

Star Athlete Swim Team 2014

Kurt Rustin, star of the hurdle events, shares his thoughts on this season.

By Ryan Robson
Digital Liason

Kurt Rustin, LJHS senior, is the captain of this year's track and field team. The Hi-Tide briefly sat down with Rustin to talk about his position and the 2014 team he leads.

Hi-Tide (HT): As track captain this year, what are your responsibilities?

Kurt Rustin (KR): I keep the team organized, keep them moving in the right direction ... they're high schoolers so a lot of them like to mess around. There's lots of team spirit, anyone that needs help can get help with each of the different events."

HT: Can you tell us about the hurdles situation this year?

KR: We've always been really strong in girls hurdles, but this year we don't have a single girl hurdler. I've been trying to get some over there to try it out ... I think it's a really fun event. We have three boy hurdlers: Kevin Dixon, Alex Chang, and myself. They're still learning and are doing very well.

HT: As a senior, what would you say about your past four years running track?

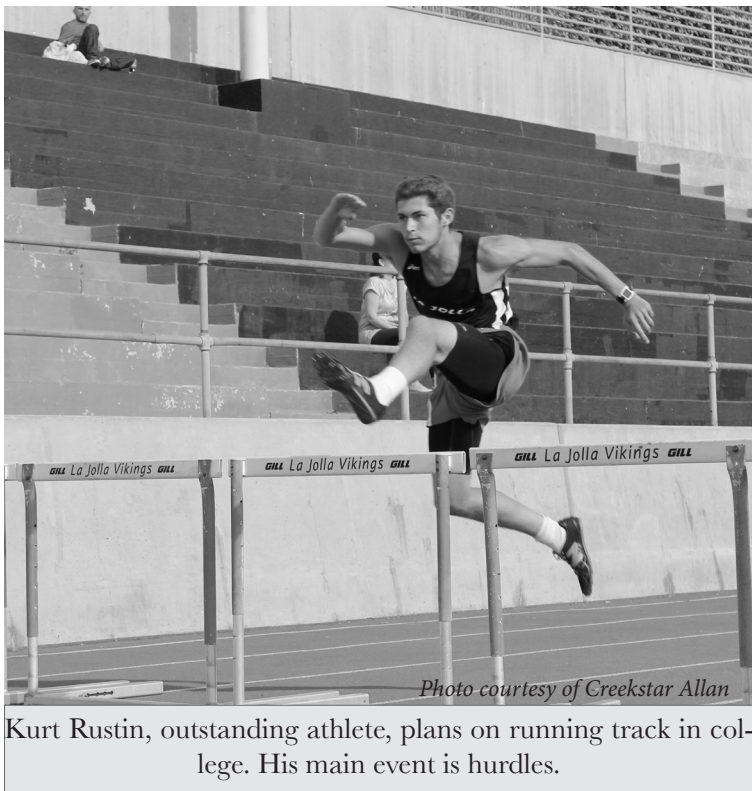


Photo courtesy of Creekstar Allan
Kurt Rustin, outstanding athlete, plans on running track in college. His main event is hurdles.

KR: We've switched coaches every year which has been rough, since change is always hard ... but it's been fun, you make a lot of good friends and I think it's a great co-ed sport.

HT: What are your goals, looking ahead at the future?

KR: I'm looking at Northern Arizona [University] right now, I'm most likely going to go there. They have a D1 track team and

they usually win conference finals every year. I'm hoping to walk on in hurdles, but I'll be an engineer there as well.

HT: Is there anything else you want to add?

KR: I'm trying to recruit more people into the hurdles team, but I know a lot of people are intimidated by it. Once you get used to it, it's a blast!

By Janet Shackleton
Staff Writer

Over the years, swim team has been composed of club swimmers, water polo players, and beginners.

La Jolla High School holds a very strong team and it's expected to do well this year.

City Conference will be held at the Coggan Family Aquatic Complex this year on May 13, followed by CIFs on May 24.

The coaches this year are Atwell, Francis, and Lacey. Coach Lacey, for those who have never heard, is from South Africa and was a competitive swimmer when he was younger, and also third fastest in the world at one point in his career. Hopefully their strong coaching staff will be beneficial.

This year's men's captains are Zachary Wallace and Jorge Jimenez and women's are Cienna Miesfeld and Sonia Blue. There are 48 boys and 47 girls, making 95 swimmers altogether.

Last year, the men finished in fourth place in CIF and the women finished in fifth place.

This year, the swimmers are stepping up their game, setting their goal for first place in both boys and girls for CIF.

"I really expect JV boys and girls to win League. I think varsity boys should win City Conference and if they do, it would be the tenth championship in a row. The varsity girls have a great chance this year for City Conference and CIF. Both teams should place in the top three," said Coach Atwell.

Coach Atwell of varsity and Coach Francis of JV are both pushing everyone as hard as physically possible with rigorous swim sets to be sure that they will win CIF.

So far, swim team is undefeated, and everyone on the team plans to keep it that way. The team's biggest rival as of now is Cathedral, and to win Western League La Jolla will have to beat them.



Photos courtesy of Catriona Miller

Submitted by Catriona Miller

Jonny Espinosa, Ryan Miller, and Michael Miller won the California Paddling League trophy for La Jolla High School.

Every winter, the San Diego Canoe Kayak Team (SDCKT) takes part in the SoCal winter racing series. This is a ten race series at select beaches and harbors along the Southern California coast. An Epic Surfski and a Valhalla Surfski are awarded to the top 19U male and female paddler based on points. A school trophy is awarded to the high school whose paddlers garnered the most points, and this year the trophy went to LJHS.



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SCORES IMPROVE

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and universities in San Diego. Marten has noted that the district cannot provide preferential treatment to anyone when hiring new teachers; however, she also stated, “There is nothing in the law which prevents us from focusing recruitment efforts on attracting ethnically diverse candidates, or from putting into place mechanisms to ensure inclusion of employees of diverse backgrounds in the district’s decision-making process.”

“It is an important issue. We have a lot of teachers on staff. It is my job to make sure we have the best staff for the students,” stated Podhorsky.

DIVERSITY

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achievement in grade eight math,” stated Marten.

These results reflect La Jolla High School’s successful performance in the district. When asked, Vice Principal Will Hawthorne said, “It legitimizes and validates our district’s work.”

This program tests students throughout the country in each state, and it allows participating cities to compare their results to those of other cities in California as well as cities outside of the state. The results of this test have shown improvements in reading and math for grades four and eight.

LJHS Principal, Chuck Podhorsky, also added, “I think, while you celebrate successes

A Long Time Coming

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ter life.

Growing up in poverty, Galvan’s parents and family were always insistent about him going to college, emphasizing that education was a way to not be “enslaved in the work force.” However, it wasn’t until his father was arrested for domestic violence during his freshman year that Galvan truly decided to pursue college.

“I had always been encouraged to go to college, but I didn’t really get that ‘spark’ until the start of high school,” Galvan reflected. “[My dad] was charged with domestic violence and since he was charged...he went to jail for a few months. So, throughout high school I had the challenge of overcoming fights between my parents.... My dad was the sole provider, so when he was gone, we were definitely in poverty.”

With trouble at home, Galvan found motivation to do well in school for the sake of his little brother, who is an eighth grader at Muirlands this year. “I wanted to be the person who helped him get

through it, so I took the initiative of definitely being his role model and to continue getting through high school with high grades so that he had a role model to keep him from getting distracted from all of the obstacles at home. That’s definitely the reason why I have been persistent at school.”

Galvan boasts a 4.5 cumulative GPA, Cum Laude honors, and hundreds of community service hours. He has represented his community group, Reality Changers, at educational conventions for minority students. Galvan attributes much of his academic success to this community program, Reality Checkers, and he avidly recommends it for any other minority students who are looking to get ahead.

The Gates Millennium Scholarship has proved to be the ultimate affirmation for Galvan. When asked how he felt about winning it, he said, “I feel a lot of things. I feel relief that I don’t have to worry about paying for my education. I feel everything I have gone through—throughout my life—it’s paid off working very hard. And also I’m excited be-

cause I never thought I’d be going to grad school, or above, because of money but now [the scholarship] has opened up many possibilities.”

Galvan is planning to pursue a BS in biochemistry at UC Berkeley and then go on to medical school. But for Galvan, his brother and the rest of his family comes first.

“I want to get my brother through the situation at my house, but I also want to bring my family with me....What it all comes to is being that role model. Giving them the option that they can do it, and hopefully they will do it, follow in my footsteps, to bring my family out of poverty.”

With his future ahead of him and things at home settling down, Galvan is looking forward to attending Berkeley in the fall.

“Hopefully winning this scholarship can inspire other minorities at this school,” Galvan said, “It doesn’t matter what your race is or where your you come from, if you set your mind on something you can really accomplish it. It’s kind of the message I want to leave at this school.”



Congratulations to all of our Summa students including the twenty-seven who received perfect scores on the SAT .

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The Closet That Inspired The Girls Of LJ

By Ilana Larry
Staff Writer

Instagram has traditionally been a social forum used to instantly capture and share moments with friends and family. Recently, LJHS students have begun to use Instagram as an online store, making "closet" accounts to sell clothes they no longer want to their Instagram followers.

The nicknamed "Insta Closets" rose to popularity in La Jolla when senior Melo Zareian made an account (@MeloCloset) in hopes of raising enough money to pay for her ticket to Coachella.

Prior to setting up shop, Melo had been looking for work around La Jolla, but could not find a job. Everyone who knew told her to sell her clothes; anyone who knows Melo is envious of her wardrobe.

She created the account, despite being dubious that it would ever be successful. The account immediately gained followers and completely sold out.

Managing and maintaining

the store can be hectic and stressful. Sophomore Liberty Ruderman is Melo's right-hand woman in the business, which has been expanding and shipping to various cities.

Melo posts pictures of the clothes with the details in the caption at 7pm, limiting complications in the fairness of the auction. The clothes are sold promptly at 8pm to the highest bidder.

The selection is truly a dream homemade flower crowns, bathing suits, new clothes from stores like Urban Outfitters, Brandy Melville, and LF all priced between \$5 and \$25.

Since the creation of @MeloCloset, dozens more girls here at La Jolla have been inspired to start their own accounts.

Melo plans to continue the store for a long time. She has plenty of clothes that she hasn't worn or doesn't wear anymore, and now wants to even start making her own clothes to add into the mix. Melo has always made clothes as a hobby, and now that she can see what everyone likes, she can really commit to the project.

Paid to Look Cool Stars at Coachella

By Lindsey Young
Staff Writer

Imagine this: while tickets to what many consider the hottest festival of the year sell for hundreds a piece, you are being paid to make an attendance. Sound too good to be true?

For actresses Lea Michelle and Vanessa Hudgens, this is just another gig.

Glee star and former Broadway actress Lea Michelle was paid the hefty amount of \$20,000 to sport a Lacoste wardrobe while listening to her favorite artists. Former Disney sweetheart Vanessa Hudgens grabbed a \$15,000 check written by McDonalds to attend the concert, and all she had to do was carry her McCafe drink proudly. Many other stars were rumored to have joined their ranks at the popular festival, including Breaking Bad star Aaron Paul,

singer Joe Jonas, and actress Kate Bosworth.

Franchises are aware that thousands of impressionable young adults will be attending the event, and plugging their products on influential stars is an advertising opportunity too

ing around- even if the stars themselves are not enthusiastic to have to converse with their fans.

According to *Time Magazine*, this practice of advertising "is really no different from an athlete wearing their

sponsor's gear at a big tournament, or Ellen DeGeneres tweeting a selfie from a Samsung phone at the Oscars." Still, people are not too thrilled that businesses have taken over a seemingly

"Former Disney sweetheart Vanessa Hudgens grabbed a \$15,000 check written by McDonalds to attend the concert, and all she had to do was carry her McCafe drink proudly"

great to pass up.

Some people are offended that celebrities were being paid rather than paying to attend this popular event; however, businesses plugging celebrities with their items is something of old news, and still holds true to being one of the most effective ways of advertisement. Plus, many are thrilled for the chance to find one of their favorite celebrities lurking

peaceful and fun event, using it as a reason to get people to buy their products. Although it is not a harmful way of promoting a product, many people just hoped to have a blast at their favorite event, not be overwhelmed by crazed fans searching everywhere hoping to bump into their favorite celebrity, reluctantly attending for more cash in their already well-filled bank accounts.

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Oh, The Places You'll Go

FILM FEST 2014: PADLOCK EDITION

MAY CONCERT CALENDAR

By Misha Kabbage
Staff Writer

One of La Jolla High's newest, but nonetheless most popular events is the annual Film Fest. This year will be the third year and will likely be the most crowded, which is why the event is being held at a new venue, La Jolla Museum of Contemporary Art. In the previous years, the festival was held and ran by alumnus Matt Twohig, but this year it is La Jolla High's well-known film master Adam Hersko-RonaTas who is taking on the role of host.

Hersko-RonaTas is a senior here at LJHS, and whom many would consider an excellent filmmaker. All school activi-

ties aside, Hersko-RonaTas has won several competitions for his achievements in directing, acting, and editing. His films have been so outstanding that they were held from submission in last year's festival. But now, he is running the show.

Each year, the Film Fest has a signature "totem:" an object that must make an appearance in each film. The first Film Fest required a potato, while last year's required a brown paper bag. This year, each film must contain a padlock.

The judges award the winners prizes, ranging from GoPros to gift cards. There are categorical awards for best editing, best use of the totem, and many other noteworthy categories.

The grand prize of the Film Fest is awarded to the creator of the best film overall.

If any students have the slightest inkling of interest in making a film for the festival, they are highly encouraged to do so. Students with artistic talent can express their talent through film, talent that is often hidden from sight in our average school days. This event has not only become extremely popular school-wide, but around all of San Diego. Students from other schools, parents, friends of friends, and numerous others come to the Film Fest each year to see the compelling, humorous, and clever movies LJHS students create. Make us proud.

SALVATION MOUNTAIN

By Ilana Larry
Staff Writer

Driving through the ghost town of Niland, one would never expect to come across such a beautiful discovery. The colorful sight set in contrast with the barren, monochromatic desert is a shock to the eyes. Salvation Mountain is a tall mound of painted adobe located in the Imperial Valley Desert in California. Although it took more than two decades to create, its message is simple: God is Love.

There are no dull colors in sight. The mountain glows with primary colors of blues and reds that are illuminated by the desert sun. It's covered top to bottom with Christian messages and slightly nonsense phrases like "Jesus Bible Jesus." The theme of love is

evident everywhere.

Leonard Knight began painting religious messages over two decades ago on a tall mound of adobe in the southern California desert (close to the Salton Sea), which he later decided to name Salvation Mountain. In his home in Vermont, Knight worked in various carpenter and construction jobs. Knight first arrived in Niland planning only to stay a week, but 25 years later, he was still there.

The mountain is decorated with more than 100,000 gallons of donated technicolor paint, and today, even after Knight's passing, there are loyal followers who continue to maintain the site with donated paint.

Knight lived guarding his creation for 26 years without electricity, gas, running water,

a phone, heating, or air conditioning. He slept on the site in his car, an old 1939 white fire truck, which is painted in the same style as the mountain.

At one point, Imperial County began to threaten Knight for building his dream on public land. The county was concerned that the lead paint he used was contaminating the water. However, scientific tests proved otherwise, and California senator Barbara Boxer declared the mountain a national treasure.

Knight spent his last years in a convalescent hospital in El Cajon, where he passed away on February 10, 2014. A celebration of Leonard's life took place at Salvation Mountain on March 15, where those attending celebrated his life by reviving the mountain's fading colors.



Photo courtesy of Ilana Larry

May 6th –
Manchester Orchestra
at House of Blues

May 7th –
Riff Raff
at House of Blues

May 9th –
Channel 933 Summer
Kickoff Concert
featuring Fall Out Boy,
Tiesto, Paramore, Chris
Brown, Ed Sheeran and
Austin Mahone
at Sleeptrain
Amphitheater

May 14th –
Stephen Marley at *The
Belly Up*

May 17th –
Iggy Azalea
at House of Blues

May 19th –
Band of Skulls
at House of Blues

May 20th –
Black Flag
at House of Blues

May 23rd –
Against Me! at House of
Blues

May 27th –
Crystal Fighters
at *The Irenic*

May 30th –
X Fest
featuring 311, Panic! At The Disco, Iration,
and more
location TBA

OUTSIDE LANDS
FESTIVAL

By Carly Neville
Staff Writer

Festival season is here, and we all know what that means! Line ups are being slowly released, and the excitement of fans is truly on another level. Trendy San Francisco festival Outside Lands has recently released its line up. With headliners such as Kanye West, Tom Petty & The Heartbreakers, Arctic Monkeys, Death Cab for Cutie, and many more, the show is bound to be legendary.

Located in Golden Gate Park in the beautiful California summer month of August, this music, food, and arts festival has grown tremendously in popularity over the years. In the past, the festival has tended

to mimic Southern California's famous Coachella. But this year, the lineup is more fresh and exciting than ever before. With Disclosure, Atmosphere, Lykke Li, and even Macklemore & Ryan Lewis, there is truly a show for everyone.

Although there are a few artists out of this lineup that are playing at Coachella, there is a different and smaller feel to this type of environment that cannot be attained in the hot desert. With only one weekend, there are around 70 bands dispersed throughout the three days. The festival is located in the middle of one of the most vibrant and diverse cities of this nation. Put some flowers in your hair; everyone's invited.