of our comfort zone to approach people.

the year it might be a little more difficult to find a new crowd of friends.

The different groups all around



Our goal was to indicate the acceptance level of lunch groups. While most groups seem welcoming, it was apparent that near the end of

campus were much smaller than we anticipated. For example, one group of girls only had three or four other people sitting with them.

While groups of guys were slightly larger, but usually not by much.

Although there were many isolated groups, the demographics of the students in one general area were similar. They may not have come from the same race or ethnicity, but freshmen would hang out with freshmen. The sophomore guys like to "kick it." The nomads, well they do what nomads do, and wander around, but that's okay because that's what makes this school so unique.

By the end of lunch, we were dumfounded. Gone were the cliques alike teenybopper movies (i.e.; *Sleepover*), and all previous judgments erased from memory. There must be something in the water because as a freshman, La Jolla at lunch was everything I expected it to be. And now, as a junior, the tide has changed, the stars have aligned, and the students have harmonized.

RECRUITED ATHLETES

Where the class of 2011 athletes are attending college

Photos courtesy of www.facebook.com

By Wendy Nettleton
Copy Editor



Bradley Zimmer

In a couple of months, Bradley Zimmer will be joining his brother on the University of San Francisco baseball team. USF is a very competitive DI school that is currently ranked 2nd in the West Coast Conference.

Zimmer's senior season will certainly send him out with a bang. He leads the team in batting average, home runs, stolen bases and much more. Zimmer is also co-captain of the Vikings baseball team. He started playing baseball when he was four years old and now can be found playing for the Tampa Bay Rays Scout Team.

Dario Aharpour

Dario Aharpour has made his mark in the rowing community. Aharpour picked up rowing just after his freshman year and has already helped the San Diego Rowing Club win many medals.

He has aided the team to many league wins and helped his rowing club place third at the San Diego Crew Classic, a rowing regatta, that the SDRC junior club has never placed in before.

Aharpour, whose 2000m ergometer test (the ergometer is the indoor rowing machine used to record speed) is in the 99th percentile of all lightweight junior men in the country, making him a prime addition to any collegiate rowing team.

Through both his academic and athletic success, Aharpour had many offers for collegiate recruitment during his senior year and is headed for Dartmouth College, a Division I Ivy League school.



Heren Alanis

Heads up UCSB, watch out for Heren Alanis. Alanis is a third year varsity swimmer since she moved to LJHS her sophomore year. She has recently committed to UCSB, which is currently second in their conference and is a likely candidate to take first the year Alanis arrives.

She is not only a varsity swimmer, but also swims for the Mexico National Team and has set records there and at LJHS.

She swims the 400m individual medley and the 200m butterfly and also is a member of a gold medal club called North Coast Aquatics. She just won the high point award at the Senior Classic swim meet there.

Alanis, who started competitive swimming at the age of four is going to be a great benefit to the Gauchos next year.

Dylan Hallman

MIT is an extremely well-credited school, both athletically and academically. Dylan Hallman has accepted to go there and play with the top 20 ranked water polo team.

Hallman, who has been playing water polo since 6th grade, has achieved many great feats in the sport. He has been coached by Coach Atwell and Coach Cavaiola his entire career and has helped the LJHS team to CIF semifinals. Hallman has been on varsity for three years and has been a captain his junior and senior year. He also holds the record for assists and steals at La Jolla.

The La Jolla Water Polo Club has also been successful with the help of Hallman and has helped improve the skills of all the LJHS kids on the team.

Hallman loved Boston and at MIT, he will be getting a lot of playing time with people he seemed to connect with very well. Water polo has also taught Hallman about extreme commitment and dedication that makes him a very well rounded person that will fit in at MIT.



Victoria Frager

Starting from the 5th grade, Victoria Frager has lived, breathed, and played water polo. She began playing club then and when she entered high school, made it on to the LJHS Women's Varsity Water Polo team. Frager has excelled at the sport and now is on her way to play water polo at Harvard University.

During the past four years of high school, Frager has been a CIF Finalist, a winner of the Cal State Cup, and made it onto the Irvine El Nino Cup all-tournament team. She was also named the athlete of the year at the Cal State Cup. Harvard is one of the best Ivy League schools for water polo, and of course, academics, both of which Frager excels in.



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PRE-GAME RITUALS

How athletes get pumped up for their big games



By Jordan Linsky
Staff Writer

Using techniques to get pumped for a big game is a common strategy for athletes. Whether you're a professional athlete, or just playing a pick-up game at the park, sport lovers everywhere thrive on pre-game rituals.

The Jacksonville's defensive tackle Jaguar, John Henderson gets a trainer to slap him as hard as he can before a game and then continues to pump up his teammates by running around yelling vulgarities at them.

Although it sounds crazy, Henderson and his teammates go through this ritual before every game and believe that it gets the team psyched for the competition.

The Jaguars are not the only football team that has extremely strange techniques to get the adrenaline moving before a game. The La Jolla High

football team is notorious for its ritual of biting the head off of a toad every year before the Mission Bay game.

Although it appears to be disgusting, the beheading of the toad is a long standing tradition for the La Jolla High football team, and takes "getting pumped" up to the next level.

"It gets the team ready to play. Tonight we go to war," junior Josh Kilmer said.

Even the less popular sports, such as badminton, have traditions. Before a match starts the team yells Viking chants, as many LJHS teams do.

Badminton has a post-game ritual after playing Hoover High. Hoover is one of the top badminton teams, and after fighting until the last second, regardless of score, the LJ badminton team goes out to enjoy dinner at a Vietnamese restaurant.

"After the game the kids walk over to the restaurant together. The tradition was there years

before I started coaching," teacher and coach Mr. Tellers stated.

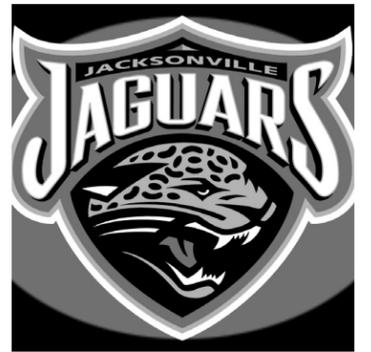
Ellie Dye brought a ritual to the varsity soccer team. While visiting the Manchester stadium in England, the La Jolla High student learned that Manchester United carries gummy bears for their players to munch on before and during the game.

Since then, these bears have been a long standing tradition not only with La Jolla soccer, but club as well.

"For every soccer game we bring gummy bears to keep up the energy and for the yumminess!" sophomore Dye stated.

Rituals for teams not only allow players to get in the zone, but also unite the players.

Whether it is on the badminton court in the La Jolla High gym, or under the bright lights at Manchester Stadium, teams everywhere bond under a common cause- to get pumped up and ready for the competition.



Sailing Recap



Photo courtesy of Wilson Mokaio

By Wilson Mokaio
Staff Writer

The La Jolla High School sailing team finished up their season at the end of March with the best standing in over five years.

Sailing competitions are held throughout the United States, and there are seven divisions. PCISA (Pacific coast interscholastic sailing association) encompasses schools from Oregon, Washington, Hawaii,

Arizona, and California. Over 58 schools competed, with the top 20 in 'gold fleet' (a separate division).

La Jolla High School's varsity team placed 21st overall, getting first place in the silver division.

Team members:

Varsity 'A'

Jon Real(skipper)
Jonathan Selarno(crew)
Jay Sanchioli(alternate crew)

Varsity 'B'

Wilson Mokaio(skipper)

Lewis Fowler(crew)

Juitor Varsity 'A'

Marisa Nienberg(skipper)
Olivia Gu(crew)

Juitor Varsity 'B'

Quincy Brisco
Eric Tarajakian
Alexis Tarajakian
Gracie Bay
Bryce Nay
Matt Collins

Make sure to congratulate the La Jolla High School sailing team members for placing first in their division.

Juicin' It Up

By Grant Simington
Staff Writer

Steroids. Everyone has heard the word, but not everyone understands the severity of the actions revolving around these drugs. According to NIDA, the National Institute on Drug Abuse, 92% of professional athletes in the USA have been offered anabolic steroids and in baseball, the number is even higher at 98%.

Anabolic steroids cause many health problems, especially in young adults. They can cause liver failure, damaged ligaments, temperament problems, and physical malformations. Barry Bonds is one of the most famous steroid users in recent history, and towards the end of his career he developed arthritis in his knees and an increased head circumference of over an inch.

Steroids improve performance, allowing for bulkier, stronger muscle tissue to build all around the body. Bonds felt that he was incapable of competing at a high level and thus made the decision to use performing enhancing drugs. By

doing this, he put his quality of life and his career's achievements in jeopardy.

Because of the balance of high risk and easy reward, steroids are banned in all professional sports. Bonds currently holds the world record for most homeruns hit in a career in Major League Baseball history with 762, but now his record is in question due to his steroid use.

Even after every penalty that has been dished to Bonds, more perpetrators come to light almost every year. In the 2010 season, Alex Rodriguez was found on a known steroid users list held by the MLB. Rodriguez is also involved in the career homerun record chase and began the 2011 season with 618 bombs to his name at only 35 years old.

Just this season, Manny Ramirez, of the Tampa Bay Rays club, was suspended over half the season for his second offense against the steroid policy.

The fact is, athletes still do steroids in pro sports to improve their stats, even with the health risks that are involved.

LETTER FROM THE EDITORS

Dear Readers,

As the academic year comes to end, it is now time for the graduating class of the Hi-Tide staff to say our goodbyes. Throughout this year we have seen the newspaper unfold into a reflection of ourselves and the society around us.

We've covered everything from natural disasters abroad to political turmoil in our own backyard. These past four years in journalism have not only taught us leadership, but have helped explore each and every aspect of this school.

As Editors-in-Chief of this newspaper, we are ecstatic to pass the torch to the next generation: Ashley Wei and Olivia Polger. They, along with the other rising staff members, have developed the skills necessary to succeed in the 2011

– 2012 school year. We have the greatest confidence that next year's paper will continue to embody the true spirit of La Jolla High and its students.

It has been an amazing experience producing this newspaper for you this school year, and we hope that you continue to support the Hi-Tide in the future.

We have been a part of the journalism family for the past four years, and although our experience is coming to a close, we cannot wait to see how the legacy of this newspaper will bloom for years to come.

Sincerely,

Carey Kennedy and Dario Aharpour

Editors-in-Chief

The New License

The DMV switches the license format from horizontal to vertical.

By Jojo Webb

Staff Writer

Students lucky enough to have received their drivers' licenses will have noticed the new design being utilized by the DMV. Licenses for those under the age of 21 now feature a vertical layout, in order to make it extremely easy for the police or shopkeepers to identify ones age. Changes have also been made to IDs assigned to drivers 21 and older to make it more difficult to counterfeit IDs. Since October 1, 3.2 million of the new ID cards have been distributed.

"I'm glad we got new IDs," says senior Jackson Ping, "they have been the same for years, we were due for an upgrade."

According to the DMV, the new cards are equipped with the latest security technology to protect them against fraud, tampering, and counterfeiting. The information is the same on both IDs, yet presented differently. The new IDs feature holographs and images only visible by ultraviolet lights. The card holder's signature is laser engraved with raised lettering one can feel, and the magnetic strip has been replaced with a 2D bar code that verifies the information on the front. The ID is more secure and up to date, but which do students prefer?

Sophomore Jessica Hall says "I definitely prefer the old licenses... I don't like the vertical format of the new one."

The vertical format has caused a slight issue for other states who have introduced it. Some drivers IDs do not expire until months or even years after reaching the age of 21. So even after turning 21, drivers are still stuck with the vertically formatted card.

This is the first major change made to IDs since 2001. The California DMV made the change mainly because these new IDs are more difficult to counterfeit than the previous one. Along with being harder for scammers to copy, the IDs are also difficult to manufacture.

During early production of the new cards, DMVs were sending up to 80 percent of them back due to errors, causing those getting renewals to wait up to six weeks. If legitimate manufacturers have trouble producing the new cards, imagine the challenge underground counterfeiters face.

For those who received their license before the new cards were unveiled, there is no requirement to get the new card until the current one is expired. So far the new IDs have proven to be tremendously more secure, but in the process have become much more expensive. Were the upgrades worth the expenses? Time will tell.



LJHS Students Compete in the Greater San Diego Science and Engineering Fair

By Emily Kuo
Staff Writer

Many Americans believe that this country is losing its' leadership role in the science and engineering fields. However, judging from the large number of science fair projects on display during the 57th annual Greater San Diego Science and Engineering Fair (GSDSEF), a new generation of scientists may be leading the way.

This event was held from March 24 - 27 at the Balboa Park Activity Center. Nearly 900 students, grades seven through twelve, participated for a variety of monetary prizes, scholarships, sweepstakes, and other awards. A total of 845 science projects were presented.

The GSDSEF allows students to apply several skills that are not necessarily formally taught at school, such as logic, critical thinking, statistics, ethics, public speaking, scientific methodology, self-confidence and discipline. It is ultimately a very fun experience and a launching pad for careers in science and engineering.

"The science fair taught me how to carry and present scientific research. I learned to consider types of data and apply

science and math," junior Meredith Lehmann said.

Lehmann has been competing in the GSDSEF for the past four years. She has won many prestigious awards, such as the 2010 California State Science Fair, Second Place Mathematics and Software and a \$25,000 Davidson Fellowship.

By creating, developing, and presenting captivating projects and research, students fulfill questions and interests while making intriguing discoveries. "Has Your Stomach Gone Hollywood," "Robot @ Home," "The Fabric Wars," "Eat My Dirt," and the hard-to-decipher, "Versatile Polymer Photonic Nanostructures: Novel Fabrication and Spectroscopic O" were just a few of the projects with catchy, memorable titles that are all hoping for recognition from the judges.

Sophomore Sahil Sangani teamed up with Mark Matten from the Bishop's School to compete in the GSDSEF. This was his first year of entering.

"Teaming up with a partner was advantageous, because if I or my partner could not figure out how to do something, we thought about it collectively and it worked out better," said Sangani.

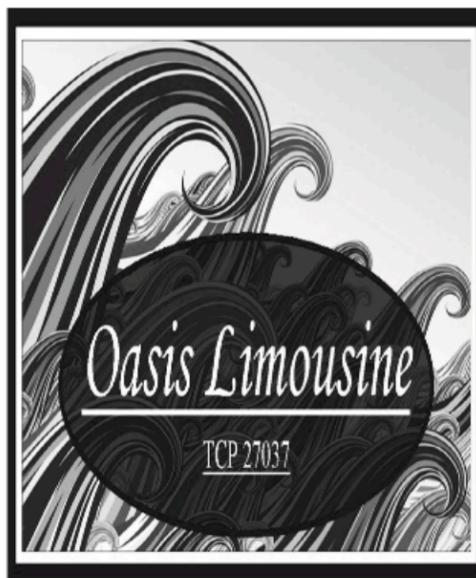
The two attended a summer program called COSMOS and were both interested in doing a project together. Their project "Image Processing For Autonomous Military Robots" received 1st place in the Computer Science Division, a U.S. Air Force Award, and a \$500 Intel Research Grant.

"We came up with the idea because we did a research paper on military robots earlier in the program and the project took about four days to complete. We are planning on developing an ios application for the iPad or iPhone that will execute code and control the robot... We are planing on adding [new] concepts to our current project and submitting it to next year's Science Fair," said Sangani.

Few La Jolla High students are involved in the GSDSEF. It should definitely be something they should consider entering, if they want to play a role in leading America's future in science and engineering.

"The science fair is amazing. Everyone had great ideas and the judges gave me good advice. It is an incredible organization that has been running for over 57 years," said Lehmann.

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The Written Word: A Lost Art?

By Catherine Sulpizio
A&E Editorial Intern

In a recent French class of mine, a classmate remarked to no one in particular, "I'd be a really good writer if I actually liked writing." When pressed about the seemingly paradoxical statement, she clarified, saying the tedious process of translating thoughts to paper bored her.

As the conversation veered into a fierce debate of whether future technology would ever allow for this strange hybrid of author, I began to wonder: why is our generation discounting the written word?

Writing, and even reading, are now archaic pastimes, quietly lost in the shuffle of their flashier counterparts.

According to a National Endowment of the Arts survey, the decrease of literary reading has nearly tripled in the last decade, with fewer than half of Americans reading literature

at all. Unsurprisingly, the youngest age group holds the sharpest decline.

But can anyone really blame us for that? Our generation lives in an age where an hour of free time is harder to come by than a library card.

Ultimately, any precious free time is delegated to the shiniest thing that catches our exhausted attention. The purpose of free time has morphed from relaxation to recovery, and T.V. is the Xanax to the book's multivitamin.

I was reading a few pages of book between school and swim practice when my friend remarked, "How do you have time to read books anymore?" I admitted that it had been sitting in its Amazon box for weeks before I finally pulled it out this morning. At that moment, I saw the tragedy that I had snubbed this so-called timeless classic I was holding for reading thousands of Facebook statuses.

There is something magical about a book, if you stop and think about it (which no one ever does). It contains nothing but blocks of tiny symbols, a concept so bankrupt of any aesthetic appeal that not even the most avante-garde enthusiast could find any beauty in it.

Perhaps because of that, a good book is able to transcend our superficial obsessed culture; it forces the reader to make an abstract leap from those black strings of code to a tangible idea, a veritable slice of life.

Our ability to glean bits of life from nothing more than ink and paper may be our most sophisticated talent.

The act of reading demands nothing less than full and complete dedication, the requirement to push the pause button on our whole lives. For this reason, reading is never a social activity. We don't go and read a book together on

a first date, neither do you and a friend spend the whole afternoon reading together on a pretty day. It is a solitary art that our increasingly social world has less and less patience for.

But it is still an art, one that will always manage to limp along as long as the alphabet still exists. Just as a painting is a homage to visual beauty, a book is a homage to intellect.

I hold the highest regards for an author. The best ones command a fierce loyalty to that translation of thoughts to paper, they understand the beauty is not found in the thoughts themselves, but in the way the words spell them out.

To be a patron of this dwindling art requires an aggressive stance: the will to choose rather than be chosen by our entertainment.

It is an exacting hobby, perhaps, but also one of the few that brings self-fulfillment rather than sedation.

Kickin' it in the Backseat

The New Friday Date Night

By Alex McMahon and Elyssa Kanter
Staff Writer and Sports Editor

Tired of hitting the same boring party after party every weekend with your sweetheart? Fortunately, there is a fun new date alternative--the drive in. There are two drive-ins here in San Diego, located in and Santee. Once you arrive at the parking lot, you have a choice between several new releases on an outdoor screen.

Make sure you bring up a warm blanket to snuggle up to your special someone. Tune into the assigned radio station and hop into the car. Even if the movie turns out to be a dud, the romantic thrill of going to a classic drive-in will not disappoint.

Here are the important details to plan an easy yet memorable date. Remember to top off your night with by grabbing bite to eat before at one of the local restaurants!

Santee Drive-in

Address

10990 Woodside Ave. North, Santee, CA 92071

General Admission

\$8.00/person (cash only)

Currently Showing

Rio, Source Code, Diary of a Wimpy Kid 2, & Fast Five

Local Food

\$ Chicago Pizza Company (8528 N Magnolia Ave., Santee, CA 92071)

\$\$ Oishii Japanese-Thai Cuisine (10251 Mast Blvd, Santee, CA 92071)

\$\$ Marieta's (8915 Carlton Hills Blvd, Santee, CA 92071)

South Bay Drive-in

Address

2170 Coronado Ave., San Diego, CA 92154

General Admission

\$7.00/person (cash only)

Currently Showing:

Hop, Source Code, Arthur, Scream 4, Hanna, & Fast Five

Local Food

\$ A & D Hawaiian Barbeque (1555 Palm Ave., San Diego, CA 92154)

\$\$ Baja Oyster Bar (1912 Coronado Ave., San Diego, CA 92154)

\$\$ Mikes Giant NY Pizza 2 (1144 Hollister Street, San Diego, CA 92154)

By Wilson Mokiao
Staff Writer

Classics Revisited

By Bree Jones
Staff writer

Two La Jolla Hi-Tide Staff Writers Review Their Favorite Reads

Anthem by Ayn Rand

Who

The author, Ayn Rand is an extreme conservative, a skeptic of any federal interference. In the book, Rand explores the concepts of her budding philosophy, objectivism. Pursuit of personal happiness takes shape in her later novels such as *Fountainhead* and *Atlas Shrugged*, in the form of rational self-interest.

What

Anthem is a 100-page novella, written in 1937, that charts main character, Equality 7-281's escape from the grasps of the dystopian society. In the not-too-distant world of Anthem, individuality does not exist. Literally. The pronoun I is an 'Unspeakable Word,' punishable by death. The government controls every aspect of its citizens' lives, from the information they learn in school to their lifelong vocations.

Why

Initially, the book succeeds solely as a page-turner with well-written plot twists and thoughtful character development. However, beneath that, it is also cautionary tale about the dangers of big governments. Because of its underlying political message, *Anthem* remains accessible in this era to any socially conscious reader.

Rose and the Beast by Francesca Lia Block

Who?

The author Francesca Lia Block is the renowned author of many young-adult books, including the critically acclaimed *Weetzie Bat* series. A Los Angeles native, Block features her city in most of her novels, whimsically describing it as a "jasmine-scented, jacaranda-purple, neon sparked city." Her stories also reflect a strong mythological influence.

What

Rose and the Beast by Francesca Lia Block is a collection of nine modern versions of popular fairy tales. The nine stories, "Snow", "Tiny", "Glass", "Charm", "Wolf", "Rose", "Bones", "Beast", and "Ice" retell familiar classics like "Beauty and the Beast," "Snow White," and "The Little Mermaid," as well as many others.

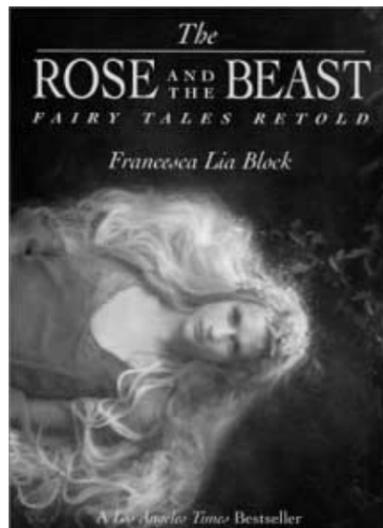
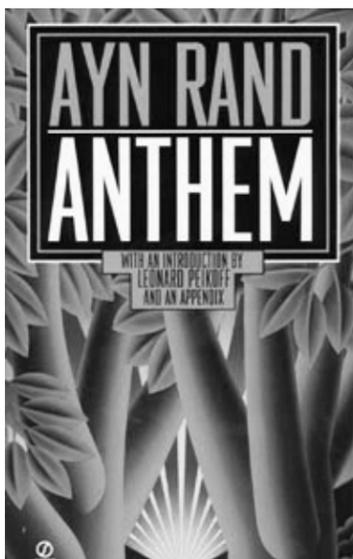
Why

The Rose and the Beast tempers the magical appeal of traditional fairy tales with a modern edge, keeping it relatable. The book's message has depth, allowing it to be re-examined through new lenses with each reading. While it is easy to decipher some of the original stories of the fairy tales, several of the stories are sure to leave the reader guessing. Block's melodic style of writing and exclusive use of female heroines make *The Rose and the Beast* especially female friendly.

What Else?

We by Yevgeny Zamyatin, *1984* by George Orwell, and *Darkness at Noon* by Arthur Koestler.

Kissing the Witch by Emma Donoghue, *White Oleander* by Janet Fitch, and *Running with Scissors* by Augusten Burroughs.



Jaco Benoduci

Hi- Tide: Where do you draw your creativity from?

Jaco Benoduci: Just off the top of my head— anything that appears in my mind if I like it. The inspiration is like a video in my head; I will just visualize something I want to draw in motion and set to music, and just copy down the scene I have in my head.

HT: How long have you been drawing?

JB: Since I was three.

HT: How has your ability developed since then?

JB: I learned shading through art class last year, and just seeing other artists techniques helped me develop my skill.

HT: What is your preferred medium?

JB: Pencil more than anything else.

HT: Why this medium?

JB: It's more logical. If you mess up with pencil, you can fix it. It's not about erasing mistakes, it's about developing the drawing to the best of my ability.

HT: Do you plan to do something with your art in the future?

JB: I want to fill two notebooks: one with all the alien races I've come up with, and the other with all the mythical creatures I've created.



Valerie Irvine

Hi- Tide: Where do you draw your creativity from?

Valerie Irvine: I get it from the natural patterns in nature and from my dreams, as well as just any psychedelic image I see and happen to like. I also like to draw lots of patterns with eyes.

HT: How long have you been drawing?

VI: Just a couple of months, since September. I never really did anything in art before I started taking AP Art Studio. Mrs. Shamrock was really the one who inspired me to get interested in art.

HT: How has your ability developed since then?

VI: I think I'm much better now than I was at the beginning of the year and I'm more willing to try other mediums.

HT: What is your preferred medium?

VI: Black pen, usually.

HT: Why this medium?

VI: Drawing with pen makes you learn to not give up if you make a little mistake. You have to learn how to fix things and incorporate your errors into the piece.

HT: Do you plan to do something with your art in the future?

VI: I don't think I'm going to go into the art field, but I'd like to try more mediums and be able to draw my designs faster and more accurately.



Hi- Tide: Where do you draw your creativity from?

Heather Martin: I don't really know where it comes from; I'll just sit down and start doodling.

HT: How long have you been drawing?

HM: Since I was a little kid.

HT: How has your ability developed since then?

HM: I've gotten a lot better. I take a painting class every Saturday and draw in my spare time. I like to design geometric patterns.

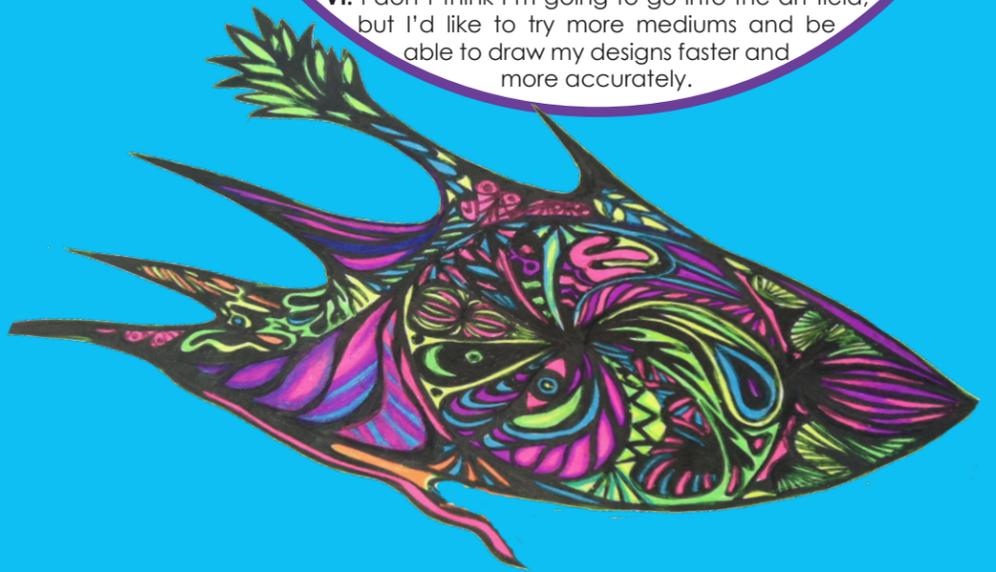
HT: What is your preferred medium?

HM: I like pen.

HT: Do you plan to do something with your art in the future?

HM: Not really. I'll always keep drawing but I don't think I'd do anything with it. Some people have suggested I use my designs for T-shirts, but I think I'll just keep it as a hobby.

Heather Martin



By Mae Goodjohn
Staff Writer

HERE COMES THE SUN

Take advantage of sunny Del Mar weather this summer and come watch some of your favorite artists at the open-air venue. Open almost everyday from June 10 to July 4 2011, here are a few of the many concerts.

The Neon Trees
Wednesday, June 22nd

The Neon Trees were originally from Provo, Utah and are an alternative rock band. They are well known for the song "Animal," which was released to the United States on March 16th, 2010.

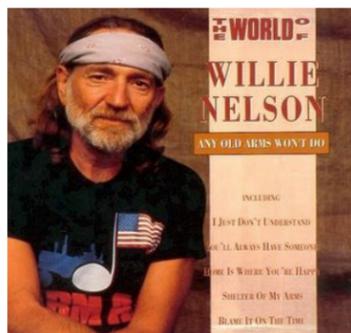


The Beach Boys
Wednesday, June 29th

From Hawthorne, California, The Beach Boys, consisting of the three Wilson brothers, their cousin and a friend sing a surf rock genre of music. "Surfin' USA," and "Fun, Fun, Fun," are two of their hits.

Willie Nelson's Country
Throw Down
Thursday, June 23rd

Willie Nelson is a country singer known for many classic songs such as "On the Road Again," "Crazy," and "Always on my mind." In addition to being a singer, he is a musician and an actor.



Switchfoot
Friday, June 17th

This rock band is composed of Jon Foreman, Tim Foreman, Chad Butler, Jerome Fontamillas, and Drew Shirley. A few of their hits are "Adding to the Noise," "Always," "Bullet Soul," and "Awakening."