

HIGH TIDE

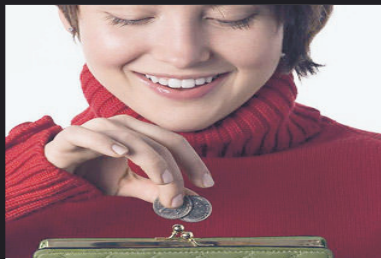
Volume LXXVVIVI Issue 2 -November 6, 2009

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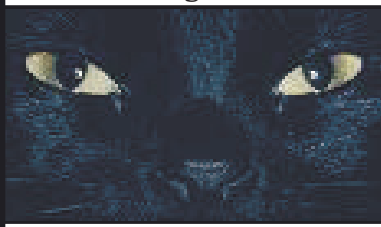
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Students Describe LJHS visit ljhitide.com/radio to listen!



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The Possibility of Period 7

A look at Obama's plans to reform the education system and how his ideas could affect You.

By Ashley Wei
Staff Writer

Three months of summer vacation and seven hour school days may be jeopardized as a result of President Obama's ideas for educational reform. Obama argues that the United States school system is causing students to fall behind in education because U.S. students are not receiving enough instruction time, when compared to other schools around the globe.

If Obama's plans are approved, the nation's schools would extend

the number of hours a student must attend each day and shorten vacations in order to increase the time students would spend in school. Obama and Education Secretary Arne Duncan also suggest that schools should remain open over the weekend and act as a safe place for students to go and seek help. These changes would allow for an intensified learning environment improving test scores in math and science. Many students are reluctant to accept these new chang-

es.

"No thanks," said sophomore Amy Lepis, "There would be no time for sports or anything. You'd just go home, eat and sleep."

Increased school hours would bring an amount of negative change to the lives of students. There would be less time for after-school activities and the completion of homework. Yet longer school days would also have their benefits. The addition would help advance education and level the playing field in

Increased School cont. on pg. 10

ASB UPDATES

Hey Vikings!

We want to start off by giving a big thanks to all who made Homecoming such a great success. With 830 students attending the dance, it was the best year yet! The clubs who sold merchandise at Viking Village, the float riders, the students, teachers, and parent volunteers all did tremendous work to make this night possible, and deserve great thanks for their devotion.

Tomorrow, Saturday, November 7th, ASB will be hosting a beach-clean up at Ocean Beach. Meet at the pier at 10 am to participate in this beneficial and fun activity. ASB will also be sponsoring a Locks of Love drive to provide hair for wigs for children with diseases that cause hair loss. The drive, which will take place in December, will be advertised in the bulletin and around school, so be on the look out if you would like to contribute.

Powderpuff Football is coming up soon. The game will be during 5th period on December 11th. Look out for sign-ups in the next few weeks; if you want to be a player or a cheerleader, this is your opportunity. Any senior football players interested in coaching should come to the ASB room to sign up.

The Juniors will be hosting a Parent Dinner on November 14th. See the class officers for more details.

One last reminder--students are encouraged to dispose of their trash in trashcans, or in the new recycling bins around campus. By recycling in the new bins, La Jolla students support Urban Corps, a group of homeless or formerly homeless youth who use the proceeds of the recycling to fund their education.

Danielle Daitch

Obama's Peace Prize



By Iman Hassaine
Staff Writer

The announcement that President Barack Obama had been awarded the Nobel Peace Prize was both alarming and thrilling for his sup-

Cold War.

The nomination process for the Nobel Peace Prize is very selective, and it appears that the judges have concluded that Obama's promise of diplomacy and his outreach to foreign

nations cannot be overlooked. The association of judges hopes that the award will boost the young administration's confidence, and will continue to enforce the global support that Mr. Obama deserves.

Many people applauded the decision to give the award to the forty-eight year old president. Obama is now the fourth president to have been nominated, following leaders such as Jimmy Carter, Woodrow Wilson, and Theodore Roosevelt. Although it is still early in his career, Mr. Obama has already accomplished a great deal with his calls for peace, his interest in cooperating with various countries, his positions on climate change, and efforts toward nuclear disarmament.

Republicans, and a few democrats, were puzzled upon hearing the news of Obama's award and questioned the Nobel committee's choice. Most

argued that Obama received the prize solely for his stardom and his speaking skills, rather than for his genuine achievements.

La Jolla High School history teacher, Mr. Jones stated, "The prize is usually given for the actual accomplishment of something; Obama has definitely changed the governmental climate in positive ways, but I believe a non-political association was put in charge of making a very political decision which degraded the award."

Similar feelings were expressed by junior Max Needham. "The choice is a good decision and Obama will become more respected, but it seems as if any political leader can be easily worthy of the Nobel Peace Prize."

However, the committee quickly responded to concerns by stressing that Obama was rewarded for his engagements

in world affairs; especially those dealing with dialogue and negotiation.

"The association obviously thinks he deserves the award, and I agree with their choice. Not many presidents have been capable of bringing so much hope to the world," sophomore Carmen Quinones said.

Mr. Obama once notified of the award was honored and he described himself as "very surprised" upon hearing the astounding news. He stated that the award "deeply humbled" him. Mr. Obama has decided to accept the award on December 10th in Oslo, Norway, and plans to donate the prize money of 1.4 million dollars to charity. With Obama's popularity continuing to increase both in the U.S. and overseas, many consider Obama a worthy winner of this extraordinary accolade.

The La Jolla High School

HIGH TIDE**Editors-in-Chief**

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A Stick-y Situation

By Iman Haissaine*Staff Writer*

Most people are familiar with the fashion designer Ralph Lauren, and the brand Polo Ralph Lauren, which can be found in various department stores and boutiques.

From the early 1970s to the 1980s Ralph Lauren grew to become a popular brand and has myriad stores stretching across the nation and all over the world.

In all the company's years, it has been praised for its cachet and prominence. Its ads including various young and attractive models have become iconic.

However, the Polo Ralph Lauren brand's clean slate has been threatened with accusations of distorting images of the model Filippa Hamilton and Valentina Zelyaeva.

Both women, equally healthy, are around size 4 and 5'10 in height, had their images digitally-altered and displayed in other countries. Hamilton's ad was shown in Japan, while Zelyaeva's

new image was found in a window display in Sydney, Australia.

Not only did the new images look unrealistic and

weight" by the Polo Ralph Lauren company and "too large to fit into the clothing" weighing 120 pounds. Polo Ralph Lauren says they did

healthy message to show the world.

Is it acceptable and desirable to be that abnormally lean?

Viewers might start to think that body type is normal and Hamilton confesses that is her worst fear. She is concerned about the impact the image may have on the public.

"It informs the youth and adults all around the word that being that unhealthily thin is better," said junior Varun Rau.

Polo Ralph Lauren has taken full responsibility and has apologized to Hamilton, claiming that the ad released in Japan was a mistake, and not the "approved" image in the U.S.

Hamilton's final words regarding the matter were that "...they owe American women an apology...I'm very proud of what I look like, and I think a role model should look healthy."

It is a sad truth that we can not rely on models to portray healthy images of women.

Photo courtesy of www.i.models.com



Awkward Comparison: A side-to-side comparison of the edited Ralph Lauren photo (left) and a regular photo of the model (right).

emaciated, but the women's waists were smaller than their heads.

"The whole incident is ridiculous and no body is actually that size (by choice). It is not healthy and is portraying the wrong idea to people," said sophomore Nina Keen.

Hamilton was fired after being called too "over-

not fire her due to weight, but because of her inability to meet "contract requirements."

She was fired before the release of the ad, and was angered upon viewing the changed image of herself which she claims looks like an "extremely skinny girl... not me."

The photograph is not a

“Blackface” Humor Painting racism across the face of comedy

By Rosi Di Toro*Staff Writer*

"Blackface" originally started as a comedy act in the 1830's. Many actors took up this acting technique to entertain people by painting their faces black and imitating African Americans.

Even though views on racism were challenged during the 20th century, many comedians continued to perform blackface skits.

"Blackface" was even broadcast on television in the 1970's-1981. Although blackface originated in the U.S., other countries such as Britain continued the tradition. What was presented as harmless humor was actually a highly racist depiction of the African American population and is considered severely offensive to many people.

Just a few weeks ago, the ignorance of some people

was brought to light. In the Australian program "Hey Hey It's Saturday," six men used blackface paint, put on

Connick Jr. did not. He gave the group of a score of zero and later expressed his concern and disapproval of the

about the incident involving blackface. I would have had people actively protest the station and have it taken on public television," said sophomore Dominique Hightower.

Harry Connick Jr. was right when he expressed his concerns about the skit. Connick stated, "I definitely would not have agreed to assist with judging if I had known this skit was a part of the show."

Many Americans expressed their concern about the incident because it is a product of extremely close-mindedness and racist thinking.

"There are some things you just don't joke about," said freshman Jose Lopez.

It is a travesty that ignorance continues to degrade tolerance. After all, it is 2009, not 1809. How long will it be until society fully rejects blatant racism?

Photo courtesy of www.abc.net.au



Racist Pastimes: An image of the "Blackface" group on the show "Hey Hey, It's Saturday."

afro wigs, called themselves the "Jackson Jive" and performed a comedic Michael Jackson tribute.

Most of the audience found the skit to be amusing, however, guest judge Harry

act to the show's host, Daryl Somers. Connick explained that what might seem amusing and entertaining in Australia would be racist in the United States.

"I was upset when I heard

It's a Vampire Takeover

Sucking the life out of the American pop-culture

By **Elyssa Kanter**
Staff Writer

Vampires, vampires, and still more vampires. Film producers are creatively lazy when it comes to the entertainment industry.

American pop-culture needs a new idea to bite off. The same stories and character types are reused in every show. Moviegoers and TV audiences do not need any more Bellas and Edwards.

Buffy the Vampire Slayer, which originated in the 1990's, helped to start the pop-culture vampire craze. Less than 10 years later Stephanie Meyer began writing the *Twilight* saga. *True Blood* and *The Vampire Diaries*, two TV series, also recently joined the vampire frenzy.

"I think that every vampire show is copying *Twilight*, and it is very annoying," senior Alexis Kusnir said.

Many websites have made their voices heard by displaying their "anti vampire" sentiment. *Twilight* plays a

leading role in this respect.

Websites such as: www.antitwilight.com, and www.twilightsucks.com, have been voicing disapproval of America's vampire obsession.

These websites are dedicated to point out the errors in the literature and the overall absurdity of Step-

hanie Meyer's books. People do not understand that it is fiction," junior Jenny Block said.

Fans of the vampire craze have taken the fictional characters seriously, transforming them to a major part of their daily lifestyle.

From this craze, many new products are hitting

in a transfusion style bag.

Another product that is a direct offshoot from the vampire craze is the makeup line called "Luna *Twilight* Makeup."

People are also redesigning the covers of many classic books to make them look more *Twilight* inspired. How far will they go? Hand painted *Twilight* Converse shoes, vampire dolls, and shirts are going too far.

Vampires movies such as *The Vampire's Assistant*, which has opened recently, and *Daybreakers*, the new *Dracula* movie, and the rest of the *Twilight* series are on the way.

Web shows have also taken on the liberty of adding at least one new vampire series including *I <3 Vampires*. The trend is relentless. There is even a vampire musical, available for purchase on iTunes, called *I Kissed a Vampire*.

Perhaps literature reflects the nation's temperament. People turn to vampires and other mythical creatures in times of economic and social turmoil.

Maybe this helps to explain the vampire obsession. Whatever the reason is, people need to start sucking on a new idea.



nie Meyer's books.

Although vampires are major symbols of rebellion, lust, and power, which young adults crave, the world does not need to be transformed into a vampire obsessed society.

"I don't understand how someone can be so obsessed with a book or movie. The

market. In the beginning of 2010 a new drink will be introduced. It is an energy drink called "Blood Energy Potion." The drink looks and feels like blood, but tastes like fruit punch. The marketing companies for this product took the "blood" thing to the next level by selling this product

It's Time to Let Go

By **Jessica Wood**
Staff Writer

In a society where celebrity gossip riles the tabloids, many Americans are becoming obsessed with the lives of today's superstars.

When one is constantly being subjected to inquiries such as whether or not Britney is pregnant again, or if Speidi really tied the knot, it is easy to become excessively interested and somewhat consumed by the latest celebrity drama.

So, when one of these American icons passes away many find the loss overwhelming and personal. Some of these deceased idols find more stardom in death that they ever received while living, while others may be lucky to get a

quarter page obituary in the weekly "People Magazine." It seems the general public lacks any consistency in the amount of tribute paid to their favorite celebrities.

On June 25th, 2009 the "king of pop" was found dead in his house in LA. Four months later, Michael Jackson is still brought up daily; whether it is in a magazine, on TV, on the internet's top 10 most searched keywords, or on the radio where DJ's have now decided to excessively play his songs from the 90's.

On top of that, there is a movie that opened recently about MJ called "This Is It."

"I am actually really excited to see the new movie, but I hope we can get a break from all of it; sometimes it's

just too much," sophomore Paul Castelluzzo said.

Although Michael Jackson has passed away, his memory still lives on. Chances are these memories, whether they are of his incredible dance moves, or his image that distinguishes him from

nior Kelsey Ryan said.

The same day Michael Jackson was reported dead, another icon passed away. Farrah Fawcett, a former Charlie's Angel, lost her long fight against cancer. Though Michael seemed to steal the majority of the spotlight,

"I hope we can get a break from all of it; sometimes it's just too much."

any other musical artist of his time, would live on even without the constant reminding from the media. It has been long enough and it is time to let go and move on.

"I will always love Michael Jackson, but if I hear 'Beat It' one more time, I think I might rip my hair out," se-

there was a fair amount of tribute and acknowledgment given to her life as an actress and as an amazing woman.

American media seems to lack the ability to distinguish the fine line between excessive tribute and respectful tribute.

P.D.A.

Get a room

By **Mackenzie Merkel**
Editor-in-Chief

Imagine this: you are minding your own business, hurriedly attempting to retrieve your math book from your locker before that second bell.

However, to do this, you must first peel off a pair of lip-locked lovers from the front of your locker.

Not only are you outraged, but you are fighting the urge to puke all the way to your next class.

Public Displays of Affection. No other words in the English language can conjure up such repulsive images as these three.

Couples: contrary to what you may believe, you are not "cute." Please, save the cuddling, hand-holding, hugging, and (especially) sucking-face for behind closed doors.

The mental image is bad enough; but actually observing your displays of affection? Revolting.

Feel free to express your fondness for your sweetheart in as many ways as you want—just do not do so in public.

And, so you're not confused, "public" means anywhere where we can see you. Believe it or not, stepping onto the dance floor does not grant you invisibility.

And, your public displays of affection are also not welcome on the internet.

It's safe to say that Facebook is a public venue—so stop posting pictures of your latest hook-up! It's gross.

Save those intimate pictures for your scrapbook. Maybe someday they will be of good use.

We single students of La Jolla High do not need reminders of just how single we are. Please, have some class. Keep your intimate moments private. This a desperate plea to cease and desist.

The hallways are tangled webs of hugging and hand-holding pairs. It makes navigation nearly impossible. Weaving our way through a cluttered hallway of couples is nauseating.

All the while we victims of visual abuse must attempt to shield our eyes from your sickening spectacle of amorous behavior.

So, before you go to embrace your beloved in the middle of the quad or 500 building, consider the feelings of the rest of us.

Rein in those unholy hormones. Take control—and spare us the agony.

Drunk Driving

By Sarah Devermann
Staff Writer

According to Mothers Against Drunk Driving (MADD) one person is killed by a drunk driver every 45 minutes. Also, three out of every ten Americans will be involved in an alcohol related crash sometime in their lives.

These are true and terrifying statistics. High school students contribute to these numbers; at least nine teenagers die due to alcohol related causes every day, according to the DUI Foundation.

Alex Capozza from Torrey Pines High School was one of the local students recently killed by a drunk driver. His 17-year-old friend was driving Capozza and three others after drinking and partying in Rancho Santa Fe. The driver of the fatal rollover crash faces manslaughter and DUI charges and could face jail time.

In America, more young people die from alcohol-related incidents than from all illicit drugs combined, according to the National Institute on Alcohol Abuse and Alcoholism, 2000.

"I think driving under the influence of drugs or alcohol is a

been drinking, don't let him or her drive. Suggest another driver, use public transportation, or call your parents and ask them to pick you up. Parents will be proud of your decision to act responsibly.

"Some people think nothing of going out drinking without a designated driver. They don't see that driving under the influence could not only hurt the driver and passengers, but also innocent people on the road," sophomore Jenny Shorenstein said.

While it helps to prevent drunk driving by publically supporting these causes, the problem really comes down to an individual's choice to get behind the wheel while intoxicated. The people who choose to drive under the influence not only put themselves in danger, but also endanger all of the innocent travelers on the road.



Photo courtesy of www.carblog.org

big problem," freshman Lawrence Rand said. "The recent Torrey Pines accident shows not only how easy it is to injure people, but how preventable similar situations are."

When going to a party, assign a designated driver who won't drink there and is willing to drive home. If the driver has

Thanksgiving

By Cassie Brazier
Staff Writer

Thanksgiving is one of America's most prized holidays; it is a time for families to get together and enjoy a feast. It is a time to remember what you are thankful for and to appreciate those around you. But there is a lot more to Thanksgiving than just turkey and mashed potatoes. There are many unique and interesting facts about this National Holiday.

Did you know...



Americans consume 535 million pounds of turkey per thanksgiving? 45 million turkeys are cooked on Thanksgiving day.



Benjamin Franklin wanted our national bird to be a turkey.



The heaviest turkey weighed 86 pounds, which is approximately the size of a German Shepard.



Turkeys have heart attacks. When the Air Force was conducting test runs and breaking the sound barrier, fields of turkeys dropped dead.



There was no milk, cheese, bread, butter, or pumpkin pie at the original Thanksgiving Day feast.



Congress did not declare Thanksgiving a national holiday until 1941.

COUGARS On the loose at LJHS

By Haley Cottrell
Features Editor

Lookout boys! There have been several reported sightings of cougars roaming the La Jolla High campus, and they have their eyes on the prize. An alarming number of junior and senior girls are preying on the "frosh meat" here at LJHS, and it's causing quite

on the dating scene; not once has she dated an older boy.

"Once you go cougar, you can't go back," Brazier said.

Brazier is not the only cougar on campus; her pride of cougars consists of senior girls who flirt relentlessly with freshmen boys and girls who stay in San Diego for college so they can keep dating their high school boyfriends.

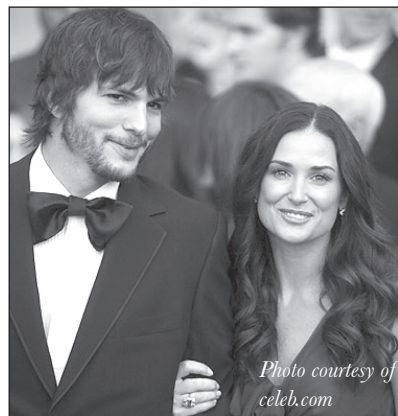


Photo courtesy of celeb.com



Photo courtesy of Mackenzie Merkel

Cougars on the Prowl: Celebrity cougar Demi Moore and her boy toy Ashton Kutcher. On the right, senior Cassie Brazier poses with her sophomore boyfriend Erik Vanstrum.

the uproar.

A true cougar is an older woman who takes care of a younger man, the cub, both financially and otherwise in exchange for the right to parade the new boy toy around the social scenes. However, at the high school level, the cougars-in-training, or "pumas," simply prefer younger boys.

Senior Cassie Brazier has been a cougar ever since she pounced

If you find yourself in an unwanted encounter with a cougar, here are some survival tips. 1) Make yourself seem as old as possible. Hobble around and grumble about arthritis and Medicare. 2) Don't make eye contact. Cougars easily mistake any eye contact for flirtation. 3) Slowly back away, never turning your back to the cougar. The cougar may pounce if given a view of your backside.

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How To Save Money

By **Aida Saam**
Staff Writer

Saving money is easier said than done, and in this bad economy, finding a job is tougher than ever. Saving money means more than just cutting back on how many times a week you “need” Ortega’s, or spending ten dollars every Saturday night to go to the movie theatres; it is being able to manage your costs, not cutting them completely. When you have money in your wallet, you are tempted to spend it. Students are coming up with a variety of techniques to save money while still enjoying the things they always have.

“When I get money, I automatically put it into my bank account, that way I do not feel tempted to spend any of it,” sophomore JD Neri said, JD’s technique is a smart investment but it is only one of many ways to manage your money.

When you get money, keep only ten or twenty dollars of it to spend and put the rest into a bank account. That way you still have enough to spend on yourself, but you always have more for later on. If you do not have a bank account, it is easy to open one. Go to your local bank and ask to not only open a savings account, but to open a checking account too so you can pull out some of your cash when you need it. Once at the bank, someone will walk you step by step through all the policies, how to use your account, and other important information. Opening up your own account is a very important skill for the future, so why not start now? It is a safe place to keep your money and you can access it whenever you need to.

“I like to keep \$5 in my wallet at all times for emergencies, nothing more and nothing less. When I know I only have five

bucks, I do not have to worry about spending a lot on useless things,” senior Max Greenberg said.

Going out to eat for lunch or even buying lunch at school



can add up and turn out to be very costly. Packing your own school lunch is much more efficient, healthier, and cheaper.

“Instead of buying lunch at school every day, a friend sug-

gested going to Henry’s and making my own trail mix. It fills you up, it is delicious, and it’s cheap,” senior Danika Newlee said.

However, if you do end up going out to grab a late night bite, try some place where you know you can get a lot of food for a little cash.

“Whenever I go out to eat with my friends I always suggest Taco Bell because their eighty-nine cent menu is super cheap and you get a lot of food out of it,” senior John Walsh said.

Other local fast food restaurants, such as Jack in the Box or Ortega’s, have reasonably priced food as well.

Driving to school is one of the worst ways to lose money. Of course you have to be able to get to school and back, but the gas prices are still rising and emptying wallets day by day. Have a close neighbor

who goes to school with you? Carpool!

“My friend and I are neighbors so instead of both of us driving to school we carpool. We alternate drivers and it saves us both a lot of money. Not only is it really fun but it helps us wake up and get energized before school starts. We are saving the environment too,” senior Tatevik Simavorian said. Tatevik is saving money and gas by carpooling, however if you live close enough to school, bike or walk! It is great exercise and you do not have to spend money on gas.

No matter what, there are ways to manage your money. Even if you get a weekly allowance from Mom and Dad, it is good to know how to handle your own money and not blow it all in one day. Whether it is exchanging clothes with friends instead of buying new ones, or packing your own lunch instead of standing in those dreadful lines, you can make your money last.

Guess Who

By **Brittney Schrift**
Staff Writer

Not only am I a studly running back for our school’s Junior Varsity football team, but I have mad skills on the soccer field as well. My small size, quick speed, and agility help me avoid getting tackled.

I am Hispanic and a sophomore this year, and I come from a big, happy family. I have three brothers and two sisters. Fortunately, only my oldest brother, Omar, goes here; he is a senior this year. My favorite class is computers with Mr. Palm, but I dislike math.

When I’m not on the football or soccer field, I am playing the drums. It’s my favorite instrument, but I’m not in a band. I think its really cool when people can play an instrument, and I love being

able to play one. I like all types of musi. My favorite genre is Latin Rock, and I like to listen to Ne-Yo as a solo artist.

I am single, but if the right girl came along I’d definitely take her out to get some Italian food. Nothing hits the spot more than a nice hot, sizzling pizza! I may be on the shorter side, but my charisma, sense of humor, and charm make up for my lack of altitude. I am a very friendly person and love to have as many friends as possible.

Watching sport games on the television is just as exciting as playing them.

I like a lot of teams in a wide variety of sports, but I have to represent San Diego and say that the Chargers are my favorite football team. Go Bolts!

And as for soccer, Brazil all the way.

I love to have a good time, make people laugh, and I live life to the fullest! Guess who!

Photos courtesy of Haley Cottrell

Club Spotlight

By **Christina Kirby**
Staff Writer

The Gay Straight Alliance club, better known as GSA, is one of La Jolla High’s social and political activist clubs and serves three main purposes.

The first and main goal of the club is to help end homophobia both at La Jolla High School and in San Diego. Secondly, it provides a safe place, with respect and without judgement, for any one who is gay or an ally. Lastly, GSA raises money for the Hillcrest Youth Housing Project. This is a home in the downtown area that was founded by the Hillcrest LGBT (Lesbian Gay Bisexual Transgender) Center and is for kids that were forced to leave their homes after coming out to their parents. Others in the home are also taken in to pro-

vide shelter because they suffer from HIV or AIDS.

This year, GSA is led by president Leny Behar. The club has been around for several years,



Fighting for Equality: President Leny Behar of the Gay Straight Alliance works diligently to end homophobia at our school.

but this is Behar’s first year as president and he plans on putting a new spin on it.

“On the day of November 4, 2008, I woke up wondering if my family, friends, co-workers, teachers, or even my

barista had voted against my civil rights that day. To my dismay, on that day many of the people closest to me, including myself, instantly became second class citizens,” Behar said. “The passage of Prop 8 is only one of the many events that shaped my views on the importance of equality for all and ending of homophobia.”

The controversy of Proposition 8 has led many students at La Jolla High to realize the importance of showing their support for the gay community.

“I believe that everyone has the right to love and expression. To be against this is unhealthy, which is why I am a part of GSA,” junior Lex Becker said.

GSA has already participated in several different events this year including a nonsexist dance at UCSD that was free of homophobia and a protest supporting gay rights at San Diego High.

Plenty of fun events are yet to come, including a guest speaker from SDSU who is currently writing a thesis on the word “queer.”

All students are encouraged to come to the meetings every Tuesday in room 310.

INEXPLICABLY IRKSOME

LJHS Students Share Their Quirks and Annoyances

By Aida Saam
Staff Writer

A superstition is a belief, circumstance or practice that is not based on reason or knowledge that one believes to be true. It is a blindly accepted belief or notion that is not scientifically proven. Many superstitions are based off of old stories or tales, usually having to do with religion or magic. Two very common superstitions are that walking under a ladder is bad luck, or that breaking a mirror is breaking your soul. Many people grow up with superstitious parents, and inherit their beliefs. Others believe that if they do not believe in the superstition or follow the rules, something bad will happen to them or they will live a life full of bad luck.

Obsessive Compulsive Disorder, also known as OCD, is a psychiatric disorder characterized by obsessive thoughts or actions. OCD is an anxiety disorder which often traps a person into following unusual routines or thoughts throughout their entire life. OCD can come in a variety of forms, from extremely mild to unbearably severe. If the disorder is severe and left untreated, it can destroy a person's ability to focus or function. It can lead to irrational decisions or cause major stress on a person. The most common cases of OCD involve washing and cleaning things over and over again and counting things, such as the number of steps taken to get to one place, or counting the number of items in the refrigerator numerous times a day. Other major OCD cases are repeating words and sentences, hoarding, and constantly rearranging objects.

Many people complain about how they hate when anyone steps on the back of their shoes, or if a tag is sticking out of a shirt. A minor annoyance that somebody finds particularly disturbing, more than any other person feels, is known as a pet peeve. Many people have a variety of pet peeves, but each person's is different. Pet peeves depend solely on a person's attitudes and cannot be influenced by others. These are minor things that other people may not be bothered by, but someone else cannot bear to stand. Pet peeves can result in conflicting thoughts and feelings which ultimately lead to a tense relationship between two individuals.

By Elyssa Kanter
Staff Writer

Tyson Youngs



freshman Tyson Youngs said.

"I am on the Freshman Football Team. Every game I wear black with argyle stitching dress socks. If I don't then we get killed, so I have to wear the same socks for every game in order for us not to lose,"

"I am very superstitious about throwing salt over my shoulder. If I spill salt, I automatically reach for some more salt to throw over my shoulder. I do this to ward off any bad things that might be coming my way," English teacher Ms. Wira said.



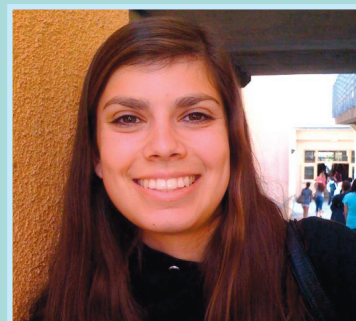
Ms. Wira

Jillian Frager

"I knock on wood. I never knock just once because that is not enough, and I don't knock twice because I feel that the second one cancels out the first. So, I have to knock three times. I used to be mixed up between three and thirteen so I thought that three was an unlucky number. When I thought three was unlucky, I would make myself knock five times. Then I learned that thirteen was the unlucky number so it went back down to knocking three times," junior Jillian Frager said.



"Before I go to sleep, I have to make sure my door is shut. I have been doing this ever since I can remember. If I do not do this, I get weird images of a murderer coming into my room and trying to kill me," senior Avi Salom said.



Avi Salom

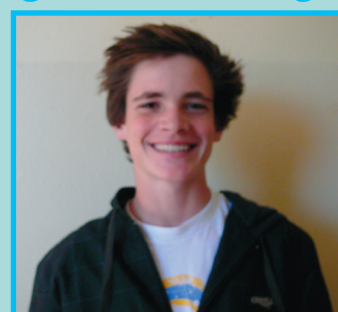
Juliette Garay

"I am really superstitious about black cats. They always set me on edge and I am just really creeped out by them. The whole idea of black cats sets me on edge because if one crosses my path usually something bad happens to me. I just try to stay away from them," sophomore Juliette Garay said.



Billy Penny

"You know when people have braces and food gets stuck in them after they eat? It's so gross. It seriously grosses me out when people eat with their mouths open too... and when people get food on their faces when they eat sloppily. I have never had braces so I never had to deal with getting food stuck in them, and can't understand what it's like," freshman Billy Penny said.



"Some hands are just really sickening, especially the hands of guys. The worst is when nails are too long and all dirty. The sight of short, stubby fingers really drives me crazy and I can't look. Or long and scrawny fingers," junior Sara Ashcraft said.



Sarah Ashcraft

How High Is Your Tolerance?

1. After assigned homework you...

- a. Write it down in your planner
- b. What's a planner?
- c. Write it on your hand

2. Your lunch consists of...

- a. Whatever you could find that morning
- b. Your usual PB&J with a snack and water
- c. Something new and exciting

If you scored between 4-7 you are very tolerable, 8-11 you are relaxed, and 12-16 you are intolerable

3. Your teacher scratches the chalkboard and you...

- a. Are annoyed but forget about it quickly
- b. Didn't even process the sound
- c. Get the chills

4. You plan your weekend...

- a. Three to four days in advance
- b. When it comes
- c. The night before

pet peeves

By Freda Spencer
Staff Writer

Abbi Leib



walk away. It's weird but there's nothing I can do about it," sophomore Abbi Leib said.

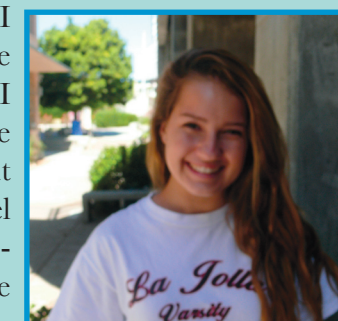
"Sweeping sounds! The sound of something being swept with a broom really creeps me out... especially a trampoline. I just get the chills and a really weird feeling whenever I hear any kind of sweeping. I have to plug my ears or

"I need to have everything super neat and organized. If I am taking notes for a class, and someone draws or writes on my paper, I have to redo the notes. This goes for notes for any of my classes; it's just one of my OCD habits," senior Jake Shwisberg said.



Jake Shwisberg

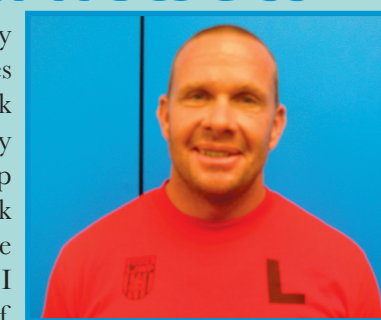
"One thing that I am super OCD about is that I can not have people touch my face! I completely freak out if someone pinches my cheeks. I would have to wash my face right away. It grosses me out because people's hands feel dirty and oily," sophomore Kailey Fudge said.



Kailey Fudge

By Christina Kirby
Staff Writer

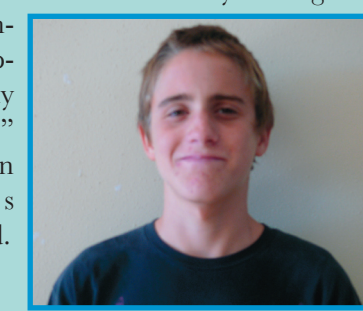
Mr. Atwell



"I wake up before my 3:00am alarm goes off, and try to go back to sleep. But then my heart rate goes up and I can't get back to sleep and I have to get up and train. I only get a couple of hours asleep a night, but I have to get up and go on my run," Mr. Atwell said.

Thomas McBee

"I always have to have everything shut: doors, drawers, closets, curtains (etc.). Three is my number. I repeat almost anything three times. If I touch something, like a door-knob, I have to touch it three times. Another OCD habit is that I obsess over health. I am a hypochondriac and germa-phobic, so I wash my hands all the time. All of these habits I have done for basically as long as I can remember. I probably actually have OCD," freshman Thomas McBee said.



Victoria Frager



"When I walk, I purposely try to stay off the lines or cracks. Also, when I am walking on brick floor, I have to walk on the bricks that are going in the same direction that I am. When I was little, I used to have a ritual for washing my hands: first in the pool, then in the showers, then in the drinking fountain. I would dry my hands off and repeat this exactly 22 times. Thankfully I don't do that anymore," junior Victoria Frager said.



Mr. Friberg

"You know what really I don't like? Those Prius Cars. They are kind of like a snooty car. I mean, most of us cannot afford that car and it's just annoying. Not to mention those Priuses are slow as snails going up hills," Mr. Friberg said.

10 Minute Fitness

By **Aida Saam**
Staff Writer

Sometimes it is difficult for people to find the time to workout. However, these four workout moves only take ten minutes and will leave anyone feeling healthy and active.

Step 1) Jumping Rope:

Remember playing jump rope at recess time back in elementary school? Believe it or not, jumping rope is one of the best workouts for the body. Jump rope for four minutes: two minutes jumping forward, then two minutes jumping backwards.

Step 2) Squats:

Squats are an intense workout for the quads and thighs, and the great thing about squats is that they can be done anywhere! Separate your legs so that they are shoulder width apart, then bend your knees until they are about two feet from the ground and hold your arms straight out. Hold this position for one minute before resting. Repeat this exercise three times. Here is a tip: do not put more pressure on one leg or the other; make sure the weight is balanced equally between your two legs.

Step 3) Wall-sits:

Grab on to a chair and place

only your hands on it, facing backwards. Do not bend your knees, and slowly lower your body so it is only a foot above the ground. Hold this position for one minute, or until you feel a burn in your abdomen and upper thighs. Repeat this two times throughout your workout routine.

Step 4) The Plank:

This move is simple yet you will feel the burn almost immediately. Lay flat on the floor with your stomach facing down. Slowly raise your body so that only your arms and toes are holding your body up. Keep your forearms flat on the ground to ensure that the elbows are the only part of the arm maintaining your body weight. Hold this plank position for a minute then slowly return your body back to the ground. A little tip is to keep your head raised and looking straight. Do not bend the head down between your arms, it may feel like less pressure on your body, but it will strain your neck muscles.

Work this simple ten minute plan into your daily routine and you will have a fine body in no time!

By **Jasmine Mobasseri**
Staff Writer

With the beach just blocks away, surfing is a popular activity with La Jolla High's student body. However, those who seek a less aggressive thrill should turn to stand up paddle boarding, otherwise known as SUP. A more tranquil version of surfing, SUP-ing involves standing on a long board and using a paddle to glide across the water's

sur-

face. "The hardest part... I'd have to say is the balancing and steering," said junior Myles Chandler.

SUP-ing can be traced back to the earlier days in Polynesia but the sport's popularity originated in Hawaii. In the early 60's, the Beach Boys of Waikiki would SUP to take pictures of tourists learning to surf, giving the sport another nickname, "Beach Boy surfing." The sport is currently the fastest growing sport in the UK where there is a large demand for specialized SUP equipment.

The advantage of SUP-ing is that it gives a broad view of

the water's surroundings. Being able to stand up on a board allows the surfer to watch for approaching swells or to just relax and take in the setting around them. Unlike surfing, SUP does not require waves in order to ride. Because swells are not necessary, SUP-ing can be done almost anywhere, like oceans, rivers, lakes, or any large body of water.



photo courtesy of StandUpPaddleSurf.net

What is remarkable about SUP-ing is that once balance and rhythm are established, it is extraordinarily peaceful and laid-back. However, not to be mistaken for an easy or lax workout, SUP requires some coordination and a moderate fitness level. It gives core muscles (i.e. abs, arms, and stomach) quite a workout.

"It gives you a really big workout in your arms and core area. The surprising workout felt in the core is because of the needed balance," sopho-

more Daphne Cottrell said.

The basic equipment needed to SUP is a board, a paddle, and a leash. If planning to SUP often, one should make sure that wax and deck grip also be on hand. Experts suggest that paddles be at least six to eight inches above the head. Also, choosing a proper leash is crucial; too short of a leash could result in the board snapping back violently after

a wipeout and too thin of a leash could snap under pressure. A 10ft x 1/4 in leash is recommended.

Surf Diva, located at La Jolla Shores offers rentals and lessons in SUP-ing. San Diego Paddle-boarding in Mission

Beach is another awesome place to go when wanting to SUP.

SUP-ing is a great way for everyone to enjoy the water and get a little adventurous. Novice SUP surfers can always begin slowly and go with the flow of the water. Those who wish to become more involved in the sport have the ability to join races or catch waves. SUP-ing gives people the ability to mold the sport into what suits them best so they can drift along the waters however they choose.

Hole In One

By **Elyssa Kantner**
Staff Writer

FORE! La Jolla High's Varsity Women's Golf Team has acquired a new coach this year. Allen Merryman is a PGA Class A Golf Professional. Although he is a new addition to the women's team this year, Merryman also coaches the men's team during the spring season.

"I think coach has brought a lot of good things to our team, and has taught our team so much to help us improve and succeed," junior Lauren Coles said.

"He is a really awesome coach. He knows exactly how to fix a bad swing, grip, or shot," freshman Maura Kanter said.

Coach Merryman believes in his team and their capabilities. "It is my pleasure to be the coach of such a vital team," Allen Merryman said.

The 2009 golf season has shown the girls that they can achieve high rankings in golf. Five out of eight girls have qualified for CIF, and the team has been invited to play in City Conference.

Juliette Garay, sophomore, is the team's most valuable player. Garay's scores average in the 30's on a 9-hole course. In golf, the fewer amount of strokes equal the better score. The rest of the team consistently hits between the 40's - 60's.

Merryman's confidence in the girls is apparent as he pushes them to win. His commitment to the team is apparent in their results. Returning members of the team say that they see a lot of improvements from past seasons.

Placing 5th out of the 7 teams in Western League, the Lady Vikings have proven their finesse with their winning record of 10-9 overall.

Juliette Garay, Jasmine Graze, and Alexis Tarakjian will advance to the City Conference, which started this week.

As the season comes to an end, the girls have shown hard work in order to achieve their best golf game. With help from Coach Merryman they have improved their game and have realized their true golf potential.

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STANDOUT ATHLETES

By Kaylee McNeil
Staff Writer

What do Rozel Hernandez, Megan Carroll, and Mele Johnson have in common? They all possess a gift for sports that has landed them a spot on varsity teams as freshmen.

Rozel is no stranger to high expectations. Playing since she was three years old, she has progressed to the ranking of one of the top 200 high school female tennis players in the United States. With all of her skill and expertise, it came as no surprise that she made the varsity team.

“Most of the time you’re expected to do things and no one’s there to help you,” Hernandez said about being on the varsity tennis team.

With a win in the individual CIF competition, Hernandez is

a bright light on the team and looks forward to her upcoming challenges and victories.

Meanwhile, running for the Vikings on the Girls’ Varsity Cross Country Team are freshmen Megan Carroll and Mele Johnson. Because cross country demands that each person on the team runs four to six miles per day, its no doubt that Carroll and Johnson have a gift for speed and endurance.

Carroll has been running 5Ks and 10Ks since she was nine and has, in years past,

been able to achieve a 5K time of 21:38. With the motivation of beating her old records, she is one of the strongest on the team, often getting fourth

better because of running.”

Mele Johnson runs alongside Carroll and considers her greatest achievement on the team as getting under 21 minutes on the 5K. She has been running since elementary school and participated on her middle school’s cross country team as well. Because of her experience with running and her general love for the sport, she chose to try out for the cross country team.

“I was really excited when I found out [that I got onto varsity]. I didn’t think I’d make it,” Johnson said.

She was shocked by her acceptance onto the team and plans to live up to her own expectations by getting a 5K time under 20 minutes.

Luckily, the stress that the girls have from such expectations is cushioned by the support of teammates. They noted that sports teams are like families; they have become close with their teammates and actually find working with them to be more exciting rather than nerve-racking.

With their confidence and exceptional knack for athletics, Hernandez, Carroll, and Johnson will help to guide their teams to success throughout their years at La Jolla.



Super Girls: Mele Johnson, Megan Carroll, and Rozel Hernandez

place at her meets.

“It’s definitely a mental sport,” Carroll said. “I’ve been able to handle things much

Come Sail
Away...

By Tania Mashkoory
Staff Writer

Football, baseball, soccer, and water polo: all of these sports have been discussed over a million times, but one sport we have not heard of that often is sailing.

La Jolla High has introduced a new team: the Sailing Team. The team strives to “instill a solid work ethic and Corinthian yachting ethics.”

La Jolla High’s team meets every Tuesday and Friday for training sessions. They schedule dual meets for team racing and competitions in open and closed fleet racing events. School teams have the opportunity to reach Nationals by competing successfully in district Championships.

Sailing Team’s mission is to positively represent LJHS towards prestigious universities. Success stories through Sailing Team have also been noted.

Last year, due in great part to LJHS Sailing, Katie Hughes was accepted to UCLA and is sailing on their team for the 2009-2010 school year.

Another success story is from a former student and member of LJHS Sailing Team, Ryan Wilde, who is

now a senior at the University of Hawaii and a member of their varsity sailing team.

Two seniors Kenji Blouin-Ito and Matt Gray have recently joined the team, and cannot stop raving about the experience.

“Before sailing, I was never really involved in any sports. Sailing has brought my attention to how much a team is needed in order for a sport to function. It is so great having an after school hobby and I am hoping to participate in sailing throughout college. I love having a fun activity when I know I am doing something worthwhile” said senior Kenji Blouin-Ito.

Junior Jonathan Real, the president of Sailing Club, is thrilled to have started a new team at LJHS.

“Our practices are laid back and relaxed, competitions are more serious. Anyone can join regardless of skill. It’s different from other sports. You meet so many different people and go to so many different places; it’s a lot of fun,” club president Jonathan Real said.

Sailing team recently was added to the actual clubs at LJHS. Any student can join the club and become a part of the team.

What a Man(ny)

By Olivia Polger
Staff Writer

Field hockey is much more than running around with

curved sticks. It is a team-oriented sport where players score goals by hitting, flicking, or pushing the ball into a net. It might sound easy, but it requires a great deal

of skill, focus, and control.

Leading the La Jolla High School JV Field Hockey team is Manny Martinez. Although he is new to the Vikings this year, he has been a great asset to the team and has helped them win many games. He is also very popular among the team members.

“It is really cool to have Coach Martinez this year because he is young and funny, which makes him really easy to get along with,” sophomore Taylor Carpenter said.

It is nearing the end of the season but the players believe that they have improved considerably thanks to the ath-

letes of the field hockey team.

Martinez thinks the team is doing very well this year. There are many new players, but they

seem to have caught on to the sport very quickly. He knows many “tricks of the trade” to help the girls. However, he believes practice should not always be serious. “It is

all about

the girls having fun and I would like to think that a majority of the time we do,” Manny Martinez said.

According to Martinez and many of the girls on the team, the girls have improved a lot this year and have strengthened their field hockey skills while having a good time. Who could ask for more than that?

While the field hockey season may be coming to a close, the girls, under Coach Martinez, have gained skills that will serve them for years to come.



Say Cheese!: The Girls’ Junior Varsity Field Hockey team with Coach Martinez (right).

letic skills of Coach Martinez.

“He has taught us a lot of different techniques that we can use to improve the team for next season,” junior Brooke Robertson said.

Many think that field hockey is a girl’s sport, but Martinez shows that boys have game too. He played for the US Men’s National team after playing field hockey for only four years. He has been involved in the world of sports for many years, and has a lot of experience and advice to give to the mem-

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A Protest for Pride

By **Suquoia Geary and
Taylor Jetter**
Staff Writers

Tension was in the air when two opposing groups of people butted heads in downtown San Diego on October 16, 2009. One group was comprised of members of an extremist group known as the Westboro

Baptist Church (WBC), promoting the slogan "God Hates Fags." The group believes their picketing will bring needed reform to the U.S.

The other group was a gathering of gays and straights alike, working together to protest the WBC. Their voices were heard outside San Di-

ego High School, filling the air with phrases such as "Why can't we all just get along?" and "God hates fag enablers!" Some protesters used vulgar language and hateful words, while others spread inspiring messages of peace and love.

As the day wore on, the two groups held strong, and more

and more people gathered to show their support for both sides.

"The world is in a state of peril as it is. Why do these people feel the need to hate on others at this point in time?" a local anonymous protester said.

La Jolla High School GSA club members were some of the

many people that attended the protest that day. Club president Leny Behar informed the club of the protest and saw that those who wanted to participate could.

"It was a mutual decision between me and the GSA to be present at the protests against the WBC. We hope to offer a level of support for the students of San Diego High School who identify themselves as being in the LGBT community," Behar said.

At the end up the day, everyone is entitled to their own opinion. This protest goes to show how far people will go to express their voice and make a difference, whether it be for the better or worse of the people around them.



SDSU Tightens its Admissions Process

By: **Kathy Lunas**
Staff Writer

In past years, many LJHS seniors have been able to apply to San Diego State University without fear of rejection. Local students who lived south of Route 56 or Imperial County were given priority acceptance. Those who had thought college was out of reach were able to rely on SDSU as a school that would provide admission de-

spite lower test scores and academic grades. Students who lived outside the focus area were required to have higher grade-point averages than those with the borders.

However, starting with the freshman class of 2010, there will be a universal requirement for all students wishing to apply, no matter what part of San Diego they live in. Due to harsh state budget cuts, San Diego State is becoming a

more selective school and getting accepted is more difficult. Many students are concerned about the current situation.

"I am more worried now about getting in and since it's getting harder, SDSU is no longer my first choice school," senior Nallely Jarquin said.

Not only is it getting harder to meet the rising standards at colleges, but tuition fees are increasing as well. This year, UC campuses all over Califor-

nia have increased fees by 9.3 percent. UC officials have also reduced the number of accepted freshmen and cut certain courses.

"Budget cuts are concerning because the UC schools are becoming less accessible to even strong California students," senior Angie Callvelli said.

Severe state budget cuts are also affecting the twenty-three CSU campuses. All of the schools have had to raise tu-

ition fees by almost 20 percent. School officials will also have to reduce the number of students by about 40,000 over the course of the next two years.

All of the California college systems are putting more pressure on students who relied on going to these schools to continue their education. Now many students may have to find other alternatives.

Ground Breaking Ceremony at Muirlands Middle School

By: **Cassie Brazier**
Staff Writer

"This is a very special day for a very special project to come to an end. Three long years of endless meetings and planning are over. We are finally seeing the light at the end of a very long tunnel."

President of the Turf It committee Howard Frank spoke these words at the ceremonial ground breaking of the Muirlands Middle School Field. The Turf It committee was formed to plan the construction of a new turf playing field

when it became apparent that the old field was too old to play on. Parents began to complain about the numerous injuries their kids sustained in P.E. by tripping over unkempt grass patches and stepping in holes.

This new field will not only improve the PE experience for middle schoolers, but will also benefit the entire community. A regulation size field is being put in where football, field hockey, soccer and lacrosse can take place. In fact it has already been decided that the Muirlands field will be the new

home field for our Girls Field Hockey team. A state of the art fitness center is also being added equipped with pull up bars and places to do push ups and sit ups. Trees will be planted along the edge to give it a finishing touch.

This committee has been meeting two times a month for three years. They have put on numerous fundraisers and received many generous donations in order to make this new field possible. An estimated 1.2 million was needed to fund this project. The community and

the school district really had to work together as a partnership to make this happen.

"Writing the \$500,000 check was the most exciting thing I have ever done in my life." Treasurer Wendy Neri said.

The committee is very grateful to all the donors and to all of those who had this possible.

"It is truly a dream come true," Principal Dana Shelburne said

The committee still needs to raise \$75, in order to put a running course around the perimeter to complete the new

look for the Muirlands field.

"We will raise the \$75,000, and we will put in a safe running surface for athletes to warm up on. There is not doubt in my mind." Frank said

Construction of the field will start this weekend. It is expected to be finished the Monday when students get back from winter break.

As Frank said in his closing remarks, the next time they have a ceremony, it will be on a new, beautiful field.

A Stroke of Green

On November 3rd, the Irish club hosted a night of laughter and a splash of Irish music. The event was held to raise money for PeacePlayers International, which supports kids in Northern Ireland.

“The concert was energizing and exciting, making it a true Irish concert,” senior Taylor Davis said.

PeacePlayers International brings Catholic and Protestant children ages 10-14 together to play basketball with hopes that they can gain respect and tolerance for each other.

PeacePlayers International’s mission is to use the game of basketball to bring children and communities together and to educate them. They hope to break the social divisions in communities and to develop future leaders in the midst of social conflict between the two Irish regions.

“The evening went well and the band was terrific. I hope

to continue to raise money for PeacePlayers International and raise awareness of the Irish Culture,” senior Will Peterson said.

Captain Mackey’s Goatskin and Stringband was the night’s

a unique instrument called a bodhrán, which is made out of goat skin. The group’s uniqueness entertained the audience all night.

“The concert was phenomenal and they were really talented.

Their voices totally blew me away, I liked it so much that I bought a CD and I would definitely see them again,” junior Kirk Lee said.

Last year the Irish club raised \$1,000 for PeacePlayers International, which allowed them

to buy three basketball hoops for the kids to use. Due to their success, Irish Club was honored by having their name in the PeacePlayers Hall of Fame where they hope to continue to help children in Ireland. The night’s performance was amazing and truly made the audience feel like they were in the lush rolling hills of Ireland.

main performance. This band consists of Jimmy Crowley and Mairtin de Cogain. Mairtin has been singing for about 23 years where he hopes to release 10 more albums and have his music featured on feature film soundtracks. His music is inspired by Seán Ó Riada and he hopes to spread messages about truth and bravery. For eleven years, he has played



The Luck of the Irish: Irish Club put together a lovely event for a good cause.

Automatic Cities and Museums in Miniature

By Taylor Jetter
Staff Writer

The Museum of Contemporary Art in La Jolla has been home to many wondrous art exhibits. Recently, the MOCA has opened a new exhibit called “Automatic Cities”. It features artists such as Paul Noble, Mathew Ritchie, and Joseph Cornell.

Paul Noble’s works of art are inspired by urban cities around the world. His featured work of



art is known as Lidonob, which is a pencil on paper piece and is composed of over a hundred sheets of paper, each with a piece of the art on it. When all are put together, they form a peculiar looking city, which portrays the expansion of urban territory as it destroys smaller neighborhoods.

“If you’re a squatty-type person,” Noble explains, “buildings take on a different meaning for you. They’re not yours and they will probably be torn down after you’ve left them.”

Mathew Ritchie has a quirky way of expressing himself. His art is a variety of drawings, light boxes, sculptures, and projections that are defined by their visual and lyrical language.

He fuses narrative forms with our fickle understanding of the universe. His art is interactive, so the viewer can better understand the reason behind his work.

Another interesting exhibit at the MOCA in La Jolla is Museums in Miniature.

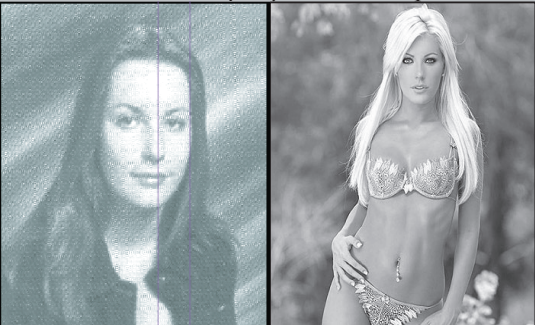
It features works of art by Marcel Duchamp and Joseph Cornell. The exhibit consists of a series of diorama-like “mini museums.”

Duchamp’s art is inspired by his practice and of the broad expansion of Surrealism in the second half of the twentieth century. While Cornell is inspired by epic ballets and monumental structures around the world.

All in all, the newest exhibit at the MOCA is one not to miss.

is looking bright for Harris. She might start modeling for Playboy, but the possibilities

relationship with two other girlfriends and still keeps in touch with his exes. Harris has no problem with this and mentioned that she really likes Holly Madison, his main girlfriend from the last season of *The Girls Next Door*. The future



Then and Now: Former Viking once looked like the average freshman (left), but has since undergone a significant transformation (right).

WE LOVE BUNNIES

By Jacqueline Barracasa
Staff Writer

After college, most students are thinking about getting a job or graduating high school. Crystal Harris had something else in mind.

Harris, a La Jolla High alumna, always wanted to be a model and finally got her big chance on the reality show *The Girls Next Door*.

Harris aspired to model for Playboy. Her love for show business runs in the family, as her dad was an entertainer in Europe. Harris attended La Jolla High for most of high school but then transferred to a different school in 2004, when she was a senior.

She has been known to be modest and enjoys being around caring and honest people. In high school she was widely popular. Most of her peers thought she was fun to be around. She was a little more outgoing than the average girl.

“She did hang out with somewhat older guys but she was nice and fun to hang out with,” said Tyler Vaughn, a La Jolla High graduate and friend of Harris’s.

Mr. Kinsel, a La Jolla High

math teacher, had her as a student. He said she was just an average high school student.

“I would have never guessed that she would become a star or anything like that,” Kinsel said.

After high school, Harris attended San Diego State University and majored in psychology. She started modeling and was pretty well-known within the industry.

Just before graduating college, Harris met Hugh Hefner, founder of Playboy, at a party on Halloween. He eventually invited her to the Playboy mansion, Hefner’s home, for the next weekend.

Eventually, she started going to the mansion every weekend and soon enough the two became a couple. She became his “main” girlfriend. He later asked her to be on his reality show, *The Girls Next Door*. This is

a great opportunity for Harris because she will receive a lot of recognition from modeling companies.

As seen on the show, life at the mansion is like no other. In true Hugh Hefner fashion, Harris is not his only girlfriend. House by storm.

Hefner has an open

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american music awards

By Brittany Shrift
Staff Writer

Artist of the Year



**KINGS OF
LEON**

**LADY
GAGA**



EMINEM

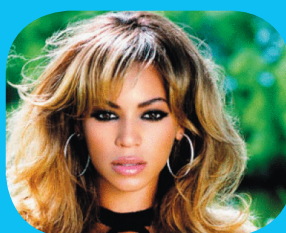
**TAYLOR
SWIFT**



Best Pop & Rock



EMINEM



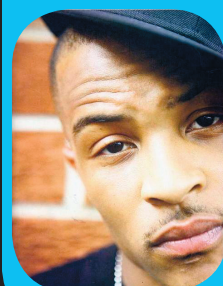
BEYONCE



MJ



**TAYLOR
SWIFT**



T.I.



**LADY
GAGA**

The annual American Music Awards are being held November 23, 2009 at the Nokia Theater in Los Angeles. Tune in on the award day to see if your favorites win!

Our Picks!

Artist of the Year
Taylor Swift

Swift not only sold the most country music albums of a female artist this year, but she also established herself as an artist. Taylor, nineteen, used the past year to prove herself to the world. Swift has enough brains, charisma, and talent to last a long time in the business.

Best Pop & Rock
Male: Eminem
Female: Lady Gaga

Eminem has been on the rapping scene since around 1995, but he has been busting out rhymes underground since he was a teenager.

The late Michael Jackson is obviously worthy competition, but we feel like his credit has been given to him and he doesn't need another trophy.

Lady Gaga is fairly new to the pop music world. After the release of her album, she dominated the charts with her infectious single "Just Dance" and other fan favorites. Lady Gaga's unique star quality and crowned her the "Princess of Pop."

Rap and R&B



EMINEM



KERI HILSON



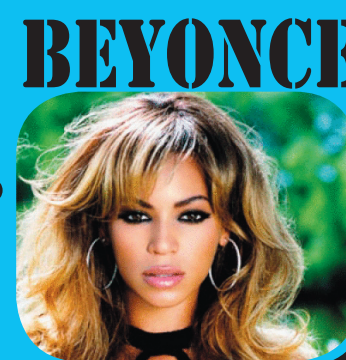
JAY-Z



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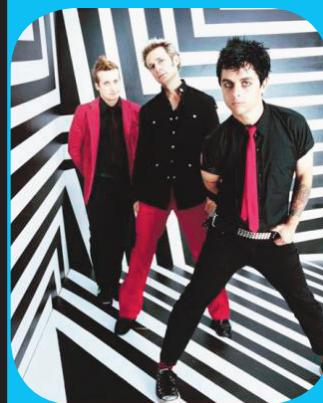


T.I.



BEYONCE

Best Alternative



GREEN DAY

**KINGS OF
LEON**



SHINEDOWN

Favorite Rap/R&B

Male: Jay-Z

Female: Beyonce

They're married!

Jay-Z has been one of the most influential members of the music industry to the genre, and continues to put out hits like the most recent "Empire State of Mind".

His woman, Beyonce, also annihilates the competition. Beyonce is the poster child for female empowerment in the music industry and everyone loves Destiny's Child where she got her start twelve years ago.

Alternative Rock

Kings of Leon

Although Green Day has been in the industry longer, Kings of Leon deserves to win the "Alternative Rock-Favorite Band" category. Formed in 1999 in Tennessee, the band's song "Use Somebody" garnered them attention. Their music is a fresh cool breeze, differing from all the other "boy bands" attempting to land a record deal. They have a great sound while not going "mainstream" like so many other bands are.