

# Hi-Tide

Take A Deep Look At  
Life Under The Sea

Read Page 8!

Volume LXXXVIII Issue 2- November 1, 2013

## Russian Flag Not So Colorful

By Misha Kabbage and  
Carly Neville  
Staff Writers

Russia entered a dark phase on June 30 this year, when President Vladimir Putin signed an anti-gay law into effect. This law was made specifically to limit the rights of the nation's gay, lesbian, transgender, and bisexual society, as well as to ban advertisements and publicity about "nontra-

ditional sexual relations" to minors. Extreme right wing groups have initiated recent acts of hate crimes against the gay community since Putin passed the law. There are some incidents where these groups ambushed gay teens, drawing them to a meeting and mortifying them on camera as well as pouring urine on them. Not only is this a setback for the Russian gay community, but it

is also a setback for the world's gay population as a whole, which has recently been more accepted in American society.

Junior Nathan Wetter, recently publicized his homosexuality, and is quite understanding of the issue at hand. However, he does not disregard the cruel facts. "I think it's a very difficult situation because every country seems to be on different wavelengths of the acceptance of homosexuality. Of course I don't by any means think that it's right; it's a terrible thing that people's own inhibitions will hinder the way

they feel about others, ...and equality. But I think as a planet, we have a long way to go."

Sophomore Cynthia Chhoeung has had a long-lasting relationship with her girlfriend, and was shocked to hear about the position in Russia.

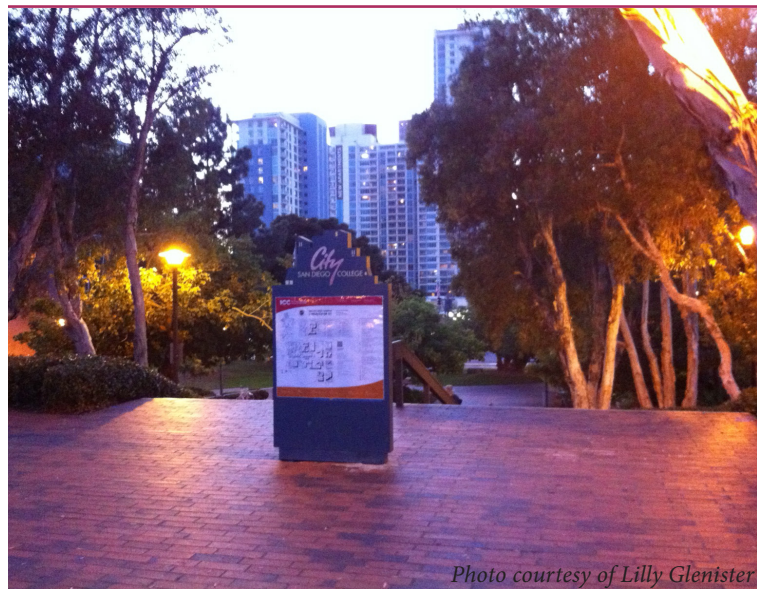
*Photo courtesy of Wikimedia Commons*



Chhoeung also believes

When asked how her relationship would be af-

solution continued on page 10...



*Photo courtesy of Lilly Glenister*

## Urban Development

By Jake Foerster  
Staff Writer

The city of San Diego has almost finished a series of renovations and reconstructions on the San Diego City College. These changes, which have cost nearly \$475 million, are designed to transform the school into a modern university that is welcoming to all types of students.

The city has also spent money on renovations for schools such as Mesa College, Miramar College, and several other colleges. The city first started diverting funds when Propositions N and S were passed in 2006.

These transformations have taken place over the last decade and have included the addition of a new math and science facility and a career and technology center in the last three years. The school has also renovated five buildings were already built.

These changes have been done to make the campus welcoming to its students. Statistics predict that enrollment in the fall semester will increase as a result of these constructions and renovations. San Diego City College is an attractive school to San Diego residents, because it allows them to stay closer to home, yet still attend a comfortable college. Some other aspects that attract students are smaller classes and a better quality campus.

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## WHAT'S UP IN THE CLUBS?

By Ana Gimber  
Staff Writer

La Jolla High is home to a grand total of 75 clubs this year. There is a club to meet most anyone's interest. Of the 75 clubs there are 14 academics-related clubs, 10 Language/Culture clubs, 9 Art/Performing Arts related clubs, 9 Special Interest/Hobby clubs, 8 Athletic clubs, and 3 Religious/faith based clubs. The largest number of clubs (a whopping 16) are Service Based clubs.

Each club meets weekly and is actively planning future activities. A few clubs have already had an activity or held an event. The Robotics club has competed in an event and is awaiting word about robot requirements for their next competition. "We don't know what this year's [criteria] will be but some examples from the past have been robots that have to throw Frisbees into goals, robots have to throw fast balls, and robots that have to manipulate objects on the field," says club president, Fransisco Macagno.

Another club, The Model UN club, has upcom-

ing plans to send delegates from LJHS for the Model United Nations conference on December 14.

"We do what the UN does in their conferences like discuss world issues and try to promote awareness of global warming," says club president Emily Andrey. "We're global citizens and it's time we take a greater interest in the global community."

Another popular and long existing club is Irish Club. Connor Hallman and Tristan Saeed are co-club presidents. Tristan explained that every year Irish club raises money to benefit Peace Players International, an organization that helps deal with conflicts between Catholics and Protestants in Ireland. "They play sports together. It's finding mutual similarities."

There are also some unique special interest clubs. A few of the most interesting clubs are the Pokémon club, and the Punk Rock Pizza club. Both clubs highly encourage people to join. Paul Vickery, President of Pokémon club, says "Come by sometime and play some Pokémon and have some fun." And if you are hungry, you might drop in on the Punk Rock Pizza club. Skip McCullough says "We've [already] eaten a lot of pizza and listened to a lot of punk rock music."

## DISTRICT DIVERSITY

By Jake Foerster  
Staff Writer

Recently, the issue of race has been made the top priority for San Diego schools. The San Diego Unified School District wants to diversify its work force and advocate acceptance in the schools of San Diego. According to the article published in the UT, "S.D. Unified Doing Its Homework on Diversity Issues," the race issue started when school board trustee Marne Foster inquired about the lack of diversity of employees in management under Superintendent Cindy Marten, who is responsible for appointing approximately sixty principals and vice principals along with managers in the district, all of whom did not reflect the diversity of the district. The lack of diver-

sity prompted Kevin Beiser - SDUSD Board Vice President - to agree to start a committee designed to incorporate the principles of diversity when hiring employees in the district.

According to the article above, there are currently 133,000 students enrolled in district schools, and of those 133,000, forty-six percent are Hispanic, twenty-four percent are White, ten percent are Black, five percent are Filipino, five percent are Indo-Chinese, and three percent are Asians. The district members hope that its attempts to diversify the district also promote tolerance amongst the different racial denominations. When asked about the new hiring policy promoting diversity, Assembly woman Shirley Weber, the first

continued on page 10...

## SPIRIT UPDATE

Hey Vikes!

November is a time for giving back so November 8 until the 21 we will be having a canned food drive benefiting the San Diego Food Bank! Make sure to bring in your canned goods to your second period class. The class that has collected the largest weight compared to class size will be treated to some goodies. We will also be having a Jean Drive. Huge bins will be located around school until November 8th so you can donate your old jeans. This drive is run by LJHS graduate Jessica Zuniga who is donating the jeans to be made into housing insulation! Lastly, Powderpuff is on November 21 during 5th period. Make sure to support your class!

GO VIKES!

Sydney Moses  
ASB President







# GENERATION Y

## MILLENNIALS IN THE MEDIA

By Sara Espinosa  
Staff Writer

After flashy headbands and disco balls, after punk rock music and MTV, came the generation that has claimed to have changed the world: Generation Y. Also called Millennials or “Millies,” kids born between the early 1980’s and early 2000’s will become the new leaders of the world, or so society believes. Millennials are mostly characterized for being technology whizzes and “artsy kids.” But just as how they have been praised for the new talents that they are bringing forth, they have also been put down by society and have been called a deception by the world.

Lately, the global media has attacked Generation Y in many ways. According to The Huffington Post, 21.6 million Millennials were living at their parents’ home in 2012, while 16.3 million were unemployed. The media has taken the task of recording every failure and bad actions that Generation Y is making. They judge young people as if they never made mistakes themselves. The truth is that Generation X has left many loose ends that have not been resolved yet, and the Gen X-ers (born from the early

1960’s and the early 1980’s) expect us to fix them. Instead of just stating the humiliating facts about Millennials, let’s first look at the reason behind them.

Millennials have inherited many of the world problems that Generation X caused, from the terrorist attacks of 2001 to the global recession of 2009. Ever since 2001, there have been economic issues that completely changed the way the world works. The war in Afghanistan, the national debt, Wall Street, the failing stock market, and nuclear weapons are just a few of the issues that Generation Y has to now handle.

Many of the concerns regarding Millennials nowadays are related to education and unemployment. Why are students coming back home after spending thousands of dollars on an education that would not pay the bills? Unemployment is very common in the middle-class. Twenty years ago one could get a well-paid job with little or no experience, but today students have to work their butts off to end up working at McDonald’s or, if one is lucky, being the manager at McDonald’s.

Tuition at many colleges has become so high that some

students don’t even stand a chance at getting into college. No college equals no experience and therefore, no job. According to an Adecco survey, 58% of hiring managers are not planning on hiring a college graduate. Why? They have no experience. How are students supposed to get experience if they can’t get a job? And thinking bigger, how are Millennials supposed to fix an economy that was already broken before they were even born?

The media has branded Millennials as being the deception of society, but how long is it going to last? What is it going to take to open their eyes and make them see that they are the reason why we are the way we are? There are high expectations when it comes to Millennials. People expect Generation Y to magically make the world a better place and sing happy songs in the process, but it’s going to take more than a decade to fix the mess that has been left for the Millies. The only thing left to do is to keep progressing, turn a blind eye towards criticism, and prove everybody wrong. We may be Generation Y but we have a future ahead of us, a very bright future.

# Treating Animals Humanely

By Kaitlin Wheeler  
Staff Writer

In Hammurabi’s Code, the law an “eye for an eye” made sure to enforce fairness and safety in the community. Many years later, Mahatma Gandhi noticed how this law was not logical, and stated, “an eye for an eye only ends up making the whole world blind.” If this is true, then we should not enforce this rule on animals, including those at the zoo. By doing so, it will protect many species in the zoo from the risk of dying.

Just last week, The Huffington Post reported that a zookeeper was trampled and killed by an elephant at the Missouri Zoo. The zoo did not put the animal down because the elephant was not intentionally trying to harm the man. In other instances though, this act of fairness has not been the overruling force.

According to the *SF Gate*, at the San Francisco Zoo, two people started harassing a tiger. The tiger escaped his enclosure

and attacked them. It was then shot and killed by a police officer. This decision to kill the tiger was inhumane.

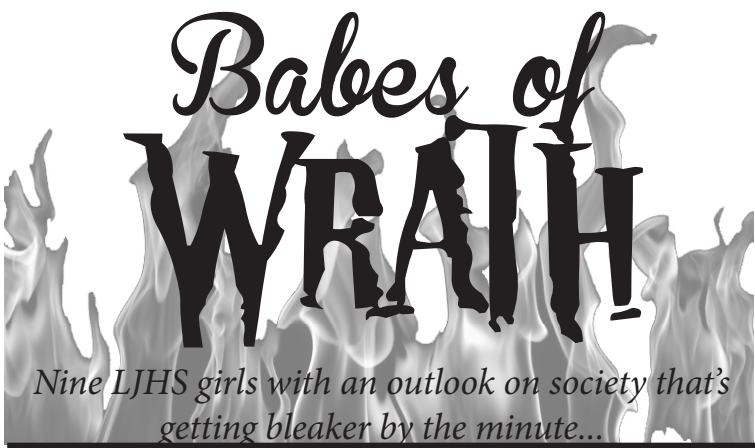
If an animal is being bothered, it is going to react in some way, maybe even violently. The two people were provoking the tiger, so the tiger reacted in a violent fashion to stop them from their antagonizing actions. The tiger did harm them, but he acted as any other wild animal would. He had all the reason to strike.

Nobody should be allowed to antagonize wild animals at the zoo, especially the ones that can bring the most harm if they are let loose. Many of the animals inhabiting zoos are dangerous because they are wild animals. People would not harass animals in the wild, so people should not have the desire to annoy animals inhabiting the zoo. They should not be treated with such cruelty. Nobody should have the right to ever bother an animal just because it is locked behind a cage where it can supposedly not escape.

To make the zoo a safer and

less inhumane place, every employee who is involved with the animals, especially zookeepers, must make an effort to create safer, more reliable cages and take greater caution when they are around these animals. They must be trained to do this because it will prevent zoos from being forced to put down dangerous animals. Also, visitors coming to the zoo must treat all the animals with respect. This motive needs to be enforced to save humans and animals from dying.

If zoos start killing animals that don’t deserve to die, then they aren’t serving their main purpose. Their main purpose is to educate the public about the various species of the animal kingdom and to make an effort to save endangered species. We can’t have zoos being a dangerous place; they must be kept as a place where people can observe and learn about their favorite animals, not one where their favorite animals die when they are, in fact, innocent.



## Seven Sexist Scandals

By Laura Derickson  
Editor-in-Chief

Apparently, sexism is alive and well in the 2013-2014 school year. Our top list of recent examples comes from around the world, California, and even San Diego City Hall. Hopefully, by calling attention to the issues presented, we can encourage our generation to change for

fers to the female gender as “bitches,” and that’s when they are being nice. The other names by which they refer to women are words we aren’t allowed to print in the Hi-Tide.

5. On October 11, 2013, The Ernie Award for most sexist statement was presented to the students of Sydney University’s Welsey College for the statement “it’s not rape if it’s my birthday.” The

### A popular button at the recent California Republican convention read: “KFC Hilary Special-two fat thighs, two small breasts . . .left wing.”

the better, one conversation at a time.

1. A popular button at the recent California Republican convention read: “KFC Hilary Special-two fat thighs, two small breasts . . .left wing.”

2. San Diego’s former Mayor, Bob Filner resigned on August 30, 2013 amid allegations of sexual harassment that included telling a staffer she should work “without her

statement was printed and distributed to approximately 100 newly arriving students.

6. On October 9, 2013, French MP Phillipe Le Ray was fired and reprimanded after he “made chicken noises in derogatory gesture during National Assembly speech by Veronique Massonneau.” Apparently “chicken noises” are the French version of American “cat calls.”

7. On October 8, 2013, the Phi Psi Fraternity at Swarth-

### “... [the] degradation of women is not a topic to be taken lightly.”

panties on,” inappropriate hugging, breast and buttock grabbing and forced French kissing. Filner initially responded to the allegations by stating, “I am misunderstood.”

3. September 2013, Business Insider’s Chief Technology Insider was fired after a series of sexist and racist tweets that included: “Not on a list of influential people? Whine that it didn’t include enough women and maybe they’ll lower the bar for you. #femaleprivilege.”

4. The new reality show “Big Brother” routinely re-

more College came under fire when it was revealed that their recruitment flyers contained pornographic photos of naked women. As of this publication of the Hi-Tide, we are unaware of any disciplinary action or comment by the Fraternity.

Though the above examples above are comical, degradation of women is not a topic to be taken lightly. The “Babes of Wrath” of the Hi-Tide strongly condemn the actions listed above, and encourage the chauvinists of the world to grow up, and get a clue.





*Game, Set, Match!*  
La Jolla Varsity doubles  
partners Colleen Mellinger  
(left) and Taylor Mohrhardt  
(right), seniors, sport match-  
ing Lululemon uniforms,  
along with the entire Girls'  
Varsity Tennis Team.

**By Lilly Grossman**  
Copy Editor

Remember that time not too long ago when everyone was wearing Juicy Couture velour hoodies and sweatpants? “Oh my gosh, that’s SO 2008!” Indeed it is. Nowadays, it’s all about Lululemon Athletica yoga pants. Surprisingly, Lululemon Athletica (more commonly known as simply “Lululemon” or “Lulu”) is not a new franchise. So what’s with all the woo-hoo about

Lulu all of a sudden?

After being founded in 1998 by Chip Wilson, the company’s first real store opened two years later in November of 2000. The store, located in the beach area of Vancouver, British Columbia called Kitsilano, became the staple for a multi-million dollar company. Lululemon strives to teach and discuss the physical benefits of healthy living from yoga and running to diet and cycling. The company also strives to highlight the mental aspects

of a powerful life of possibilities. As of October 2012, there are 201 stores across the United States, Canada, Australia, and New Zealand with a total of 2,861 employees.

Although there is no official new marketing strategy that was created in the past few years, Lululemon did distribute some of its stores’ reusable bags during the Vancouver Olympics in February 2010. Coincidentally, that is also about the same time that Lululemon started being

popular.

The company is probably best known for its signature black yoga pants. In March 2013, Lululemon recalled a large number of these specific pants. The reason: they were unintentionally see-through. The recall amounted to approximately 17% of all their women’s yoga pants sold in stores. A devastating hit to earnings and reputation resulted in the departure of the franchise’s Chief Product Officer, Sheree Waterson. Then, in June 2013, Christine Day (the CEO) announced she’d be leaving the company as soon as a replacement was hired.

### JOIN THE LA JOLLA YMCA YOUTH & GOVERNMENT PROGRAM

For more information,  
contact Lindsey Preovolos  
at [lpreovolos@ymca.org](mailto:lpreovolos@ymca.org)  
or (858) 453-3483.



## “Oh my gosh, that’s SO 2008!”

## Volunteer Opportunities

*Everything you need to know to help people out of the goodness of your heart . . . or for college applications*

**By Marissa Petch**  
Staff Writer

Volunteering is a great way to not only have a fun experience and meet inspiring people, but it also looks good for colleges and future jobs. If you have an opportunity to volunteer, definitely participate in it and if you enjoy it, make it a routine. Volunteering benefits you and the people around you. Getting involved helps you gain leadership skills, get to know a community, and make an impact.

Some volunteer opportunities that are coming up are promoted right here by La Jolla High School’s Interact Club. To get involved, go to the club’s meetings and see what the upcoming events are.

Other opportunities outside of school include helping out at the San Diego Humane Society. The steps to volunteer at the Humane Society are simple: first fill out the required application, then you will get

invited to a group interview to review your skills, after that you will have to go through orientation and training, and lastly you will be ready to volunteer.

Another opportunity is right around the corner with the upcoming holiday. Thanksgiving offers many jobs to help others.

Last but not least, you can volunteer at the 2013 Electric Run San Diego. The entire course and location is lit up with neon lights. The steps to volunteer or get involved are just to fill out an application and pay a certain fee. To finish off the race you’re greeted with a small concert and gifts to end a fun and exciting marathon.

Volunteer opportunities are a great way to get to know a community and others, through helping people and yourself. If a volunteering opportunity comes along, make sure to join; you will not regret it and it will make a huge impact on the community and your inner-self.

## We ♥ Lucy

*The Hi-Tide presents our new anonymous advice column!*

*Submit your own questions to Room 501 or at [ljhitide@yahoo.com](mailto:ljhitide@yahoo.com) for a chance to see you question here, answered by our very own advice columnist, Lucy.*

**Dear Students of La Jolla High School,**

In lieu of the many questions I have received this past month for our We Love Lucy column, I have decided to write a column on a more important issue that is on everybody’s mind: the incident that occurred Saturday night, October 26, 2013 which involved many of our friends.

As recent news reports stated, there was a roll over vehicle accident involving approximately thirteen of our fellow classmates. Instead of focusing on the right and wrong, the good the bad, and what may or may not have happened, I would like to mention what is not stated in the news: the compassion that seems to be more noticeable amongst us.

Over the last recent days I have seen the greatest of compassion and empathy that many of us students do not normally display. Taking the time to visit those who were injured, a heightened awareness in regards to safety, lending a helping hand, and appreciating the value of life, which could be changed in an instant are examples of noticeable changes on our campus. It is unfortunate that an incident such as this has to bring out these characteristics hidden in all of us. How fortunate it would be if we could hold ourselves to these high standards of compassion on a daily basis.

*“Love and compassion are necessities, not luxuries. Without them, humanity cannot survive.”*

*Dalai Lama XIV, The Art of Happiness*

Love,  
**Lucy**





**Delaney Foerster, junior:**  
“This year for Thanksgiving I am staying at home with my family. My aunt and uncle are probably coming over to our house for dinner. A rule we have at our house is if you don’t cook, than you are in charge of cleaning.”

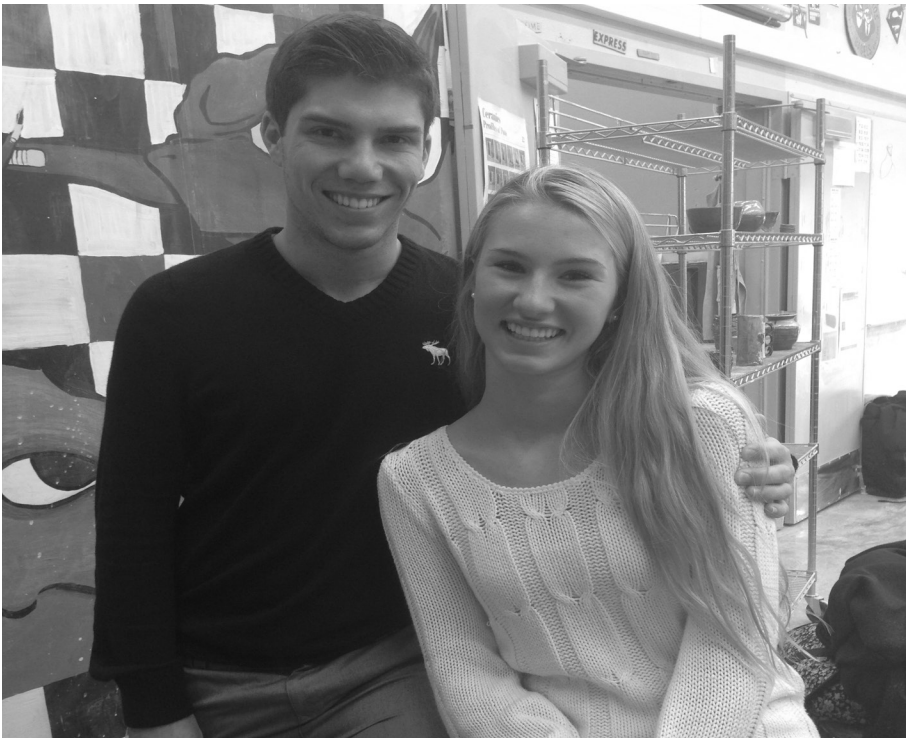


**Brian Trujillo, sophomore:**  
“I plan to sleep in late, but then go to the store when I wake up to get food for the night. My family celebrates with a party with a DJ and lights. We also stay up very late, until around three in the morning.”

# Thanks, LJHS Students

By Nicolette Bodine  
Staff Writer

**LJHS students share what they’re most looking forward to this Thanksgiving break**



**Max Snook, senior:**  
“I don’t really know our Thanksgiving plans yet, but we usually go to my uncle’s house with the rest of my mom’s family. A tradition we have is to stick a branch into a pot and add leaves to represent the things we are thankful for.”

**Cienna Miesfield, senior:**  
“On Thanksgiving, I will probably just go to my grandma’s house, who lives here, and have a huge dinner. My favorite Thanksgiving food is mashed potatoes. Every year we have a theme that is always a certain color, such as blue, and we all dress in that color. We also go to the beach and take family pictures.”

**Miguel Vargas, freshman:**  
“On Thanksgiving, my family is going to come over for a big dinner and watch a movie. We hold dinner at our house every year, so all of Thanksgiving Day is prepping for our guests.”

**Natalie Valle, freshman:**  
“My Thanksgiving plans include helping my mom prepare the turkey for dinner, and saving my money for Black Friday. I am looking forward to spending Thanksgiving with my family.”



**Weston Clark, junior:**  
“On Thanksgiving I will probably be at home eating turkey and pie. If there is a football game on, we will probably be watching it.”



**Ava Manna, sophomore:**  
“For Thanksgiving, my family is hosting a huge dinner where my family cooks half of the food and our neighbors are cooking the other half. Our friends from Northern California are also coming over. After dinner, we usually play a couple games of charades.”

# BACK TO THE FUTURE



By Camille Furby  
Staff Writer

Photo courtesy of Camille Furby

Established in 1922, La Jolla High School has been around for over ninety-one years and has been through many changes along the way. Since some of our faculty members at LJHS are alumni members themselves, we in-

terviewed Coach King who is a La Jolla High graduate of 1981. “I know the trees around the senior benches and the main office quad have gotten huge... and the paint is thicker on the benches! I love seeing the old buildings and hallways, but miss the open space

where the new ones are,” says King as she remembered characteristics of the school from when she used to attend. “I took Psychology in the 300’s and Law was one of my favorite classes. Of course

the Lois Perkins theatre is new and beautiful, but the girls and boys lockers seem the same and back then we called the small gym and lower field the girls’ gym and girls’ field. Title IX went into effect just as I was entering high school,

and had a big impact because we now have many more girls’ sports and athletes.” After twenty years, La Jolla High has grown into what it is today, but many things are still the same even from the 1970’s! What changes are coming?



## FALL RECIPE: DOUBLE LAYER PUMPKIN CHEESECAKE

**Ingredients:**  
*Original recipe makes 8 servings*


- 2 (8 ounce) packages cream cheese, softened
- 1/2 cup white sugar
- 1/2 teaspoon vanilla extract
- 2 eggs
- 1 (9 inch) prepared graham cracker crust
- 1/2 cup pumpkin puree
- 1/2 teaspoon ground cinnamon
- 1 pinch ground cloves
- 1 pinch ground nutmeg
- 1/2 cup frozen whipped topping, thawed

**Directions:**

Preheat oven to 325 degrees F (165 degrees C). In a large bowl, combine cream cheese, sugar and vanilla. Beat until smooth. Blend in eggs one at a time. Remove 1 cup of batter and spread into bottom of crust; set aside.

Add pumpkin, cinnamon, cloves and nutmeg to the remaining batter and stir gently until well blended. Carefully spread over the batter in the crust. Bake in preheated oven for 35 to 40 minutes, or until center is almost set. Allow to cool, then refrigerate for 3 hours or overnight. Cover with whipped topping before serving.

<http://allrecipes.com/Recipe>



*Photo courtesy of Mae Goodjohn*

**By Brooks Whitney**  
*Staff Writer*

## COSTUMES

A person's choice of Halloween costume can represent the type of person they are. Our costume choices are not random, even if we think so. Although one might think their mask hides them, it's not entirely true. Even though time management and cost factors in, when a person chooses a costume, they live in a fantasy. When people pick their costumes they show people their inner self, or how they want to be perceived, which is usually the total opposite of who they really are.

For example, a weak insecure guy might chose to be The Hulk or Superman for Halloween to show people how he wants to be perceived. Most commonly, teenage girls have been known to dress in some sort of seductive way, such as: a scandalous nurse, feisty kitty, or French maid. This shows how these girls are seeking attention and really want people to notice them. However, some people stereotype others and assume things about people, just like in everyday life. Someone might think one person would be a seductive character because they "stand out" or "get attention," but for numerous occasions it can be quite the opposite. The most popular girl in school might want to be a panda or something totally different from what you'd expect.

By Jillian Kopp  
Staff Writer

### 1. Which Halloween costume is the scar-iest?

- Vampire 2%
- Zombie 8%
- Scream Mask 11%
- Crazy lumberjack 13%
- Insane hospital patients 67%

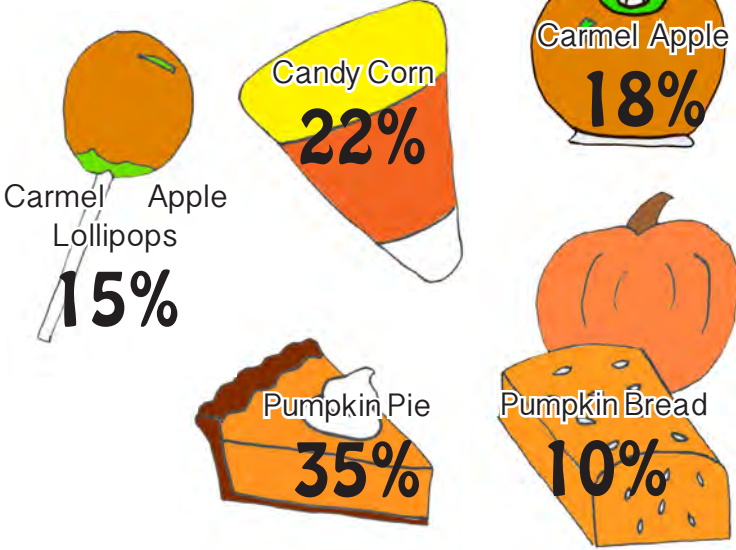
### 2. Which Halloween Costume is the most provocative?

- Nurse 37%
- Cat 14%
- Preppy girl 23%
- Police officer 17%
- Fairy 6%

### 3. Which Halloween Costume takes the least time to prepare?

- Nerd 36%
- Hippie 6%
- Cat 27%
- Professional Athlete 28%
- Princess 2%

### 4. Which is your favorite type of Halloween treat?



### 5. What do you do on Halloween?

- Trick-or-treat 45%
- Pass out candy 13%
- Watch scary movies 15%
- Go to a haunted house 18%
- Nothing 10%

### 6. Which is your favorite Halloween activity?

- Carving pumpkins 23%
- Haunted Houses 25%
- Scary Movies 13%
- Trick-or-treating 18%
- Dressing up 21%

### 7. Which superstitions do you believe in?

- Breaking a mirror 23%
- Black cats 15%
- Friday the 13th 32%
- Walking under a ladder 13%
- Opening an umbrella inside 18%

### 8. Do you believe in ghosts?

- Yes 49%
- No 51%

### 9. Favorite Halloween song?

- Thriller 44%
- Monster Mash 26%
- Ghostbusters 30%

### 10. Do you consider yourself too mature/old for Halloween?

- Yes 11%
- No 89%

Drawings courtesy of Kaitlin Wheeler

## THE CONJURING:

THE TRUTH BEHIND THE HORROR

By Tony Rivas  
Staff Writer

With its hefty earning of \$41.5 million (Mental\_floss.com), James Wan's paranormal thriller was the summer hit of 2012- a fear no doubt claimed by it's premiere poster: "based on the true case files of the Warrens" (USA Today.com).

Ed and Lorraine Warren are paranormal investigators who have helped solve over 10,000 cases that have to do with anything paranormal. Of the 10,000-plus hauntings they chronicled, their most notorious was that of the 1971 case with Roger and Carolyn Perron. Roger and Carolyn Perron were the northeastern couple from New Jersey, who in 1971 moved into a colonial farmhouse in Rhode Island with their five daughter: Andrea, Nancy, Christine, Cindy, and April, only to later find out that the house was "posessed."

Andrea Perron, the eldest of the daughters, remembers her experience in the house clearly. Many have asked her the same question repeatedly, is The Conjuring exactly how it happened? Is it true? In Andrea's Words, "The Conjuring is essentially true. There are elements of fiction in it, however, for the most part, in broad, sweeping strokes, it captures the true elements of what we endured for ten years in this farmhouse" (from an interview with CBS on July 27, 2013).

As the Warrens painstakingly detailed, "this involved haunting, the permanent stench of rotting flesh and angry spirits who arrived, admirably punctually, at 3:15am every morning to levitate beds. Luckily, no permanent harm was done"(from an interview in 1971).

The real Perrons were also present at the filming of the movie, certifying that all is properly told the way the story really happened.

It is hard to deny that The Conjuring hasn't made everyone shiver in fright, but what most can say about the movie is that it has definitely brought nightmares to all those who have seen the horrifying film.

## FEARS: GIRLS VS. GUYS

By Lauren Roberts  
Staff Writer

IN 2005 A POLL WAS TAKEN THAT SHOWED THAT THE TOP 3 FEARS FROM TEENAGERS WERE: TERRORIST ATTACKS, SPIDERS, AND DEATH  
<http://science.howstuffworks.com>

ARACHNOPHOBIA, THE FEAR OF SPIDERS, APPEARS MORE OFTEN IN WOMEN THEN MEN  
[about.com](http://about.com)

6.3 MILLION PEOPLE IN THE WORLD ARE DIAGNOSED WITH A PHOBIA  
[statisticbrain.com](http://statisticbrain.com)

Four different guys, one from each grade level was asked the question "what is your greatest fear?" Answers ranged from very vague to very specific.

To begin, freshman Noah Brown said, "Being sent to a boarding school and release on my 18th birthday with no education, home, or money." This well-thought-out fear compared to sophomore Gavin Heap's simple stated in answer "missing a meal".

Discussing fears with senior Demarco Bland went hand in hand with the in-tro paragraph; he said he was afraid of being stung by a bee for the first time. When asked why, he replied, " My dad got stung

in the pupil of his eye once and ever since then I have been scared of bees."

Traumatic experiences often trigger fears amongst humans. Some people simply claim they don't have fears. Junior Rudy Cesena says he has no fears at all.

Freshman Katya Strom said her biggest fear is spiders.

Sophomore Lexi Atwell said "Underachieving." With all the pressure to do well in school these days, this is a realistic fear for high school kids.

When asked this question, senior Danielle Collins said, "Dying, I honestly don't really know."

Junior Tabby Lewis immediately replied "I have a fear of heights".

## LA JOLLA HAUNTINGS

Jeanine Erikat  
Staff Writer

Since La Jolla is known as "the Jewel of the Pacific," we tend to forget about the ghost stories here in La Jolla.

The Grande Colonial, on prospect Street is a magnificent hotel built in 1913. With its long lasting history, there are bound to be ghost stories. There have been repeated reports of ghost encounters in the North Annex rooms, above the bakery. People still claim to hear loud voices, heavy footsteps, people running down the stairs, and doors swinging open and closed for no reason, even after bakery hours have long been closed. It is said that the bakery was once two apartments. In one lived two young women, and in the other two young men, who were known for throwing wild parties. A few years back at 3 a.m. on June 6, 2004, the 60th anniversary of D-day, a guest in room 144 awoke hearing heavy footsteps outside her room, several people ran stomping in each step and a door was repeatedly slammed. When the guest checked outside her room, there was nothing to be seen. She realized it was from the meeting room, called the staff, but was told there was no late-night meeting. This meeting room was the Sun Room, which sixty years ago was used as a temporary barracks for single servicemen during World War II.

Apart from the Grande Colonial Hotel, there are also haunting war tales. After finding letters writ-

ten by mothers and fathers of World War I soldiers, it was found that many parents were awoken in the night with apparition sightings of their sons that were away at war, then the very next morning they received a report that their son had died.

Another paranormal encounter here is that the owner of the Brockton Villa Restaurant on Coast Boulevard has said she has seen items disappear and reappear later in strange places. Megan Heine, the owner, believes it is the lingering spirit of Dr. Rhodes, second owner of a home in which the Brockton Villa now resides. Dr. Rhodes died in a boating accident and Heine believes this is the most probable explanation of these disappearing acts.

## LJHS IN COSTUMES



Photo courtesy of Mae Goodjohn & Creekstar Allan



Photo courtesy of Shane Lynch



# just keep swimming

By Shane Lynch  
Staff Writer

“From birth, man carries the weight of gravity on his shoulders. He is bolted to Earth. But man has only to sink beneath the surface and he is free.” Jacques Cousteau, a great oceanographer, perfectly captured the essence of scuba diving, an incredibly unique and exciting activity.

Scuba was first made accessible to the public with the release of the “Aqualung” breathing apparatus in 1943, and has since evolved to become a very popular activity around the world.

Modern technology has made diving much easier to learn, and the equipment is significantly cheaper than it has been. Classes are now offered to teach people the basics, with many dive shops in La Jolla and around the world offering certification courses.

In addition to the availability of classes, the coastline of San Diego and the surrounding islands are filled with kelp forests and diverse marine life which are ideal conditions for diving.

The appeal of scuba diving is to experience a feeling of weightlessness and exhilaration while hovering underwater and to observe the nature surrounding you. There are many types of environments to

explore, including coral reefs, kelp forests, and shipwrecks. Each location presenting a unique experience, divers might be lucky enough to run into sharks, rays, sea lions, and more while diving,

Every dive has something new to offer, as opposed to most sports where you essentially repeat the same action over and over.

GoPro cameras have also made underwater photography and video accessible to many people, adding a new aspect to the experience for those who are interested in documenting their dives.

Learning to dive is a simple process, and usually only involves a few classroom sessions followed by several dives in a swimming pool, and ultimately, the ocean. Dive gear becomes easy to use after your first couple of pool dives, and you eventually learn to perfect your movement and breathing.

“Ocean Enterprises” in San Diego is a great place to get certified, offering many types of courses as well as all the equipment you need to dive. When the initial Open Water course is complete, you’re able to start going on dive boats, which take you to better sites than those you can reach on your own.

Hopefully people start to discover the beauty and joy of scuba diving.

# ATHLETE TIPS

Helpful ideas to keep athletes ready for game day, practice, and every moment inbetween.

By Rachel Carroll  
Staff Writer

All athletes want to do their very best in competition, and sometimes the answer to having that extra edge against your opponent is a good night sleep.

A study from the American Academy of Pediatrics

said that student athletes who sleep eight or more hours a night are 68% less likely to get injured during sports.

The following tips are likely to help you get a better night sleep to help in your athletic performance.

**1. Keep it cool:** Most people sleep best when the tempera-

ture is 65-68 degrees. Everybody is different, so you may need to experiment to find a temperature that suits you properly.

**2. Keep it quiet:** Make sure you don’t go to sleep with your music on, and if you live on a busy street, then try using earplugs. You can also try

using noise machines, which put out a steady hum, and drown out other surrounding sounds.

**3. Maintain a regular sleep schedule:** Try to go to bed and wake up at the same time everyday.

**4. Limit your Caffeine:** You want to limit your caffeine intake in the daytime, especially after 4:00. Caffeine can keep you up at night and isn’t good to drink if you want to get a sufficient amount of sleep.

**5. Exercise at least 30 min-**

**utes everyday:** This of course is easy on your days with practice, but on your rest days you should try and still do at least 30 minutes of easy physical activity to get a better night sleep.

**6. Don’t eat or drink too much before bedtime:** Although you want to stay hydrated during the day, don’t drink too much before heading off to bed.

**7. Keep the room dark:** This means not only closing your windows, but all light.

# A Day in the Life

By Misha Kabbage  
Staff Writer

Everyone wonders what Atwell does to stay fit, and the *Hi-Tide* was lucky enough to be able to sit down and talk to the muscled cancer survivor.

Atwell not only looks the look, but walks the walk; he has won first place in a several marathons, including the infamous Iron Man.

Two or three days of the week, Atwell will either surf or stand-up paddle board for a couple of hours before coming home.

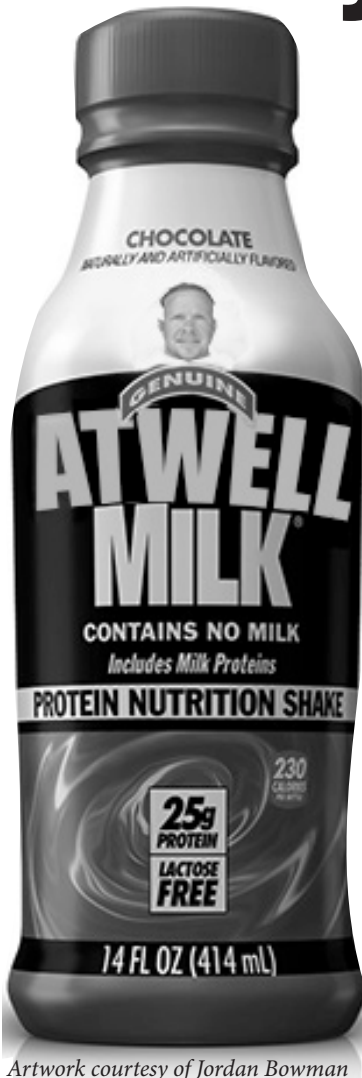
Once home, Atwell eats a full meal for dinner, typically consisting of meat accompanied by rice. Once a week, Atwell tries to eat some beef for its iron, as he tends to be anemic, or iron-deficient. However, throughout the day, his meals are quite light. From 2:15 to 7:00 AM, he does not eat, but rather drinks liquids to keep him hydrated

for the day.

At 7, when the rest of us wake up, he drinks a protein shake and eats raw fruits and vegetables up through dinner. He’ll eat a sandwich or salad on occasion, but not too often. Throughout the day he drinks four bottles a special mixture of liquids packed with electrolytes.

After dinner and family time, Atwell goes to bed at about 11 PM, and begins his cycle again at 2:15 AM.

With a busy schedule like this one, Atwell seems to never be at rest. However, he does not let his routine affect his performance. No matter when, no matter where, Atwell will find a way to work on his fitness. If you’re feeling incredulous at this insane workout schedule, pause at the next homecoming dance. Atwell is there, looking down on the sweaty masses, peddling away on the stationary bike.



Artwork courtesy of Jordan Bowman

# Upcoming Sports Events

November 1 and 2

## Mens’ Waterpolo

Steve Pal Tournament (November 1 & 2)

## Womens’ Volleyball

Redondo Power Classic (November 1 & 2)

## Womens’ Field Hockey

vs. Bishops (November 1, 3:15 p.m.)

## Mens’ Football

at Madison (November 1, 6:15 p.m.)



Photo courtesy of Creekstar Allan

The Varsity football team took on Mission Bay last Friday, which was their last home game of the season.



Photos courtesy of Creekstar Allan



LJHS cheerleaders supported the football team last Friday night.

# Athletics vs. Academics

By Izzie Melvin  
Sports Editor

Mike Wykosky, one of La Jolla High’s JV football coaches, voluntarily ran a crash course for players who were looking to get a start with SAT preparation. Wykosky’s goal was to ensure that academics comes before athletics, “They are student athletes. And student always comes first, as a matter of fact they cannot be an athlete if they are not a student first.” Over a dozen kids attended this informational session. Wykosky stated, “It is something that I do hope to continue.” He also emphasized

encouragement and acceptance of this idea evolving to targeting all student athletes, not strictly football players. “From going from knowing nothing at all about the exam [SAT], to actually being able to go in there and understand what they are going to see, I think it did help out.” Wykosky’s hour long crash course proved to be very beneficial to many student athletes, and seems to be developing into a longer, yet supported, commitment than expected.

# Crucial Core

By Rachel Carroll  
Staff Writer

Most people believe that working out involves working their arms, legs, chest, shoulders, and abs. Most people do not understand the importance of exercising the core. Many people think that if they have good abs, then that results in a good core, but this is incorrect. So what exactly is the core? A simple way to describe it would be the trunk of your body. The core consists of muscles that stabilize your spine, pelvis, and shoulders. These may not be the muscles that people think of training, however, they are those that are most important for athletic activity. It is important to have a strong core because it protects your back and improves posture. Many people think they only need to have strong abdominal muscles, but your abdominal muscles are only a small part of the core. Most importantly, for anyone that participates in sports, a strong core improves athletic performance. You may have strong arms and strong legs, but without a strong core, you aren’t able to transfer your body’s power to your arms and legs. The power in virtually any athletic movement such as running, jumping, throwing, and kicking comes primarily from the center of your body, the muscles. There are many beneficial core exercises. Sit-ups are valuable for the core, however they are not enough by themselves. Many fitness instructors believe that plank is a good core exercise. A plank is when you hold your body up using your elbows and your feet, while keeping your back straight. Other excellent core exercises include medicine ball twists, and sit-ups on an exercise ball. Pushups are also an excellent exercise for your core. Many people think that pushups only help the chest and arms, but when you do a pushup, you are supporting your entire body with your core. It is very important to do back exercises to strengthen your core as well. These can include back extensions and pull-ups. Body weight exercises work the core much more than machine exercises, because the core must stabilize the body, while a machine provides support.

Photos courtesy of Creekstar Allan



The football ran onto the LJHS field as fans cheered them on for their senior game.



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

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B.H.	Bishop's	2400	Scott K.	CCA	2400	Ajay N.	DNHS	2360	Emily Y.	WVHS	2320
Alice X.	CCA	2400	Dan K.	TPHS	2400	Charles H.	WVHS	2360	Justin W.	TPHS	2320
Brandon H.	WVHS	2400	Ashwin R.	CHS	2400	Peter K.	TPHS	2360	Lang T.	CCA	2320
Bryan T.	WVHS	2400	Preetam S.	FPHS	2400	Shaleen S.	WVHS	2360	Nada A.	TPHS	2320
Cameron R.	WVHS	2400	Steven T.	TPHS	2400	Kevin Y.	Bishop's	2360	Nicole R.	CCA	2320
Jeffrey G.	CCA	2400	Noah T.	CCA	2380	Yara G.	TPHS	2350	Sharanya I.	MCHS	2320
Madhavi R.	CCA	2400	Ashley C.	CCA	2380	Amy C.	TPHS	2340	William L.	RBHS	2320
Nathan N.	RBHS	2400	Brenton C.	WVHS	2380	Christine C.	CCA	2330	Alexander C.	WVHS	2310
Oliver R.	CCA	2400	Grace C.	RBHS	2380	Chul Min P.	ORHS	2330	Amy C.	CCA	2310
Raj K.	WVHS	2400	Jessica F.	RBHS	2380	Eric C.	CCA	2330	Ann L.	WVHS	2310
Stephanie G.	CCA	2400	Amanda K.	CCA	2370	Erik S.	Bishop's	2330	Ashley T.	CCA	2310
Tina V.	CCA	2400	Jeffrey L.	RBHS	2370	Michael Z.	WVHS	2330	Christopher L.	DNHS	2310
Maria V.	CCA	2400	Jenny C.	Bishop's	2370	Patrick C.	WVHS	2330	Caleb H.	SRHS	2300
Timmy S.	TPHS	2400	Lucy A.	TPHS	2370	Richa C.	MCHS	2330	Katie X.	RBHS	2300
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# Out With the New, In With the Old

By Jake Foerster  
Staff Writer

The San Diego Unified school district is currently replacing less experienced teachers with more experienced ones.

This means that as of Monday, October 21, 2013, David Soria and Russell Lewis, the least experienced teachers at LJHS, were replaced by teachers who have more experience. Teachers such as Mr. Soria and Mr. Lewis start their careers as student teachers for experienced teachers by teaching one or two classes before getting a permanent position.

Mr. Soria taught a United States history class and an economics class during fourth and fifth period in rooms 308 and 309. Mr. Soria lost his job last Monday.

Mr. Lewis, who was hired by the school this year and taught statistics, geometry, and algebra in room 908.

When asked about how this has effected his job, Mr. Lewis said, "I can only speak for my situation, but now that I have been replaced by a more 'experienced teacher', I'm not guaranteed a new job in the district."

According to the San Diego Unified website, this process is necessary because there is limited space for teachers in district schools, and the superintendent is determined to provide the best education possible with the limited teachers that can be hired. This means that teachers who have recently gotten their first teaching jobs in the district are subject to being replaced by teachers with more experience.

When asked his opinion of the new policy, Soria stated, "I really don't like it because I enjoy school politics and education. I think these laws are outdated, and I feel the school should decide which teachers they keep or replace."

Now that Mr. Soria and Mr. Lewis have been replaced, their students must adjust to the policies and teaching strategies of their replacements. "It's extremely unfair for the students. It's not fair that they have to wait almost two months for the district to make a decision [of] this magnitude" said Lewis.

The general education teachers who are eligible will participate in the SDUSD BTSA Induction Program, a program that is designed to evaluate the credentials of teachers and where they could receive jobs. Teachers in this program must have their teaching credential through the induction program, and they must have teaching experience outside of substitute teaching. Once these teachers clear the BTSA, they then become general education teachers, and must have a contract offered to them before the school year to obtain a full time job.

The BTSA program was implemented, because full time teachers must have a contract with their respective schools.

## TROUBLE IN PARADISE: CAR THEFT AT LJHS

By Creekstar Allan and Lindsey Young  
Staff Writers

Recent car burglaries at La Jolla's Coggan Aquatic Complex have left many in disbelief.

On the 16th of October, a man drove into the parking lot and suspiciously walked around to every car, looking for exposed purses and objects of value.

He then proceeded to grab a rock and pound at the windows of two cars, shattering them and driving off with what was inside.

Luckily one of the cars had shatterproof windows, leaving the thief only able to walk away with one of the car's belongings.

The *Hi-Tide* was lucky enough to talk to the owner of one of the vehicles, Anna Siperstein, a receptionist at the complex. "He hit my window seventeen times with a rock, but my window didn't shatter... so he couldn't get into my car."

When asked what the thief

was looking for, Siperstein explained that the thief appeared to be casing the cars, looking for purses and other items lying out in the open that would be easy to grab. Siperstein's tips for how students and other pool-goers can help stop these break ins from happening include keep-

that this has been the first occurrence of a break-in ever at the aquatic complex.

This information Fairley shared with us sparked his next comment, which was directed to the students of La Jolla High: "If students who park, lets say, in front of the pool... and they see people who... don't look like they are going to the pool or are (suspiciously) hanging out, we would strongly suggest that they begin to... get descriptions of these people.

License plates... that's something people don't pay attention to."

He wants students to help stop crimes by eying suspicious behavior and taking affirmative action to help stop it, which could be anything like writing down descriptions of the car driven, or telling pool employees and make them aware of the situation. He hopes this will help stop future break-ins from happening.

ing belongings out of sight in the car and keeping all valuables on their person.

Vice Principle Fairley, who was not at the scene when it occurred, stated to the *Hi-Tide*: "It was investigated by, I believe, the SDPD and City School Police."

He confirmed that the thief has not yet been caught, and



Photo courtesy of Creekstar Allan

## SDUSD DIVERSITY

...continued from page 1

black state legislator, said, "It makes a difference who's in the room making decisions about these children when 80 percent of them are diverse. Putting this in writing says to all of us, this is what you will be accountable for."

The district has also decided to hold a discussion in November, which is designed to promote tolerance amongst the SDUSD schools. Student presidents and civic leaders of high schools will deliberate issues such as the publicized fatal shooting of Trayvon Martin, and how to tolerate diversity.

This discussion will also include participation of the NAACP, the District Attorney's office, the Anti-Defamation League, San Diego Urban League, and the city of San Diego's human relations committee.

The students participating in this discussion will argue the influence of the media as well as the stand your ground laws, which are laws that give citizens rights to stand up for themselves if they need to. The purpose of this gathering is to promote tolerance for the students of all district schools,

and to encourage the student body presidents who participate in this discussion to have further discussions in school with their peers concerning this hotly debated issue. When asked, ASB advisor Joseph Cavaola said, "If it's a San Diego Unified discussion then yeah we will. I don't know if we will, but if we have to, we will send our ASB president".

This issue of diversity does apply to La Jolla High School because of our diverse student body. According to the statistics, approximately forty-three percent of the students who attend are Hispanic.

However, the topic of tolerance has not been as extreme here as it has been in other schools. When asked about how the school handles diversity, former LJHS principle Dana Shelburne said, "I see plenty of diversity here at La Jolla, as well as in gender." When asked about how the faculty reflects this school's diversity, interim principal Carol Wahley said, "You can't reassign staff (due to lack of diversity), but anytime you hire someone, you search for a diverse series of candidates."

## RUSSIAN DISCRIMINATION

...continued from page 1

would be to move yourself out of a place like so, despite the consequences.

Junior Michael Gumina was shocked at the laws being passed by Putin, and believes that no one should be treated with such brutality and abuse. However, Gumina says, "I don't believe God created us men to be with other men, but they're human beings too and I accept that."

Junior Elizabeth Eckenrod is a strong advocate and supporter of the Gay rights movement. She believes, "I think it's pretty sad that a country that has so long been oppressed cannot quit the cycle. Putin has also laid piracy charges on Greenpeace peaceful protestors, so it's obvious this guy has some problems. The bottom line is: the fact that in 2013 free speech is being tampered with in a developed nation makes me sick."

Eckenrod also added her feelings towards the possibility of this ever being a part of her life, where her beliefs were shot down and made illegal, "If

this happened here, my views on homosexuality would definitely not change. And I don't think the views of the Russian population have either."

Along with the law itself, the social ramifications will hurt the winter Olympics taking place in Sochi, Russia. Blake Skjellerup, a gay speed skater says he is going to wear a rainbow pin during the competition. He denies calling a boycott on the game, but he just wants people to speak up about their opinion on the situation and call notice to it.

Photo courtesy of Misha Kabbage



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# Jack Johnson

By Shane Lynch  
Staff Writer

Acoustic songwriter Jack Johnson performed at the Balboa Theater on October 18th. Johnson was raised on the North Shore in Hawaii, initially pursuing a career in professional surfing before shifting his attention to music.

After graduating high school, Johnson moved to California to attend UC Santa Barbara. It was during this time that he became interested in music; he majored in video and music production.

After college, Jack returned to Hawaii, where he began working on his debut album *Brushfire Fairytales*. The album was both a commercial and critical success. Johnson went on to create a number of other successful albums, including *To the Sea*, *Sleep Through The Static*, and *In Between Dreams*.

Johnson's musical style is often described as acoustic soft rock. Fans of his music often praise its soothing melodies while critics find it overly repetitive. Johnson himself is described as a very humble and kind person, donating a large percentage of his musical profits to various charity organizations, most notably

starting a small music school in Oahu where Johnson himself teaches young kids how to play guitar.

Many of his songs involve small things from his life in Hawaii, with his family. For instance, the song "If I Had Eyes" was first created when his son pretended to be a monster with two eyes on the back of his head. "If it seems like you're playing around and not practicing, that's when you know you really love it," said Johnson.

He is also an accomplished filmmaker, having directed and starred in three films including "Thicker than Water," "The September Sessions," and "A Brokedown Melody."

It was exciting news that Johnson would be playing San Diego. The concert was overall a huge success; the theater was packed with cheering fans and there were no hitches in the performance. He played all of his most popular songs including many of those, from his early albums including *Fortunate Fool*, *Middle Man*, and *Flake*. At the end of the night, Johnson thanked everyone for coming out to support him and promised he'd be back soon with new songs.

# WREX THE HALLS

By Lana Bass  
Staff Writer

'Tis the season for a rock fest! 91X presents Wrex the Halls at Valley View Casino Center on December 8, 2013. Local popular radio station 91.1 is set to host local groups, big American bands and talent from across the pond

Headlining this year's Wrex

big cities in the US such as Boston, New York, and Chicago.

Vampire Weekend will also be performing. This New York City based indie rock band will be playing old hits such as "A-Punk" and "The Kids Don't Stand a Chance," as well as tracks from their new album, *Modern Vampires of the City*, released in May 2013. Vampire

sic, from classic to punk. Their third studio album *Melophobia* (the scientific name for a fear of music) was released in early October, and has yet to be played live. The band is currently on tour in the US, and will play in Dublin, Manchester, and London after Wrex the Halls.

English indie rock band Arctic Monkeys, are also set to

## LINEUP:

QUEENS OF THE STONE AGE  
VAMPIRE WEEKEND

CAGE THE ELEPHANT  
ALT-J

ARCTIC MONKEYS  
THE SILENT COMEDY

the Halls is an American rock band, Queens of the Stone Age. This eclectic rock band is known for hits such as "Go with the Flow," "Little Sister," and "No One Knows." This year, they will be promoting their new 2013 album *Like Clockwork*. Their world tour for the album kicks off November 3 in Milan, Italy. They will play in major cities across the world including Dublin, Amsterdam, London and Copenhagen, and

Weekend is set to play in big music festivals in early 2014, such as Glastonbury in the UK, Roseland Ballroom Show in New York City, and Outside Lands in San Francisco. To top it off, Wrex the Halls will be the last show they play until 2014.

Cage the Elephant played at Wrex the Halls in 2011, and they are back for more. Hailing from Kentucky, they are known for their wide range in rock mu-

play this year. This indie rock/post-punk revival band is currently on world tour, playing most of their shows in Germany, Spain, the UK, and the US. Their most recent album, *AM*, was released in early September 2013, and features tracks such as, "Do I Wanna Know?" and "R U Mine?" The band will also play their classic hits, "I Bet You Look Good On the Dance Floor," and "Fake Tales of San Francisco."

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# Don't Call Them Fabulous

## Hunx and His Punx



Photo courtesy of Zoe Hildebrand

By Lilly Glenister  
News Editor

Straight out of Oakland, California are Hunx and his Punx, a controversial garage band that came together in 2008. Although the underground group has rotated line-ups over the years, it still maintains its unique sound: sassy bubblegum rock and garage punk all rolled into one.

The band is comprised of the flamboyant lead singer and guitarist Seth Bogart (aka Hunx), bassist and vocalist Shannon Shaw, and drummer Erin Emslie.

Hunx and his Punx have an

addictive quality to their music. At first, the songs catch you off guard, but after one or two listens, you're hooked.

One of their singles from years past, "You Don't Like Rock 'n' Roll," is the epitome of catchy. Its playful nature gets you singing along with lyrics like "I think you've sniffed too much glue/ You don't like rock n' roll and I don't like you." However, if you look a bit deeper, the song does have a sort of serious undertone, because really...who doesn't like rock 'n' roll?

The same goes for one of the band's newer songs, "Don't

Call Me Fabulous." The song is short and angst-y, but it gets to the point with Hunx and Shannon's loud, in-your-face screeches.

The bay area band (but with Hunx now living in LA) has put out several records over the years and on their most recent label, Hardly Art, they released their most cohesive compilation to date.

This second studio album for the band, entitled *Street Punk*, is both rambunctious and aggressive, the makings of a more-than-adequate mosh pit.

Hunx and his Punx have

been touring the US promoting their new album, and last Friday, October 25 2013, they made a stop in San Diego for their West Coast tour. The show was at the Irenic, a renovated church venue in North Park.

The band brought out a medium sized crowd (including three of the *Hi-Tide's* editors), and the trio (along with their occasional stand-in guitarist) knew exactly how to command the stage and capture the attention of the audience.

Hunx, with his larger than life on stage persona,

interacted with the crowd and pranced around the stage while still packing a punch with the band's abrasive and upbeat tunes. Shannon also demonstrated her skills as a powerhouse singer when she took the lead with "You Think You're Tough."

The audience went crazy for the relatable band not only while they were on stage, but also when they finished their encore. Some of the fans were able to get pictures with the artists, who were both gracious and down to Earth. Whatever the music taste: rock, punk, pop, or grunge, Hunx and his Punx has something for everyone.

## DON JON

### Movie Preview

By Tristan Saeed  
Staff Writer

"There's only a few things I really care about in life: my body, my pad, my ride, my family, my church, my boys, my girls, my porn."

Joseph Gordon-Levitt is the writer, director, and main character of *Don Jon*, a movie that follows a New Jersey bachelor as he lives his daily life. Here's a basic breakdown:

"My body": Jon is a gym fanatic, working out on what would appear to be a daily basis; bicep curls, pull-ups, shoulder presses: you name it, he does it.

"My pad": Jon is a bit of a neat freak when it comes to the cleanliness of his apartment, and spends a fair amount of time guaranteeing

that it remains in top shape.

"My ride": although there are no scenes of Jon actually caring for his car, it is always shown in immaculate condition, so one can gather that he treats it as well as his aforementioned possessions.

"My family": as an Italian, a large part of Jon's life is spent with his family; dinner table conversations reveal his differences with his father, and his mother's constant nagging to acquire a girlfriend.

"My church": despite living a life of debauchery, Jon still has the grace to kneel before God and ask for forgiveness for the sins he commits every week; a list which never seems to end.

"My boys": Jon and his two best friends are almost inseparable,

and he never hits the club unless his companions are by his side.

"My girls": of course, Jon hits the club with a purpose, to pick up girls and take them back to his pristine pad and do what can't be said in a high school newspaper.

"My porn": the pièce de résistance of Jon's life (and the movie) is his extreme addiction to pornography.

You may think that the entire film is solely about some porn-addicted guido, but you're wrong; only the first half is like that. While Jon starts off only caring about his physique, abode, automobile, relatives, religion, cohorts, love-interests, and adult films, his shallow life gains depth after he meets an older woman in a night class.

This romantic comedy is essentially a chick-flick for guys, and would prove to be a good choice for anybody (age 17 or older) interested in some childish laughs with a morally responsible after-taste.

## SEA OF CORTEZ

By Maya Lakshman  
Staff Writer

"Sea of Cortez," a unique collection of art made by Photographer Dana Montlack, consists of graphic elements, richly hued images and abstract biological specimens. Working with micro lenses, Montlack makes the unseen visible in compositions that convey both specificity and mystery.

Her newest body of work directly references John Steinbeck's *The Log from the Sea of Cortez*. Steinbeck's book recounts his six-week expedition through the Gulf of California with marine biologist Ed Ricketts.

Working collaboratively with the scientists and staff members at UC San Diego's Scripps Institution of Oceanography and Birch Aquarium, Montlack selected and photographed specimens and charts from the water-

ways Steinbeck explored. By isolating and layering this source imagery, drawn from the vast Scripps Oceanographic Collections, Montlack crafts a new taxonomy of place.

Montlack focuses on observing the microcosms in her world and herself which are revealed enigmatically through the layers of her work. Montlack is drawn by her senses, combined with her need to understand and see things at a deeper level. She has been working on hybridizing animate objects which she narrows in, then distorts and magnifies the image. She desires to delay time and view from the microscope's edge.

Her art is veiled, but still revealing. To her, "each element I may uncover is but one footprint in the universe, one fragment of the pool of knowledge we call truth, within each fragment lies the whole which is never visible in its totality, though we know it to be there." Montlack's work can be found at MCASD La Jolla.