

# HIGH TIDE

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## In This Issue

<b>News</b>	1, 10
<b>Opinions</b>	2, 3
<b>Features</b>	4, 5
<b>Student Focus</b>	6, 7
<b>Sports</b>	8, 9
<b>A&amp;E</b>	11, 12



**The Real Value of "Ivy League"**  
Page 2



**Sport of the Month**  
Page 8



**Breakdancing**  
Page 12

## Students prepare for PSAT

**By Ashley Wei**  
*Staff Writer*

On October 14th, 2009, La Jolla High School will join many other schools in the San Diego Unified School District in taking the PSAT. The Preliminary SAT will be proctored to all freshmen, sophomore and junior students. A minimum day schedule will be mandated on the date of the test. In the past, a mandatory PSAT has not been administered during school hours, which raises the question: Why start now?

According to head counselor Beth Behnke, the district has asked that all schools administer the test to freshmen, sophomores and juniors. In return for complying with district standards, the cost will be subsidized by the district, saving students from having to pay the fee.

The PSAT is a practice test for the SAT comprised of five sections. The test grades skills that have been accumulated throughout a student's educational career and aids students in becoming familiar with the types of questions as well as

the formatting of the actual SAT exam. It is meant to act as a tool in the awareness of one's strengths and weaknesses, in the hope that students will take their results and use them to focus on what needs improvement.

For freshmen, the test may come too early. Their high school experience has just begun and they can expect a few more years before they take their SATs.

For sophomores, October's PSAT will make a greater impact, as many will go on to take the SAT the following year. The test will be a welcomed practice, making the SAT less intimidating.

Many juniors will have already taken their SATs before La Jolla High's mandatory PSAT, and will undoubtedly find it a waste of their time. Why take the practice form of a test you've already taken? However, junior students may want to take the test seriously, as it enables qualification for the chance to receive several scholarships, including one handed out by the National Merit Scholarship Corporation.



**Contemplating the booklet:**  
*Sophomore Juliette Garay studying for the PSAT*

The first hour of the test, seniors will attend a special assembly with various guest speakers. Afterwards, a variety of senior-related subjects will be covered, from college applications and financial aid to the ordering of caps and gowns for graduation. Mrs. Behnke assures that everything has been planned out.

Welcome or not, the PSAT will be taken by all underclassmen as a mandatory part of a school day for the first time at La Jolla High. Hopefully, students will find the test useful in the future, and can also look forward to a shortened school day.

## ASB UPDATES

Hey Vikings!

With the first month of school behind us, the ASB officers are hard at work. Homecoming is right around the corner; the game against Serra High will be held on Friday, October 23rd, with the dance the following night.

Other upcoming events include a district-wide "club night" to benefit homeless youth, and a Rockband competition with all proceeds going to charity.

Senior shirts will be available in the upcoming weeks. There will also be plenty of upcoming fundraisers to lower senior dues!

Juniors are looking for help building a float for homecoming. If you are interested be sure to stop by. Also, "Class of 2011" shirts will be available within the next few weeks.

Sophomores are looking for suggestions or help for the class. If you are interested, do not hesitate to drop by room 304.

Congratulations to the new freshmen officers Xavier Kasbar, Muyao Wu, and Thomas Friedrich! Any freshmen interested in getting involved should keep an eye out for upcoming class council meetings as advertised in the bulletin. For more on the freshmen officers' plans, see their article in Features.

Any questions can be answered with an email to [ljhsasb@gmail.com](mailto:ljhsasb@gmail.com), and comments or concerns are greatly appreciated.

Danielle Daitch  
Sports Editor  
ASB Commissioner of Public Relations

## Swine Flu Strikes

**By Kianna Anvari**  
*Staff Writer*

For the past few months, people have been frantically searching for answers to the swine flu, now called H1N1 influenza. Some believe that the situation with H1N1 influenza is being taken out of proportion, while others are trying their best to stay germ free. But what exactly is the H1N1 influenza and what can we do to prevent it from spreading?

Swine Influenza virus, or SIV, is common throughout pig populations worldwide. SIV was first thought to be a disease related to human influenza during the 1918 flu pandemic,

when pigs became sick at the same time as humans. The case that struck earlier this year most likely derived from a farm worker who recently returned from Mexico, showing influenza-like symptoms. Some symptoms of H1N1 influenza are chills, fever, sore throat, muscle pains, severe headache, coughing, weakness, and general discomfort.

Schools are one of the most common virus threatening locations, because of the compacted environment. Kids bring to school not only backpacks, but also millions of viruses. Some students are concerned about the spread of

the virus.

"I worry about getting H1N1 influenza. I think the government should be doing more to help prevent the spread of this virus," senior Rafael Rabines said.

Other students are not even worried about H1N1 influenza, and continue living their everyday lives.

"I feel like people are making it seem worse than it really is," junior Nick Kusnir said.

But how bad is H1N1 influenza? The global flu death toll was announced Friday, September 18th reaching 3,486, up 281 from the week before. The UN agency said the

Americas region still has the highest death toll, at 2,625. The Asia-Pacific reported 620 fatalities, while Europe recorded at least 140 deaths. In the Middle East, 61 people have died from the virus and in Africa, 40 have as well. So the real question remains, should we be worried?

"H1N1 influenza should be taken into serious consideration," Nurse Christina said. "The best we can do is to wash our hands with warm water and soap, maintain a good hygiene, and always cough into our arm."

The Food and Drug Administration approved the new Swine Flu continued on p. 14

### SWINE FLU TIMELINE 2009

**March 9:** First symptoms of swine flu show up in Veracruz.

**April 13:** First confirmed death from the swine flu outbreak.

**September 15:** The FDA approves the administration of a swine flu vaccine.

**March 28:** First case of swine flu in the U.S.

**April 29**  
The first U.S. death from swine flu is confirmed



The La Jolla High School

HIGH TIDE

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Let Me Out of Here

By Suquoia Geary  
Staff Writer

At this year’s annual “welcome back” assembly, many seniors were shocked by the announcement that during the popular Political Science course, (which runs three times a weeks and is regulated by Mesa College) they would not be allowed to leave campus.

This news frustrated students. Further frustration came about when students learned that during this time they must find a spot on campus to sit, and are left with nearly nothing to do.

The biggest appeal of poli sci is not only the college experience but the chance to have free time a few times a week. With the restrictions on their free time, poli sci may lose its appeal to some students.

Along with causing frustration to those in the course there is also trouble with wandering

students disrupting classes.

Some students are unaffected by this new rule, for they may have the class first period, or perhaps some have found other things to do during this time. However, there are still many who are upset about the new rule.

“It’s frustrating that the school won’t give us the privilege to leave campus for one period,



when we are working so hard to take a college course. If the school trusts us enough to take the course they should trust us enough to come back once off campus,” senior Angie Calvelli said.

In previous years, many students appreciated their free period and used it to work on college applications, meet with tutors or college counselors,

Where Did My Movitivation Go?

By Iman Hassaine  
Staff Writer

An inevitable factor of a teenager’s life is going to school. Every high school teen’s job, whether it is realized or not, is being a full-time student. There is always an option of dropping out, but most students have set reasonable goals for themselves and intend to go to college.

Today, a person without a high school diploma does not have many successful prospects in mind and is most likely not able to attain a steady career. Students need a drive to do well, as motivation is key for students with high achievements.

The unfair reality is that colleges are not accepting as many students as before and the competition is increasing. Students are constantly badgered by their parents and siblings of how hard and studiously one must work to get good grades. Are the real

outside threats and reminders enough to truly a motivate a student though? Today the average high school student’s lack of interest in school work is rapidly growing and even though students are supposedly aware of school’s significance,



Rooting them on: President Barack Obama motivates students at Wakefield High School in Arlington, Virginia.

many give into distractions and primarily “keep their eye off the prize.”

“It’s hard to stay focused but I concentrate by being inspired to do well and staying motivated,” senior Angel Bates said.

High school education is imperative into molding you into the individual that is ready

or even for some it was the perfect opportunity to grab something to eat.

“If I’m taking the initiative to take a college course I feel I should be given the opportunity to leave campus on my days off and be trusted to return,” senior Jane Yoo said.

Students have begun to attempt to entertain themselves during their free period, but restrictions make attempts

such as these difficult.

Students stress that during poli sci they are enrolled in Mesa College and not La Jolla High School.

The students who take Poli Sci are showing the initiative in taking a college course. Their responsibility should be rewarded and respected.

It is unfair that the students were not given the opportunity to try leaving campus to see how it would result.

A Letter from the Editors

Dear Reader,

For years, the High Tide has been reporting on Viking life at La Jolla High School. Alumni and students today can look back through our archives and discover the trends and events that defined past decades, and see them through the eyes of former students. This 2009-2010 school year is set to be a memorable one. Our student body is living through volatile times, and many students are responding by taking an active role in shaping our changing world.

Evidence of our proactive spirit is everywhere. An unprecedented turnout for the college Political Science class, student support for the San Francisco mayoral candidate Gavin Newsom, and clubs dedicated to feeding the hungry and stopping climate

change all prove that the Vikings are taking responsibility for our future.

As the dedicated staff at the High Tide continue our efforts to inform and entertain our classmates and La Jolla residents, we will also be chronicling the lives and achievements of the students of La Jolla High for future generations of Vikings. We encourage all students to write to the High Tide to alert us to events and news at school, or to have your opinions appear in print.

On behalf of the entire High Tide staff, we wish our classmates a successful year, and we hope you enjoy our first issue.

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

for the real world. So why begin slacking off now? Students seem to forget the precedence of these four years.

At La Jolla High School, there is a yearly assembly where the principal, counselors, and other faculty members stress the value of our education and why students must work vigorously. Students generally hate being reminded of what seems obvious, but honestly the assembly is necessary to keep the students on track.

Teens are all understandably busy and burdened with sports, friends, and technology, but school must always be the top priority.

It is true that present-day students face even more challenges; for example many parents of LJHS students have succeeded because they did not have the distractions of cell phones and computers that students now have. Students must try to ignore these gadgets while studying, which is demanding yet worthwhile. This does not mean be a social outcast, but

just know how to manage time.

Kiersten Gore, ASB vice president for the junior class, speaks to this.

“It is really important to keep looking ahead and think about the next thing you can improve on. I like to set goals for myself and keep balanced with ASB and school, that way I won’t feel to overwhelmed.”

Four years of struggle will pay off once graduation comes, followed by college and hopefully achieving a highly desired career in the near future.

Students must keep expectations for themselves, and must not lose hope. Success is achieved through hard work, sacrifice and positive reinforcement. Some students receive bad grades and do not care, and these are the students that need to be repeatedly encouraged that they can perform better if they spend more time and put in more effort.

Being students is our vocation, and although it may seem like a waste of time for some, this is our future that is being built and it is too early to give up.



# Youth Politicians

You don't know what you are talking about

By **Jasmine Mobasseri**  
Staff Writer

Most students in our society lack political understanding. However, they rarely understand government, the facts they base their opinions on is often derived from their parent's influence and not actual personal knowledge.

When it comes to political knowledge students are youthful, naïve, and have little awareness.

Most teenagers claim that

Even though many students do not like to admit it, their parents and upbringing shape their minds politically.

In order to develop individual thoughts regarding politics, one must be able to think freely and express their ideas as they wish.

One should not go about preaching political opinions without having any idea what they are talking about.

In reality, students are generally speaking, detached from the political process

“I have my own idea, and my own political stance.”

they are politically perceptive, but in actuality they are usually not.

When it comes to politics teenagers remain inexperienced and naïve. Which teenager spends their Saturday nights researching and learning about political issues?

Most teens cannot even elucidate what each political party stands for, let alone state the differences and commonalities amongst both parties.

When a group of students were asked about their political viewpoint, there was a variety of answers, “Who cares?”, “I don't know”, “Whoever Obama is for”, “Obama rules!” and a personal favorite, “Obama is sexy.”

Not every student replied with a juvenile answer, “Republican,” said freshman Kelly Hancock.

When asked where she developed her political standpoint, she claimed history class and a bit of her father's influence.

Junior Michael Zhao was asked whether or not his parents had an impact on his political views.

“No, both my parents and I are Democrats. But I have my own idea and my own political stance. And based on what I've seen I believe the Democratic Party is the proper political view.”

leaving them depending on their parents for political understanding.

To build your own personal political standpoint, based on facts and information, can be tedious and time consuming but it is extremely important that students take on the responsibility.

Students need to break away from not only their parent's influence, but all influences. This country is in the hands of the new generations.

Adults are making decisions and passing laws that have long-term ramifications.

Some of these laws are going to be in effect long after they're gone...

It's important for high-schoolers to be aware of these laws because, as time progresses, these laws will not fit all of our views.

Students dismiss the fact that today's politics directly affect their future.

Issues that are present today like global warming, health care, national debt etc. will affect students sooner than they may think.

It is better to become politically conscious now rather than later.

If students remain oblivious to political concerns and they ignore the facts, the future is put into a dangerous position.

Now is the time to time to truly become familiar with the political spectrum and think for yourself.

# An Ivy League Degree

## Does it really matter?

By **Iman Hassaine**  
Staff Writer

The thought of being accepted to an Ivy League school is almost unimaginable and a dream to many students across the globe.

Ivy League schools are undoubtedly desired, and there is an automatic superiority instilled in the Ivy League titles.

In our present day society, popular culture presents this facade of an Ivy League school, and of how gratifying

degree from somewhere, that is what really matters,” senior Desiree Bagby said.

It is assumed that when applying for a job, if one applicant has a Harvard degree and another from a state school or college, the person with the Harvard degree would have a major advantage and unquestionably get the job.

Whether we like it or not, the Ivy League degree will always be impressive and it will invariably help in distinguishing someone's academic abilities.

“Ivy Leagues will always

school, as he was rejected from Ivy League schools, University of Southern California and University of California Los Angeles' film department.

But look at Steven Spielberg now, he was able to find a career with his Cal State degree and now is one of the most powerful figures in motion picture history.

At the end of the day, the university you attend will matter and it will always be a major component when bosses must prioritize a candidate's usefulness.



it must be to study among the most intelligent and brightest students in the world; the stereotypes are endless.

Being in an environment surrounded by the upper class, the respected, and the academic elite is overwhelming for an average person, and is truly every young student's ultimate goal and reverie.

But why? There is certainly truth to many of the notions perceived by the people, however, is there really something exceptional about the quality of an Ivy League graduate?

Ambition and motivation are the main factors setting apart an Ivy League student from the average college student; yet at the end of the day, there is virtually no difference between a general chemistry class at Harvard or at a University of California.

Sure, the long standing prestige of an Ivy League school will never diminish.

But as the times change, it is not a question of what college you go to, but what you decide to do with that education.

“Ivy Leagues really are not a big deal anymore and as long as you end up with your

uphold their prestige and will always be considered as the best university choice,” said freshman Garrett Ahern

“If I got the chance to go to an Ivy League I would go!” confesses Jocelyn Salgado.

These aspects will not change by many, but for people not accepted or without a chance of an Ivy League education, there are other options.

Not even five years ago, a Harvard graduate would get a position and the lesser applicant's resume would not even get a second glance.

Now, in 2009, times have changed, and it is a clear trend that more students from humble state university backgrounds have been receiving more attention and recognition while applying for jobs.

Employers across the globe have now publicized the fact that they have become more focused on the quality of the job applicant and their capabilities, rather than solely what school they attended.

Take Steven Spielberg for example, he graduated from Cal State Long Beach, a decent and commendable

Currently, when narrowing it down between two applicants, more attention is pointed towards the actual abilities of the person such as how well-rounded and balanced along with their extra curricular activities.

Employers will always want a reliable, intelligent person, yet the applicant's character is becoming a more essential focal point.

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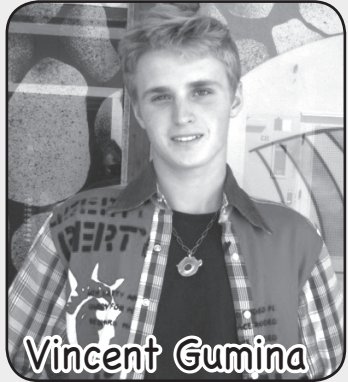
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# ASB SPOTLIGHT

## ASB President



Vincent Gumina

“I have many plans for this school year including increasing school spirit, student involvement for the betterment of the community, and making proper changes in the betterment of the overall experience at La Jolla High School. I want social acceptance to no longer be an issue on campus. While we raise money for our school, we will also be introducing to the community a new class of globally aware individuals. My mission to inspire and voice the opinions and concerns of our students at the district level so we can improve our learning environment. -Vince”

## ASB Vice President

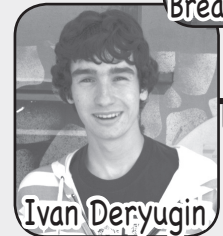


Tania Mashkoory

## ASB Secretary



BreaRose Smith



ASB Treasurer  
Ivan Deryugin

## Senior Class

### President



Tali Gires

### Vice President



Stephen Wing

### Secretary/Treasurer



Jessica Wood

“I am so excited for this 2009-2010 school year! 1-0 you know! The plans I have for this year include a whole lot of fundraising for senior dues. I also plan to create class unity and spirit through a variety of activities such as class dinners, air band, homecoming float, and more. I want everyone to have an amazing senior year and I think it will be possible if there is more participation in each activity that is planned. -Tali”

“It is an honor to be the junior class president. The class officers and I have many plans including uniting our class, creating class spirit and raising funds. We also plan to involve our class in community service projects as well as host special events for the junior class. This will be the best year yet! -Melissa”

## Sophomore Class

### President



Rick Saxe

### Vice President



Jessica Richmond

### Secretary/Treasurer



Erik Vanstrum

“Hey sophomores! I hope the beginning of this year is going well. We are hoping to create more class unity in the sophomore class than ever before. Make sure to sign up for sophomore class council (there will be food). -Rick”

“Hey guys! I am so happy to be your freshman class president. My plan is to unite us as freshmen and work towards a smooth transition into high school. I also plan to promote school spirit and raise money in the most fun ways that I can think of, such as barbeques, concerts, and movie nights. -Xavier”

## Freshman Class

### President



Xavier Kasbar

### Vice President



Muya Wu

### Secretary/Treasurer



Thomas Friedrich

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## GO VIKINGS !!!





# LET'S DO LUNCH

By Sarah Devermann  
Staff Writer

Whether you are in the mood for Mexican or Chinese cuisine, you can find it all at our school's new lunch carts. At the Wok 'n' Bowl cart you can get Kung Pao Chicken with rice; journey over to the other side of the quad and you can grab a bean and cheese burrito at the Baja Beach cart.

Most students are enjoying the variety of the new food carts.

"Last year, the food was so gross, but now it's totally legit and edible," sophomore Marissa Newlee said, after trying the Kung Pao Chicken.

Former Muirlands students also prefer the food at La Jolla High.

"Yes, they have more variety [here]," freshman Ben Bauer said, after being asked if he liked La Jolla High's food better than the Muirlands fare.

Along with the new and exotic meals, the lunch carts also

received some new equipment this year. Next to the new grill where you can watch burgers being flipped, the lunch carts received

ID scanners and food warmers. According to a lunch cart cashier, the one and only problem that has arisen so far is with the ID scanners.

Since the scanners are new, students don't know how to work them very well. As time goes on, however, students will become accustomed to the new system, and the problem will

eventually resolve itself.

However, students who are vegetarian are having a different problem.

than hamburgers," freshman Meriam Soltan agreed.

At the lunch carts you can buy a combo- a side, main

lunches. However, a lunch cart cashier said the number of students who buy lunch this year is about the same as last year.

With all of the budget cuts in our school district, some may wonder where the funding for these new carts came from.

"The new carts came as an outgrowth of a grant to improve the quality of food throughout the district. Officials also believe that better food will mean more sales, which will improve revenue for food services," Principal Dana Shelbourne said.

Being able to buy a whole meal with a choice of fruit could be the start to healthier school lunch choices. Around the country activists are fighting for healthier lunches in schools as a way to combat the increasing number of obese schoolchildren.

This new variety of food at our school will bring joy to the students of La Jolla High School and to the district as a whole.



Photo courtesy of Haley Cottrell

**Lunch Time at La Jolla High:** Students frolick while buying lunch from the new lunch carts on campus.

"There are no vegetarian options; there are only hamburgers," freshman Emma Hye said.

"The school should offer veggie burgers, which are healthier

then \$2.50 [like a] Cup O' Noodles," sophomore Isabelle Poulin said.

With all the new food carts, it might be expected that more people would be buying school

## Guess Who

By Olivia Polger  
Staff Writer

At the end of the year I will be graduating with the class of 2010! I am excited to go on to college with 17 years worth of

wonderful memories.

My family is originally from Vietnam and my older brother and I were both born there before we moved to San Diego.

I am very involved with the high school Varsity Badminton team and it has been a big part of my high school years. I spend a lot of time in the gym. During the weekend I am always practicing badminton, but in my spare time I love hanging out with my friends!

I am 5'7" with black hair and black eyes. I am single, so if any ladies want to split some carne

asada fries with a funny guy who loves to joke around and have a good time, then I am the one for you.

I love the movie Gi-Joe and I always keep up with Chargers football. Vincent Jackson is my favorite chargers player and a great wide receiver. My favorite TV show is *Hell's Kitchen*; it is so intense and a lot of fun to watch. I am involved in the Asian club at La Jolla High School and I am very proud of it.

My favorite music artist is Traphik; he is not very well known yet but you can find him on YouTube. I am always listening to his songs and a lot of R&B music; it really pumps me up before games.

I love how close

La Jolla High School is to the beach because I could spend all day in the water! It is incredible to be able to walk to the beach after a long day of school.

Next year I am hoping to go to UCSD or SDSU but I will always come back to visit La Jolla High School.

Guess who?

Photos courtesy of Haley Cottrell

## Club Spotlight

By Brittney Schrift  
Staff Writer

Many students this year signed up for clubs, but they are still looking for new, fun clubs to join. Foodies is the newest member to La Jolla High's long list of extraordi-

"Personally I love to eat, so I figured, why not simply make a club that revolves around food?" Mobasseri said.

Every month Foodies picks a new region, like Asia, then throughout that month they introduce and sample food from the Asian cultures, such

fun club to join. Because I am new to the school, being in a club is new to me as well. But I love food and its cool that they are helping other people out," freshman Brock Macelli said.

Jasmine encourages new and old students to sign up, saying "trying food from other places can be a fun experience, and I think it is important that the students at La Jolla High get the opportunity to get a taste of other cultures."

Make sure to sign up for this club, and get your taste buds ready while feeding the hungry!



Photo courtesy of Haley Cottrell

**Feeding the World One Continent at a Time:** Foodies club officers (from left to right) Treasurer Savanah Carlin, President Jasmine Mobasseri, Vice President Lexi Chipman, and Secretary Molly Denison.

nary clubs. It combines every student's two favorite things: friends and food! Meetings are on Mondays in Ms. Benito's room, 504.

Foodies was created by sophomore Jasmine Mobasseri. Jasmine said that the idea to create the club came to her when she noticed that a lot of students went to clubs to eat and socialize.

as Chinese and Japanese. On top of trying their delicious food, they learn about that region's cultures, as well as help end hunger in that region.

Depending on that month's theme, they will sell some of the corresponding theme's food and in turn use the money raised to help end the fight against hunger in that region.

"Foodies sounds like a really

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