

Hi-Tide



Visit the Hi-Tide online at ljhitide.com for a look at senior Skip McCullough's surfing video from his recent tournament in Oahu, Hawaii.

Photo courtesy of Gage Hingeley

Volume LXXXVIII Issue 7-April 25, 2014

Opinions:
MRS. Degrene?

Features:
Prom Guidelines

Stu-Fo:
Religion Diversity

Sports:
Star Athlete

A&E:
Places To Go

Photo courtesy of William Hawthorne II



By Ben Allen
News Editor

Recently, Luis Galvan, a senior at La Jolla High, was awarded the very prestigious Gates Millennium Scholarship for his outstanding academic work. The scholarship promises to pay all unmet student expenses for undergraduate school and graduate school. The scholarship is exclusive to African Americans, Hispanic Americans, Native Americans, and Asian Americans with impressive academic and leadership records. The scholarship is awarded to 1,000 students every year, and only twenty students from California were awarded the prize.

For Luis Galvan, the Gates Millennium Scholarship is a long overdue acknowledgement of his hard work in high school. Galvan is a second generation immigrant whose parents immigrated to the US from Mexico in order to give their expected children a bet-

continued on page 10...

THE GATES SCHOLAR

Luis Galvan receives one of the most prestigious scholarships in California

Counselor Conrado Castro, senior Luis Galvan, and science teacher Rachel Tenenbaum celebrate Galvan's outstanding achievements.

SPIRIT UPDATE



Hi Vikes!

Video submissions for the LJHS Film Fest are due to room 304 on May 2. This year, the Film Fest will be on May 23, and it is sponsored by Go Pro!

Dodgeball starts Thursday April 24 and will go until the championship game on May 2. Come to the gym during lunch to watch the teams play!

Seniors: look for the senior information that will be coming in the mail this upcoming week. It will have the dates and dress code of all of the senior activities for the rest of the year!

If you are interested in joining ASB, elected officer and commissioner packets will be due to room 304 at the beginning of May. Please come to room 304 for more information.

Thanks so much and go Vikes!

Sydney Moses
ASB President

SDUSD Takes Action Against District-wide Lack of Diversity

**Staggering statsitics result in administrators changing hiring policies
Podhorsky offers an opinion**

By Jake Foerster
Staff Writer

A new report has arisen in the San Diego Unified School District that calls attention to a lack of "latino educators in the classroom."

According to the *Union Tribune*, the SDUSD has noticed a lack of representation of its diverse student population in the faculty. Superintendent Cindy Marten sent a diversity report to the school board last month, which called for efforts to alter hiring policies for schools to compensate for a lack of faculty diversity.

When asked about this study and how it affects his job at La Jolla High School, Dr. Chuck Podhorsky, principal of LJHS, said, "I think you want to have the best possible people in front of students. Ideally, you want a diverse population (of teachers) with diverse backgrounds."

The district is concerned about the lack of diversity in its faculty and administration. According to the *UT*, only 23.5% of students are caucasian, but caucasian teachers and counselors make up 67.8% of the workforce. In addition, almost 58% of pro-

gram managers and principals are caucasian.

"I completely believe that how we get new teachers is critical, and you have to promote diversity as well," Podhorksy said.

"It's time to talk about this, and it's time to finally do something about it," Cindy Marten told the *Union Tribune*. "It's not just about color, it's about multiple points of view."

The school board also intends to reshape the "teacher pipeline," which is the pool of potential teachers at college

continued on page 10...

TARGET TESTING

SDUSD places well on the National Report Card

By Jake Foerster
Staff Writer

Recently, results released from the US Department of Education show that San Diego Unified School District ranks close to the top of "large city school systems across the country" according to the article, "San Diego Unified keeps pace in 'Nation's Report Card'" on the SDUSD website.

Also, according to SDUSD, the National Assessment of Educational Progress math and reading tests were administered last year, and the San Diego Unified results were among the highest districts in fourth and eighth grade math and reading. Cindy Marten, SDUSD Superintendent, stated on the SDUSD website that these results will allow the school district to focus on where reforms need to be made. "As we transition to the new Common Core State Standards, our focus is on increasing rigor, pacing, and engagement as we challenge ourselves to come up with new ways to address the persistent achievement gap and

continued on page 10...

Advanced Placement Testing Schedule

May 5 8am: Chemistry Environmental Science 12pm: Psychology	May 6 8am: Computer Science Spanish Language 12pm: Art History	May 7 8am: Calculus AB/BC	May 8 8am: English Literature 12pm: Latin Vergil	May 9 8am: English Language 12pm: Statistics Art Studio: Drawing
May 12 8am: Biology Music Theory 12pm: Physics C	May 13 12pm: French Language	May 14 8am: United States History 12pm: European History	May 15 8am: Macroeconomics 12pm: Microeconomics	May 16 8am: Spanish Literature

The La Jolla High School

Hi-Tide
Editors-in-ChiefLaura Derickson
Amanda Menas**News Editors**Ben Allen
Lilly Glenister**Opinions Editor**

Hannah Orr

Features Editor

Katie Allen

Student Focus Editor

Mae Goodjohn

Sports Editor

Izzie Melvin

A&E Editor

Zoe Hildebrand

Business Manager

Jordan Bowman

Media Liaison

Ali Davallou

Digital Liason

Ryan Robson

Copy Editors

Lilly Grossman

Taylor Mohrhardt

Comprehensive Editors

Trevor Menders

Taylor Osman

Advisor

Jim Essex

Associate Advisor

Rachelle Friberg

Staff WritersCreekstar Allan
Lana Bass
Liliana Becerril
Nicolette Bodine
Rachel Carroll
Jeanine Erikat
Sara Espinosa
Jake Foerster
Camille Furby
Ana Gimber
Griffon Hooper
Misha Kabbage
Zen Kelly
Lilian Kennedy
Jilian Kopp
Maya Lakshman
Ilana Larry
Shane Lynch
Skip McCullough
Georgie Morris
Carly Neville
Marissa Petch
Sarah Rainsdon
Haley Richards
Tony Rivas
Lauren Robbins
Lauren Roberts
Tristan Saeed
Janet Shackleton
AJ Talman
Emily Veliz
Kaitlin Wheeler
Brooks Whitney
Lindsey Young

The Hi-Tide, an open forum, is the official student newspaper of La Jolla High School. Unless otherwise noted, opinions being voiced in the Hi-Tide belong to the individual author. The Hi-Tide welcomes letters and opinions from students and staff members. If you have a letter to the editor, please drop it off in Room 501, or give it to any Hi-Tide editor. You may also email submissions to LJHiTide@yahoo.com. Submissions should be typed and cannot be anonymous. The Hi-Tide reserves the right to refuse any material. Advertisements are measured per column inch. To advertise with the Hi-Tide or to purchase a subscription, please email us or call (858) 454-3081, extension 4501. Issues are distributed every four weeks. No part of the Hi-Tide may be reproduced without written permission.

Babes of WRATH

Going to School for Your MRS. Degree?

By Zoe Hildebrand

A&E Editor

It was difficult to tell that March was Women's History Month. As cable news networks struggled to fill their programming with anything other than the ongoing Flight 370 conspiracy theories, they threw bones towards the forgotten celebratory month. However, often the only voice they brought to the conversation was arguably the antithesis of modern feminism.

Susan Patton, the daughter of two Holocaust survivors, was raised in the Bronx and had to declare herself an emancipated minor in order to apply to college (her parents could see an education future for their son more than they could her). But, once she finally gained admission to Princeton University, she vowed to never let the world forget it.

She first gained notoriety when, in March 2013, she wrote a published letter to the editor of *The Daily Princetonian*. Her main concern was the women of Princeton: she called on them to devote most of their time (75%, to be exact) in college to finding a husband. Patton herself is a divorcee with two sons in Princeton.

After the letter-inspired media circus was over, Patton returned to the limelight this March with a full-length book of her advice, just in case anyone wanted to pay money to read on paper what they could easily hear from their intoxicated aunt over Thanksgiving dinner. All 238 pages of *Marry Smart: Advice For Finding The One* are said to contain straight, no-nonsense advice for the modern woman, but seem to be chock-full of sexist stereotypes of the past.

Not surprisingly, Patton heavily shames women regarding their sexual experiences before marriage. Despite the fact that studies have shown that 95% of Americans engage in pre-marital sex, Patton pushes the tired adage that "it's the lonely cow that gives away the free milk."

Patton also makes the outdated claim that date rape, or sex while unable to consent, is the woman's fault. "If you are too drunk to speak, then you may be incapable of saying no or warding off advances. And then it's all on you," she writes with all the intelligence and

logic of a 50s-era housewife. Not only are these conceptions incorrect, but it's positively dangerous to perpetuate

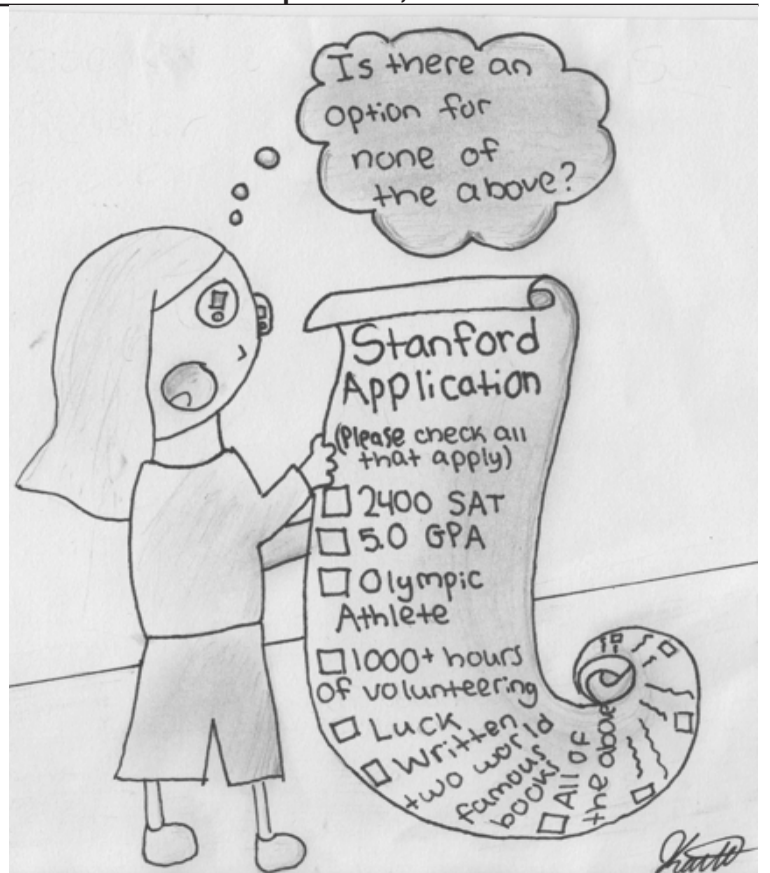
"Self reliance and creativity will do more for you than any man with an Ivy League degree will,"

them, considering that studies have shown that rapists often target drunk women because reasoning like this permeates all through society, even in law enforcement.

Patton urges an early marriage on her readers, for fear of the mid/late-life dating scene. "If you want to have children, your biological clock will be ticking loud enough to ward off any potential suitors," she warns. "Don't let it get to that point." But, even this idea comes with ridiculous guidelines. "Online dating can be the equivalent of going to a singles bar... for lazy people...Yes, I know that many people meet online and sometimes it works out well, but it is frequently inelegant, undignified, and hazardous." Her only acceptable method of how to meet "qualified" men? College. "Simply put, there is a very limited population of men who are as smart or smarter than we are. And I say again — you will never again be surrounded by this concentration of men who are worthy of you."

"When [your daughter] enters college," I like to imagine Patton penning as she cries over her Princeton degree and divorce papers, "[she] will never again be as young, as beautiful, as attractive to men, or as fertile. Encourage her to make the best use of this time."

Ladies, and I use the term non-condescendingly, you know better than to believe this rubbish. You are all beautiful, smart, and capable of anything you set your mind to. Enter college with the goal of harnessing all that life has given you to make an impact. You will find a partner someday, and they will be choosen because they are compatible and respectful, not because you were afraid of your uterus shriveling up. Self reliance and creativity will do more for you than any man with an Ivy League degree will, and I would bet that even Patton knows that.



Political cartoon courtesy of Kaitlin Wheeler

Grammarama

I do not think it means what you think it means... Part 2

By Laura Derickson

Editor-In-Chief

Disinterested should not be used to refer to things one does not care about. It is a technical legal term used to refer to a neutral or unbiased party. It should not be confused with **uninterested**.

Example: Although I tend to be *disinterested* in campus politics, I am *uninterested* in a school life without tube tops.

Forgo means to do without, not to be confused with **forego** which means to precede.

Example: I am thinking I shall *forgo* the extra day of high school after graduation. My reputation already *foregoes* me, so I will spend the day getting "crunk."

Poisonous means a plant, animal, or substance capable of causing death if taken into ones body, not to be confused with **venomous** which means capable of injecting poison into the body.

Example: Cinder the cat has been rumored *venomous*; one bite and the victim will be injected with a poison known to cause painful death within 24 hours.

Unique means the only one of its kind in the universe, not to be confused with **rare** which means unusual.

Example: Although not a single student actually knows the words, the "Alma Mater" is unique to La Jolla High school. Upon *rare* occasion, we actually try to sing it.

Problematic means something that is difficult to resolve or an objective problem needing

resolution, not to be confused with "I have a problem with this."

Example: This integral Mrs. Menders assigned is proving to be *problematic*.

Notorious means well-known by many in a bad way. **Infamous** means famous in a very, very bad way, not to be confused with **famous** which just means well-known.

Example: Certain teachers on this campus are *notorious* pushovers, while others are *infamous* for using all means necessary to exert arbitrary and corrupt power. Miley Cyrus is *famous* to La Jolla High students because everyone knows who she is, while Sonia Sotomayor is not because...Wait, who is she again?

An **allusion** is an indirect reference, not to be confused with an **illusion**, which is a misconception.

Example: My English teacher didn't like my essay because I made *allusions* to drugs and porn. Has this man never heard of a stylistic device? He must be under the *illusion* that I have read enough books to reference literature in lieu of the aforementioned ideas.

Farther is an adjective that means to or at a more distant point, not to be confused with **further**, which is an adverb or adjective which means to or at a greater extent or degree.

Example: I ran 10 miles *farther* than all of the other kids in my P.E. class, and I still received a U in citizenship. There is no logic in this place.

Before we discuss my report card any *further*, let's not discuss my report card.

60 Minutes of Enlightenment

By Kaitlin Wheeler
Staff Writer

History classes teach us all the facts that we need to know about the past. But current events, which play a significant role in our lives, seem to go by unnoticed on a day-to-day basis.

There needs to be a greater emphasis on educating students on the present-day events that happen in our country and all over the world. A simple way to make this possible is to require history classes to play an episode of *60 Minutes* each week on Friday.

60 Minutes not only reports pertinent facts and situations, but it also presents that information in an intriguing format. During many of the episodes, first-hand sources are interviewed, the environment and setting change numerous times to keep peoples' attention, and fascinating facts are always disclosed.

60 Minutes presents topics related to nature, science, business and more, all of which apply to history class.

By learning more about these subjects and how they corre-

late with present-day society, in-class discussions would be encouraged. The focal point of these conversations in class would relate the current event presented in the *60 Minutes* episode to the past events that students learned about earlier in the week. This would help teach students to apply what they have learned in school to real-world events.

The main reason for taking history classes is to learn from the past and apply this knowledge to the present, so that we as a society are better prepared for the future. Watching *60 Minutes* would give us the knowledge that we need to relate to the past and create an opportunity for some intriguing class discussions.

History class should not just be a place to memorize facts and information for tests. It should be a place where students can apply their knowledge of the past to explain why issues happen in our society today.

With episodes online and at our immediate disposal, we should take advantage of *60 Minutes* in our history classes to help us link the past with the present.

RANT: CST Administration

By Jordan Bowman
Buisness Manager

Did you have fun taking the CSTs this year? I didn't. The 2014 California Standards Tests (CSTs) are the last paper and pencil statewide tests students will most likely ever take. LJHS finished the CSTs Tuesday, April 22 and Wednesday, April 23 (for juniors and sophomores respectively), however, instead of being taken over a two week block schedule they were given over one school day with one ten minute break and lunch, depending on if you had finished in the first 4 hours.

The administration blocked out one school day for each grade level participating in CSTs. A normal school day at LJHS consists of five hours and fifty minutes of instructional time; however, the minimum time requirement for the four-parts of the junior CSTs was six hours and fifty minutes. The CST instruction packet, called Directions for Administration, provided to the school by the California Department of Education, indicates that no more than two sections can be done per day.

According to the California Department of Education, each testing period for ELA, Math, and Life Science are to be no less than 85 minutes,

90 minutes, and 60 minutes, respectively. 11th graders also have an additional 15 minutes added on to both of the second parts for ELA and Math tests to compensate for the Early Assessment Program which determines each student's college math and english readiness for California State Universities and California Community Colleges.

The only thing I don't understand is why juniors at University City High School and Mission Bay High School took the same test over a two day period according to their official school calendar. Juniors were planned to take the CSTs on Tuesday April 22 and Thursday April 24, however, due to the upcoming APs and ongoing school sports schedule, LJHS opted to have them all on one day.

LJHS also allowed students who had completed the first parts to continue on to the next part of the test before the majority was done, without removing students who needed more time. Breaks were not given at proper intervals, and a break was given for lunch even though students had not completed the part they were currently working on.

At least these were the last CSTs...

Pretty on the Outside *The beauty beyond the vain*

By Sara Espinosa
Staff Writer

What is beauty? The dictionary defines it as "a combination of qualities, such as shape or form, that pleases the aesthetic senses, especially the sight." However, society has a different definition for it.

Nowadays, for a woman to be considered beautiful, the standards are very high and unrealistic. If a person walks into a department store's cosmetics section, that person will see how the advertisements promise women they will look "beautiful" if they wear cosmetics. But is "beautiful" really what women are rooting for, or do they just want to fit into society?

In *Allure* magazine's 20th Anniversary Beauty Survey in 1991, 64% of respondents thought women of mixed race represent the "epitome" of beauty. The survey also reported that 70% of the respondents wanted to be darker. But that was back in 1991, when times were breezy and easy.

"Each time has its own stan-

dard [of beauty]," said photographer Melvin Sokolsky. And this is true. What was considered beautiful 50 years ago does not match today's definition. In the 1950's, the main beauty icon was Marilyn Monroe. With her full hips and curvy legs, she was the most beautiful living woman. Today, wom-

“Times change; fashion changes; beauty standards change.”

en like Marilyn are considered "fat." The standards have been raised. The media has often portrayed only young, skinny, white women as beautiful. The media appears oblivious to the beauty of diversity.

Size has also been an issue when it comes to beauty. Society dictates the ideal size is "0." This example can be seen in most magazines, fashion shows, and TV shows. According to Victoria's Secret, the weight of their models var-

ies from 112 to 135 pounds. Women are starting to believe that to be pretty, they have to be skinny. This is far from the truth. Women, especially young girls, need to understand that embracing their natural figure is a key factor to beauty. Being healthy is far more important than trying to squeeze into a pair of jeans two sizes too small.

Times change; fashion changes; beauty standards change. Beauty is not only about appearance, but it is also about the beauty of the soul. A beautiful person with a cold heart has no real beauty. When appraising prettiness or attractiveness, one should also consider the personality and the real human being behind make-up.

"The word beauty is such a controversial word," says Bethann Hardison, editor-at-large of Vogue Italy. "The more there's exposure of different kinds of looks...the more you give people a chance to see what could also be beautiful besides what came before."

COLLEGE APPLICATION & ESSAY WRITING WORKSHOP

6 HOURS OF CRITICAL INFORMATION AND INSTRUCTION FOR NEW SENIORS TO UNDERSTAND AND COMPLETE THEIR APPLICATIONS AND PRODUCE A MEANINGFUL ESSAY. PARENTS ARE URGED TO ATTEND THE LAST HOUR OF THE 2nd WEEK FOR THE LATEST IN THE FINANCIAL AID PROCESS.

THIS WORKSHOP IS CONDUCTED BY
BETH BEHNKE: Recently retired Head Counselor from La Jolla High
ART NORTHROP: Also retired LJHS Counselor with many years of Public and Private College counseling.

DATES OF WORKSHOP: #1 Sun., July 27 & Aug. 3. (6 hours) 1 to 4 PM Workshop #2 Aug. 17 & 24 LJHS Room 510 (upstairs in 500 bldg.)

COST OF WORKSHOP: \$250 FOR 6 HOURS OF CLASSROOM INSTRUCTION AND A PERSONAL ANALYSIS AND CRITIQUE OF ESSAY WRITTEN BETWEEN 1ST & 2ND WEEK OF THE SESSION. PLEASE SELECT WORKSHOP NO. 1 OR 2—NOT BOTH.

REGISTRATION & PAYMENT : If you plan to attend either Workshop 1 or 2, please email bbehnke5@gmail.com or aenorthrop@sbcglobal.net and mail your check made out to "College & University Counseling, Asso." 7955 Playmor Terrace, San Diego, CA 92122. While the class is limited to 30 students, if you have a senior friend at another high school who needs this help, feel free to share this flyer/information with them. Once you reserve a spot, we will send you a confirmation letter.

Attack or Praise For The Block Schedule

By Camille Furby
Staff Writer

La Jolla High School is one of the few public high schools in San Diego that does not run on block scheduling.

Instead of six periods a day, a block schedule is designed to have only three classes a day for two hours each.

The idea of block scheduling can be addressed from two different perspectives.

With two hours focused on one particular subject, students have more time to grasp concepts and get work done, instead of learning as much as you can in a single hour.

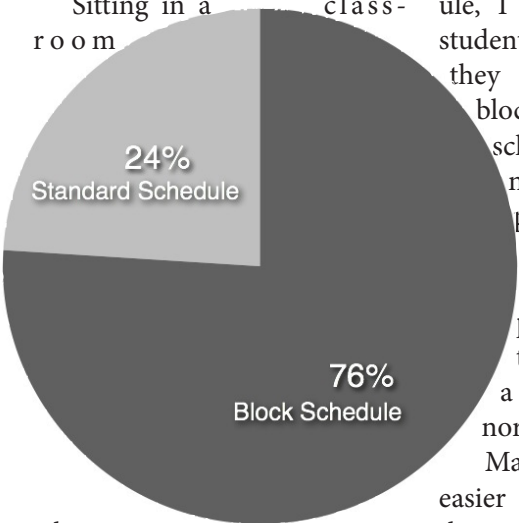
Also, students only have three subjects a day instead of six, which would mean only three subjects of homework a night.

But although there would only be three classes of homework, teachers would assign the work to be completed for two nights, just as it would be if you had the class two sepa-

rate days.

On the other hand, there are many classes students can barely spend one hour in, so expecting students to focus on one subject for two hours is a major stretch.

Sitting in a classroom



when you are tired and uninterested can cause you to become antsy, and not focus on the topics being covered.

Each schedule is different for everyone, since each individual has different methods of learn-

ing, as well as different attention spans and motivations when it comes to homework.

In order to get a toll of what the students in La Jolla High School feel about block schedule, I selected fifty random students and asked them if they would rather have a block schedule, or normal scheduling like we have now with six one hour periods.

The result? Thirty-eight out of the fifty people I surveyed said that they would prefer a block schedule to the normal one.

Many expressed how it is easier for them to focus on three classes a day instead of six, and believe that the homework load would be significantly lighter every night.

Other public high schools in the area differ tremendously, and this is one of the differences that sets us apart.

Spirited Away

Where has the school spirit gone?

By Marissa Petch
Staff Writer

School spirit is a fun and exciting way of showing support for ones school, especially high school. While going into a higher advanced school like La Jolla High School you would think of many different spirited occasions that we might all partake in but there's a lack of it here causing only a certain few to participate.

Majority of kids might be either embarrassed, not interested or do not even care at all to want to show fun and humorous spirit when it comes down to our spirit days, wearing school colors, hyping up for sport teams, etc.

A reason why one might want a huge tradition of school spirit is to be involved and proud to go to that certain school and feel good about it.

If La Jolla High School came up with a variety of fun spirit ideas that a large number of students want. Lack of school spirit also can make a student

maybe even more excited to move on to college and universities that live for spirit and the experience that causes such happiness.

School spirit is an important thing to have and a necessity that one should want in order to have that memorable high school journey.

If everyone would come together and participate in these specific days of spirited events, La Jolla High School could be better than ever!



Photo courtesy of Creekstar Allan

Oh, The Places They've Been!

By Marissa Petch
Staff Writer

Everyone wants to travel and adventure and come back to tell incredible stories. Whether the destination is an hour away or requires a day's worth of flying, the feeling of just being able to get out and go is rewarding. It is so interesting to see and hear about the wonderful and exotic journeys that many La Jolla High students have been on.

All Photos courtesy of Creekstar Allan



Kimi Pierson: "I have traveled to Honduras in Central America, we went to a rain forest and our tour guide was missing a thumb that got bit off by his spider monkey, and went to a waterfall with water snakes in it."



Yasmine Kasiri: "I got to have the amazing experience to be able to travel to the Dominican Republic."



Natalie Miller: "Is Canada exotic?"



Kristina Zlokarnik: "I've been to Croatia"

Salma Hassane: "I've traveled to many different places such as Turkey, Dubai, Saudi Arabia, Algeria and France. I went to Saudi Arabia last spring for a religious pilgrimage to visit Mecca and that was one of the best trips in my life."



Melo Zaeren: "I have traveled to the Bahamas!"

The Do's and Dont's of Prom

By Tony Rivas
Staff Writer

Prom is all about having fun, right? It gives high school students the opportunity to enjoy one last fling with friends and fellow students before they move on to college or enter the workforce. If you follow these do's and don't of prom, you are bound to enjoy your final high school dance. Prom night has become quite a big deal, but there are ways to make the best of this noteworthy night without all the stress.

DO:

Attend prom with someone you enjoy being around. Don't pick a companion simply because he or she is "a pretty face to be accompanied by." Aim for compatibility when choosing your prom date. You do not want to be dancing all night while your date stays at the table.

DO:

Stick to a budget so you do not overspend on prom night. It can be easy to overspend on prom. While prom is meant to be memorable, you don't want to begin summer vacation in debt. Now is a key time to learn budgeting strategies, which will be advantageous when you're living in a dorm and pinching pennies once college begins in the fall. You have to remember that it is only one night, so you don't want to blow all of your cash.

DO:

Nix the prom drama. This goes for guys and girls; so what if your high school nemesis is wearing the same dress as you, or if she/he is talking about you behind your back? This is your night to shine; besides, graduation is just around the corner and chances are, you will probably never see them again.

DO:

Wear comfortable shoes or bring a spare pair of comfortable shoes along. Fashion often precedes comfort when it comes to formal events. However, hours on the dance floor can quickly prove painful on your feet. Do yourself a favor and dress comfortably so you will not have to make an exit prematurely.

DO:

Have a contingency plan in place. Sometimes poor judgment on the part of others can put you in precarious situations. Make sure you have someone to call if you need a ride home at any point in the night. Bring some extra money for unforeseen expenses. Keep parents notified of your location in the event, in case you need to contact them. Safety should be a priority throughout the night.

DO:

Be yourself. Make sure you go with people you actually like. Prom is a right of passage, so you should enjoy the night. If you want to go without a date, that's fine. Go with a group of friends instead. Make sure you aren't under any pressure. You don't have to do anything you don't want to. Just remember that it is your prom, so you can wear whatever you want, be with whomever you want, and enjoy the night the way you want to.

DON'T:

Forget after-prom plans. And remember to be careful! Don't feel obligated to attend a certain party if you don't want to. And it may not seem like it, but your parents could be your best friends. They were kids once, and probably went to prom. It's better to call them if you're in trouble rather than hiding it away. Most folks would understand prom shenanigans. Try to have fun, just don't get arrested.

DON'T:

Set your prom night expectations too high. Prom night is a momentous occasion, but it's important to keep in mind that it's meant to be a fun night with friends. Aim to do a little dancing, dining, and conversing with friends.

DON'T:

Forget to take plenty of photos and videos to capture the spirit of prom. You can look back fondly on these moments and perhaps share them with your own family in the years to come.

DON'T:

Feel the need to have a date, especially if you'd rather attend solo. There is no shame in attending prom alone, particularly if you have a plan to meet up with friends and enjoy the night collectively. Rather than take someone you do not particularly like and feel restricted, arrive alone and enjoy being a free spirit. It's a much better idea to go single or with friends so you can truly make it a night to remember.

DON'T:

Wait to ask your date. This goes for guys and girls. If you have even the slightest idea who you want to ask, just go for it. When the prom's looming in the near future, that "hottie" you've got your eye on is going to be snatched up faster than a pair of Beats headphones on sale. Even if the answer is no, at least you'll know, and you can come up with a Plan B so won't be left dateless the night before the prom.

DON'T:

Blow off making appointments. Things like limos and party buses need to be reserved now. Be sure to make a plan for getting your tux or your dress. If you're a girl, try to make hair and beauty appointments before because prices can go up. The longer you wait and the closer to the date it gets, the less likely it will be to get a good time or even an appointment at all. Try not to forget to plan, because it could really ruin your night if certain plans fall through.

Is Your Fear of The Unknown Holding You Back?

By Shane Lynch
Staff Writer

Everyone has something in life that they are very passionate about, something that makes them feel happy and alive.

Often times people choose not to pursue this passion, perhaps because they have not discovered it yet, but also because of the false perception that it is beyond their reach and too great a risk.

People spend much of their lives pursuing stability. They want a job that allows them to feel secure and have a low-risk lifestyle. Their youthful dreams of being a rock star or an actor are cast aside in favor of a career that promises comfort.

The fact is, 80% of Americans are dissatisfied with their jobs. According to an article from advancedlifeskills.com explores the issue, stating "It's far too easy to get pulled into a 'practical' career and not be able to extract yourself from it later on.

It becomes too easy to just keep doing what you're doing while your passions go into the "maybe someday" file."

Our fear of failure and lack

of willingness to take risks can easily dominate our decisions, and ultimately causes us to miss out on what we were meant to be doing.

We have a clear idea of what we want to do with our lives but are too focused on everything that could go wrong.

Larry Smith, an economics professor at Waterloo University, teaches his students to live by this creed. "There are plenty of bad jobs. Those "high-stress, blood-sucking, soul-destroying" jobs.

Then there are great jobs, but very little in between." He goes on to say that most people won't end up with a great career because they are too afraid to follow their passion.

People are too caught up in this belief that financial stability will bring us happiness, that we need a Harvard Degree and a big salary to get the most out of life.

Those who follow this ideology are ultimately missing the point. The pursuit of comfort and monetary success can only bring people so much satisfaction in the end.

Imagine how incredible life

would be if our doubts were thrown aside and we simply pursued what we love.

Life is about more than just survival, it's about finding a reason to survive. We need this passion and emotional fulfillment in order to truly enjoy existence.

According to statistics, the primary regret older people feel about their career is that they took it for the salary.

They wish they had pursued something they could enjoy rather than substituting this fulfillment with money.

Eddie Cuffin of elitedaily perfectly describes this paradox. "No matter how much money you make, nothing will help you overcome the feeling of doing something you hate."

Ultimately, if there's something you love doing in life, you should passionately pursue it.

You can't allow yourself to get caught up with everything that could go wrong or you'll never be truly happy. Our short time on this world should be spent doing what brings us joy, regardless of the risk necessary to achieve this.

LJ Used To Break Bad

No, seriously where did the bad go?

By Janet Shackleton
Staff Writer

La Jolla High is known for a lot of things, and it has acquired quite the reputation over the years. Back in the day, La Jolla was known for fights, scandals, drugs, and more. Almost anything you could think of, La Jolla High has experienced at least once.

Although La Jolla High is a unique school, the perception by other schools is very known on campus. Many people, especially students from Bishop's, see LJHS as the "ghetto druggy poor school down the street."

Although half the population of our school is bussed in and the other half is from wealthy La Jolla families, La Jolla High is still a public school and there is nothing we can do about the reputation we have.

Over the past few years, our school seems to have gotten "cleaner;" no one has seen a real fight since the

2010-2011 school year, and there have been no scandals, and no drugs to the point at which things have gotten serious. But no one has really noticed. Have students just gotten smarter at getting away with things? Or have students actually cleaned up?

It could also be the fact that times are changing, and when kids get bored, they do not get into trouble for fun as much anymore, but just sit on their phones, which leads to kids getting lazier. In reality, who really knows?

No one really knows what has happened to the behavior



Photo courtesy of Creekstar Allan

at LJHS, and not very many people have even taken notice.

When the lunch bell goes off and word gets out that a club has brought pizza for a meeting, students throughout campus rush to the meetings doors to get a chance at a free slice. The food at each club meeting manages to attract students of all different backgrounds. Many students, however, don't participate in the meeting itself.

All clubs have a greater purpose than just feeding the student body, so the next time you find yourself joining in for a free slice of pizza at a club meeting, keep your ears open and you might find yourself enjoying more than just the pepperoni.

ATHEISM

By Jeanine Erikat and Sarah Rainsdon
Staff Writers

Atheism is the disbelief in God or any higher being(s). Ella Donnelly and Elizabeth Eckenrod felt the lack of evidence was the most prevailing factor. “I don’t like to believe in something that doesn’t have hard facts to support it,” Donnelly said. Eckenrod added, “If people told me to believe there was a unicorn in my shoe, just like you could tell me there was a God, that you know, I don’t need to live my life by those rules.” Both Donnelly and Eckenrod agreed with the sentiment of respecting the beliefs of others. “But I respect other people. If they don’t push it on to me, I won’t tell them ‘you’re wrong.’” Human curiosity is only

natural and that seems to hold true for Donnelly and Eckenrod, who both have explored various religions. Eckenrod said, “I’ve been to Buddhist temples, I’ve read the Quran, I’ve read the Bible, I’ve lived in Utah as a Mormon.” Donnelly mentioned, “I’m going to Thailand this summer and I’m going to visit some of the Buddhist temples, and stuff like that. I find it fascinating. It’s a really interesting topic, it’s just not something I believe in.”

Common misconceptions of atheism include that atheists believe life is meaningless and that Atheists believe in nothing. However, after talking with Donnelly and Eckenrod, their insight helped us get a less skewed version of broad-based Atheism presented in the media.

JUDAISM

By Rachel Carroll and Lauren Roberts
Staff Writers

Currently, there are approximately 14 million Jews in the world. 80 percent of the Jewish population lives in Israel or the United States, which contains approximately six and a half million Jews. The Old Testament contains the history of the start of the Jewish religion. Jacob from the Old Testament fathered twelve sons. The sons were known as the twelve tribes of Israel. The history of the Jewish religion is one of much suffering. The twelve tribes of Israel were scattered and the Jewish people were forced out of their homeland. The suffering of the Jewish people eventually culminated in the Holocaust. “The Holocaust was a really intense and depressing time period for the Jewish population and I’m glad we can live without persecution now,”

said sophomore Ben Steigerwalt. Following World War 2, the major countries of the world, led by the United States, agreed to help the Jewish population form their own country Israel. Many members of the Jewish population moved to Israel, as this was the original area that the Jews lived in during biblical times. Israel is a unique country in that anyone of Jewish descent can return to Israel and become an Israeli citizen. This is called the law of return. Although they make up .2 percent of the world’s population, 20 percent of noble prize winners are Jewish. The Jewish religion follows the God from the Old Testament. They do not believe in Christianity. According to sophomore Seth Pite, “Temple is on Saturday not Sunday like Christians.” They worship in synagogues, also known as temples. Jewish beliefs are based on the Hebrew Bible, which is the Old Testament, and the Talmud. The Torah is the first five books of the bible. The Talmud is a book, which is 6,200 pages long. This contains teachings and opinions from rabbis on multiple subjects. The members of the Jewish population who feel like they need to follow the Talmud very closely are Orthodox Jews. Most Jews in America do not follow the strict guidelines that most Orthodox Jews follow. Some Jewish people will only eat kosher foods. Kosher foods are foods that

may become a member or stop by the meetings. In fact, many members of Mormon Club are not Mormon; there is an estimated one non-Mormon to every four Mormons in the club. The club’s leadership is composed of Brandon Richmond as president, Emi Doncheva as vice president, and Rachel Carroll as secretary.

Emi Doncheva, vice president, expresses that the club is not just a way of sharing religious beliefs; “We also do community service because that helps us build closer relationships to one another and to God and Jesus Christ.” Brandon Richmond adds that, “We have handed out about 100 bags of food to homeless people around San Diego.” The club focuses both on religion and community service.

have been prepared in specific ways. Most American Jews do not follow the full kosher laws, but they will stay away from eating pork and shellfish. According to Junior David Goldberg, “You can’t eat meat and cheese at the same time, so cheeseburgers are out of the question.” As more kosher foods have certified labels on them, it has become easier for people to follow a kosher diet if they choose to. Goldberg said, “You’re not supposed to have any bacon or any pork, and you’re not allowed to have shellfish or anything that swims on the ground.”

A very important ceremony for Jews is the Bar Mitzvah, for boys, and the Bat Mitzvah for girls. Traditionally, the Bar Mitzvah is a ceremony when boys turn 13 and the Bat Mitzvah is for girls when they turn 12. However, in the United States, many girls will have their Bat Mitzvah at age 13. These ceremonies mean that the children are now old enough to be held responsible for their own actions. American Jews have generally been very successful. Although the Jewish population is approximately two percent of the country, one third of the supreme court is Jewish. The Jewish population has a higher percentage of people who work in professional and academic careers than other religions.

Practicing Mormons go to church every Sunday from nine to twelve. Mormons practice the Sabbath on Sundays; they reserve the time to spend with family and those sharing their faith. Mormons do not just actively practice their faith on Sundays, however. “We [youth members that are in high school] attend a religious class at 6am every weekday called Seminary. It has been part of our church for over 100 years. This is where we study one book of scripture a year,” Doncheva commented. Doncheva was seminary president first semester and Mae Goodjohn is currently seminary president.

Mormons also follow the Law of Chastity: “privilege of sexual relations be exercised only between a man and woman who are

legally married,” *mormon.org* reports. Mormons are recommended to refrain from dating until their sixteenth birthdays. Mormons follow the Word of Wisdom, which outlines some restrictions to benefit health, such as not drinking coffee.

Moreover, the myth that Mormons cannot drink herbal tea or soda is false. “We also have the 13 Articles of Faith which outline many important teachings and ordinances of the Mormon faith,” said Carroll.

The Mormons are a tight-knit group of people, especially at LJHS. Their religion has forged a bond between them that is apparent to peers. Mormon Club continues to spread the beliefs of the Church of Latter-day Saints, while welcoming others to join.

FAITH CLUB

By AJ Talman and Lauren Robbins
Staff Writers

La Jolla High is home to a variety of Religious Clubs that all have common goals and interests. Whether it’s spreading the word of their religion or practicing the art of kindness and humility, each club has a unique quality that can appeal to everyone on campus.

Faith Club is one of the most renowned religious clubs found at our school that manages to focus on the importance of religion while making large contributions to the La Jolla community.

Every Thursday at lunch, Faith Club opens up it is doors embracing anyone and everyone of all religious backgrounds and beliefs.

“We want anyone to come in and voice their opinions. We’re really accepting of everyone,” said Co-club President Lamika Chandler.

In a special interview with club presidents Sophia Sowers and Lamika Chandler, the *Hi-Tide* got a full review not only of what it means to be in a religious club, but most importantly, what it means to be a member of Faith Club.

“I think we just try to foster community with each other and have discussions where everyone can participate,” said Sowers.



large part of it. It is not all about religion when it comes to what goes on in Faith Club. This group regularly puts on activities that range from building houses in Tijuana, Mexico for the less fortunate to feeding the local fireman donuts as a token of gratitude and appreciation. Whether people don’t choose to look into clubs based on religion because of the lack of understanding or because of the lack of similarity with their own beliefs and interests, everyone should give them a chance. The next time you find yourself sitting in a Faith club meeting enjoying that free slice of pizza, don’t forget who gave you the meal in the first place; and if you can, look into what else the club has to offer besides the free meal.

ISLAM

By Jeanine Erikat
Staff Writer

Islam is one of many religions practiced here at La Jolla High. The *Hi-Tide* got to interview junior Salma Hassane to give us a deeper insight on a faith not understood by many nor ever given the proper explanation.

When asked about the general beliefs of the religion of Islam, Hassane replied that, “Islam is a monotheistic faith; meaning we believe in only one God. Our main six beliefs are the belief in God, the angels, the messengers, all the prophets sent from Adam all the way to Prophet Mohammed (peace be upon them), the books- including the Bible, the Torah and the Quran and the Day of Judgment, which meaning we will be judged on the actions of this life, the hereafter and the belief in the predestination, meaning God had predestined everything for us.”

When asked about the practices of Islam, Hassane stated that, “The way we practice Islam is first we have a testimony of faith; that there is only one God and the Prophet Mohammed is his messenger. We pray five times a day: sunrise (fajr), noon/midday (duhr), afternoon (asr), sunset (maghrib) and evening (isha). Our religious congregational prayer is the noon prayer on Fridays, where we all go to the mosque, listen to a sermon and pray. We partake in Ramadan, which is when we fast from sunrise to sunset for 30 days, abstaining from all food and drinks. We give charity, and once in a lifetime, if a person is financially and physically able, they should go to Saudi Arabia and perform pilgrimage in Mecca.” Hassane also mentioned the common misconceptions of Islam seen today. “A lot of the time people are under the impression that we don’t believe in Jesus, when in reality Muslims respect Jesus as one of the main five prophets of Islam. We also believe in all his miracles and his mother Virgin Mary; who is one of the most respected and admired women of Islam. Many people also have misconception of thinking that we believe in a different God. When really Allah and God is the same thing, Allah is just the Arabic word for God, and even Arabic speaking Christians use the word Allah for God. We [Christians, Jews, and Muslims] all worship the same God.”

has been Catholic for a really long time, and just growing up with it, it has become a prominent part of my life.” Johnny Espinosa shared a similar sentiment and stated that, “Well, I’ve grown up Catholic my whole entire life, and just in high school it’s become more important to me. And that’s the main reason why I continue with this club.”

“How does this club tie in the fun activities you participate in with your religious beliefs?” Ana replied that, “We go on several retreats throughout the school year and have fun activities like skiing or snowboarding in the winter or a huge messy capture the flag games or beach days over the summer. On retreats we have to go to mass and sometimes have adoration and the youth group leaders give talks about either faith or relatable things that we go through in high school.”

GATHERING CLUB

By Jeanine Erikat and Sarah Rainsdon
Staff Writers

Here at La Jolla High, there is an ever-growing unique Catholic youth group known as the Gathering Club. After talking to president of the club, Johnny Espinosa, and fellow member Ana Corona, we were able to gain some new insight on the club. When asked, “What makes this youth group different from other youth groups?” Ana Corona stated that, “The gatherings are usually really loud and energetic, which is fun because when you go to events with other youth groups, we will be the ones to start activities and we usually make the most friends out

of all the groups. It’s a fun environment.” Johnny Espinosa felt that, “The people involved are incredibly energetic, and we go to any all

city youth group events and ours by far is just crazy and energetic and people look at us like ‘dang we’re those people’ or ‘that youth group.’”

When asked what made you choose this sect of religion opposed to other religions?” Ana replied that, “I was born into it. My family



Performance-enhancing Drugs

Athletes often disregard the serious effects of performance-enhancing drugs like steroids, EPO, and amphetamines.

By Rachel Carroll
Staff Writer

Many La Jolla High school students play on varsity sports teams, while many others play at the club level. Many students who don't play on teams enjoy exercises such as lifting weights, running, and surfing. Anyone who exercises knows that it takes hard work and persistence to improve, which can be frustrating at times.

Virtually every athlete has briefly thought that it would be a relief to take a pill or a drink that could help him or her get into better shape and improve performance.

Some high school students, as well as many college students, and even more professional athletes look to performance enhancing drugs to improve their athletic ability.

However, individuals using these drugs are cheating. The problem with using these drugs is the significant side-effects that may occur after ingesting.

The most well-known drugs are anabolic steroids; when athletes train with anabolic steroids, their muscles grow at a greater rate than if they had trained naturally. These have been used primarily in sports that require large muscle mass, such as football and bodybuilding.

Athletes in other sports such as baseball and wrestling have begun using these drugs more frequently. Several high pro-

file baseball players have been caught using anabolic steroids.

Another class of drugs that has become more common in endurance sports, such as bicycling, is related to the substance erythropoietin (EPO).

EPO increases the number of red blood cells in the bloodstream, allowing more oxygen to be carried. In grueling endurance sports such as the Tour de France, this drug can make the difference between winning and losing.

Lance Armstrong won the Tour de France seven times in a row, but was then disqualified for those races and banned from competitive cycling for life because he used performance-enhancing drugs. Negative side-effects of EPO include an increased risk of thrombosis and blood clots.

In high school athletics, one of the most abused drugs is amphetamine. High school athletes have been known to use Ritalin or similar drugs to help give them energy in track and wrestling meets.

These drugs can cause severe dehydration and a rapid heartbeat, interfering with athletic performance.

Athletes may be tempted to use performance-enhancing drugs to improve their athletic performance, but the risks far outweigh the benefits. Moreover, it is unfair to use these drugs when competing against people who are training naturally.



Skip McCullough surfing on the North Shore in Oahu during a recent tournament. Check out *Hi-Tide* online for a closer look.

Upcoming Sports Events

<u>Badminton</u>	<u>Girls' Softball</u>
vs. Point Loma 4/25 @ 3:30	vs. Cathedral 4/25 @ 3:30
<u>Baseball</u>	<u>Swim</u>
vs. Mission Bay 4/25 @ 3:30	vs. Scripps Ranch 5/09 @ 3:30
<u>Boys' Lacrosse</u>	<u>Boys' Tennis</u>
vs. Cathedral 4/29 @ 7:00	vs. Cathedral 4/28 @ 3:00
<u>Girls' Lacrosse</u>	<u>Boys' Volleyball</u>
vs. Coronado 4/25 @ 7:00	vs. St Augustine 4/25 @ 4:45
<u>Track & Field</u>	
Wilkins Championships 5/03 @ 7:00	



All Photos courtesy of Creekstar Allan

Alex Shilvock and Ronnell Green sprinting around the track at LJHS. (above)
Greg Meyerott mastering his pole vaulting technique during a recent track meet. (below)



Alex Bernal sprinting for the 100 meter race, with Emma Washkowiak and Caitlin Wischmeyer. (below)



Follow La Jolla High School sports events and current updates on Twitter at @LJVikingsport