

Hi-Tide

Volume LXXVVIV Issue 4 - February 1, 2013

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Photo Courtesy of Jordan Bowman

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FASHION FOR PHILANTHROPY

By Nasim Kasiri
Staff Writer

In Mexico, there is a small town called Valle Verde where women are continuously affected by cervical cancer. In the past eight years cervical cancer has killed 5,061 women.

Daniella Decker, a junior at La Jolla High School, is part of an organization called International Community Foundation, a group of individuals willing to make a change for the better.

The group hopes to raise up to \$18,000 through a fashion show called "Fashion for Philanthropy," held Friday, February 8, 2013 at Joan B. Kroc Center in USD, with the help of students all over San Diego County. Tickets are on sale for \$20, the same price of a vaccination for the women in Mexico to prevent cervical cancer.

High schools from different parts of the county (La Jolla, Cathedral Catholic, Our Lady of Peace, Francis Parker,

The Bishop's School, La Jolla Country Day, and more) are volunteering to make a difference. Students are involved in many ways: modeling, hair and makeup styling, D.J.ing, fashion room coordinating, fundraising, auctioneering, lighting, etc. Not only are students helping, but the people from the community, such as Miss Mexico, are also getting involved. Different local boutiques such as L.F., Mimi and Red, Rica, Kate Spade, and Y-3 are providing clothes. Coordinators are also trying to get local salons to help out, too.

"I have always been curious about public health and wanted to get involved. I knew I wanted to get boys and girls my age educated



Photos Courtesy of Daniella Decker

about the importance of this vaccine in Mexico. The show will bring teens and adults from all over San Diego County who are looking to unite against a preventable cancer that is only a border away," said Decker. "I would like to change the way people perceive the poorer countries of the world, like Mexico. I think wealthier nations should initiate a call to action; otherwise, the other countries of the world would remain helpless."

Fellow Vikings!

Second semester has started out with a bang, and the ASB is proud to announce that the month of February is filled with campus events. I would like to take this opportunity to admonish every one of you to participate in the events that our school hosts and participates in. There are many clubs, sports teams, and organizations at our school that students dedicate their time and efforts to and should be

recognized for. The LJHS ASB has made it a priority this semester to support and be omnipresent at as many campus and sporting events as possible.

On Monday February 4, the ASB will be hosting our annual Dodgeball tournament. There are over 20 teams competing in the tournament, including a faculty team headlined by none other than Mr. Aaron Quesnell of the Sci-

ASB UPDATE

ence Department and Mrs. Paula Conway of the Physical Education Department. The tournament will take place Monday, February 4 through Friday February 8 at lunch in the big gym.

The next week will be Spirit Week in preparation for our Winter Pep Rally on Valen-

tine's Day, Thursday, February 14. That night there will be a Men's Varsity Basketball game to kick off the President's Day four day weekend.

The final, and perhaps most important event organized by the Student Body this month is the Relay for Life Cancer Walk sponsored by the American Cancer Society. It is difficult to find someone today who has not been affected by

cancer, whether it be firsthand exposure or a close friend or family member. All proceeds raised by the ASB will go to cancer research. The event will be complete with speeches from survivors, performances by bands, and food and other concessions. I do hope that you will attend, and support this great cause.

Kind Regards,
Daniel Hamilton
ASB President

Photo Courtesy of Jordan Bowman



Meet the Staff

LJHS's new vice principals are Margaret Joseph and William Hawthorne. See more on page 10.

Food For Thought

By Trevor Menders
Copy Editor

Until very recently, students greatly anticipated the first Wednesday of every month: the minimum day. Now their sentiments are akin to dread. However, there is no reason for the student body to be quite so distraught with this half-hour addition to the minimum day schedule: it may, in fact, be a blessing in disguise.

The half-hour extension was originally added because La Jolla was not in line with federal law: if students qualify for free-and-reduced lunch, they must be able to partake in their midday meal, or the food facilitator faces the consequences. Now students who need lunch will get it, no matter what.

The issue then, is whether a significant amount of La Jolla High students actually qualify for free

or reduced lunch. Surprisingly, there are quite a few. Twenty-four percent of La Jolla's student body is classified as "socioeconomically disadvantaged," which translates to well over three hundred and fifty students.

The people who qualify for lunch may truly need it: who knows what awaits them at home? A full fridge? An empty one? Studies in conjunction with Michelle Obama's Healthy Food campaign find that kids perform better at school on a stomach filled with healthy nourishment—something La Jolla High earnestly tries to provide.

Besides, the extra half hour for lunch is beneficial even to those not involved in the lunch program. Minimum days always feel rushed: teachers must cram a full day's lesson into a quarter less time than usual. The new lunch

period provides a timely mental respite from the terrors of learning chemistry or U.S. history at warp speed.

What people really seem to be upset about is not the lunch period itself, but rather the later ending time of school. They overlook the fact that our later release time allows students who wish to go out after school to avoid the lunch rush. And for those who think that half an hour infringes too much on their half-day free time, they must keep in mind that in the long run, the half hour will not noticeably intrude on the time they will undoubtedly spend awake into the dark hours of the next morning.

The half hour addition really does not affect the schedule unfavorably. It just gives us an unexpected advantage: time to rest during a rushed day, time in between finals, and those who need lunches get them. There are now two options: whine about the tiny increase, or embrace the benefits it brings.



CONTROL GUNS OR CONTROL PEOPLE?

By Giovanni Moujaes
Staff Writer

2012 marked a year of high-strung emotions and anger towards our current gun policies.

On December 14, 2012, 20-year-old Adam Lanza fatally shot twenty children and six adult staff members and wounded two at Sandy Hook Elementary School in Newtown, Connecticut. Earlier, on July 20, a mass shooting occurred inside a Century movie theater in Aurora, Colorado during a midnight screening, killing 15 and injuring 58. The debate for gun control rose from underneath its dusty covers to wreak havoc amongst the American people yet again.

The issue at hand is whether to ban all guns, some guns (assault weapons and other high efficiency weapons), or no guns at all. This topic has divided liberals, conservatives, NRA members, and peace organizations alike. Some argue that civilians ought not have the right to own weapons; this would eliminate much of the violence that occurred in 2012. Others say that schools should have officers armed with guns on campus to protect the lives of both students and teachers. There are still those Americans

who believe that the second amendment to the Constitution grants them the legal right “to bear arms,” regardless of the firearm’s capacity or caliber. However, within each of these arguments, the talk of mental health in conjunction with gun control is rarely broached.

many American’s lives since the Constitution allowed them to bear arms. Many gun crimes happen on a yearly basis, yet most of them are unnoticed by the media. Injury Prevention, an organization focused on preventing and treating injuries, states that, “Shootings that result in injury are a small percentage of

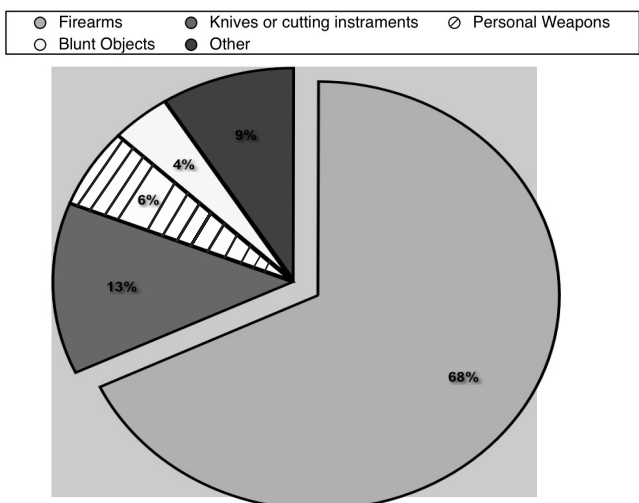


Photo Courtesy of Giovanni Moujaes

Both mass murders were committed by mentally ill men, with one of them on his way to earn a Ph.D. Mental illness has long been a problem, plaguing one in every five individuals in the U.S. All three major shootings by a single gunman in recent history (Virginia Tech, Aurora, and Newton) were committed by mentally ill individuals.

Guns have been a part of

hostile events involving firearms. In some of these events, guns may thwart criminal assaults; in others, they may be instruments of aggression.”

What is the real issue at hand? Is it the fact that too many people have access to assault weapons and firearms, or is it just that they end up in the hands of the wrong people? “Assault weapons” should be banned from

gun retailers. Those who already have one should have to re-register the firearm and undergo a quick, 90 second digital background check. All magazines over the capacity of 10 rounds should be removed from the civilian marketplace completely; only a terrible hunter would need a larger clip. The right to own a rifle, shotgun, or pistol should not be infringed upon, regardless if it is used for hunting or self-defense.

More funding should be put into mental health programs to test individuals on regular doctor’s visits. Additionally, counselors, specialized in helping kids and young adults with mental illness, should be put in more schools before any gun control legislation is written into law.

With this approach, we can see if increased opportunities for mental health care would reduce a large number of gun-related acts of violence.

If, ultimately, the statistics do not differ that much, then it may be time to sit down and investigate the motives for gun crimes and pinpoint specific problem areas.

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Editorial Cartoon by Emma Scott



Signs of Communist Oppression by Giovanni Moujaes

IT'S THE LITTLE THINGS

By Mia Kelliher
Copy Editor

Simple manners seem to no longer be a part of every-day life. People forget to say “thank you” to those who act kindly, apologize when they do something wrong, or even move to the side so they are not blocking others’ way.

Manners that are simple and can make a day flow more easily should be enforced and used.

It seems as though no one remembers to be polite to others and that future generations are no longer taught to have simple etiquette. For whatever reason, it may be that simple etiquette has been lost, but manners should not be forgotten and should be used daily.

The types of manners that seem to have been forgotten occur in all aspects of the day, from being at school, to driving on the road, to walking the streets. At school, please

do not crowd the hallways and take up the space to talk to your friends about your day; simply move over to let other students walk by — it is not all about you.

And, when by the lockers, do not take all the time in the world by slowly putting away supplies or blocking others’ lockers. Instead, politely apologize for being an inconvenience and proceed with your day.

When driving, use the blinker because it is there for a reason: to signal and inform others you are changing lanes. Also, acknowledge drivers when crossing the street. This is the polite thing to do and is beneficial to both you and the drivers.

There are plenty of other simple manners one should use every day. Manners should not be forgotten in society and should continue throughout generations. Utilizing simple manners is a necessity — make sure to have some.

By Giovanni Moujaes

“Signs of Communist Oppression” is a political cartoon representing the battle over gun control and the battle over obesity and health issues. The gun is disassembled, showing the few simple parts to a complex issue. Each part is marked by outcomes of poor diet and care, which are also small parts to a bigger problem. The main point is: “are guns killing more people, or are poor diets and decisions?”

Sensitive Society

By Trevor Menders
Copy Editor

Violence is hitting close to home for La Jolla High School students. School shootings all over the United States rock the news seemingly every other day. Just this past month of January, there were seven separate shootings, resulting in a total of five deaths.

Each tragedy continues to pervade today’s social spectrum: every day, there is another blurb on the national news about how another group of do-gooders has decided to fill another hole left by each confrontation.

Each truly was a tragedy. Nobody should die at such a young age. However, what is to blame for this senseless violence? Shoot-em-up video games? Difficult domestic situations? Increasing trends of mental instability? Or... pop music?

On the day of the Newtown shooting, Ke\$ha’s “Die Young” was number three on the Billboard Top 100. As soon as news of the massacre got out, radio play across the country plummeted to virtual extinction.

What is the over-sensitized society we call America coming to? The video for “Die Young” contains only abstract imagery representing death; included in the film are pentagrams and the occasional finger drawn across a neck. There were certainly no minors employed in the creation of the video.

The song itself expresses only the sentiment of living life to its fullest “like we’re gonna die young.” No allusions to violence or death ever occur between the auto tuned notes and synthesized beats.

In fact, the song is quite generic. It is definitely not the first of its kind, and Ke\$ha is not the first of her’s; countless artists have embraced and even lived out the idea of living fast and, of course, dying young.

On Twitter, Ke\$ha commented on her song’s loss of plays, claiming that “I’m so so sorry for anyone who has been affected by this tragedy, and I understand why my song is now inappropriate. Words cannot express.”

But does she really understand? Or, rather, must she? Though the victims of Sandy Hook deserve respect, so do those not even tangentially involved, such as Ke\$ha. The overreaction of taking “Die Young” off the radio is a shameful reminder of the overwhelming obligation in our society to be inoffensive and politically correct.

THE BIGGER PICTURE

Tragedy Occurs Elsewhere

By Jordan Linsky
Staff Writer

There is no doubt that the shooting in Newtown, Connecticut was a terrible tragedy. The fact that so many young lives were lost was heartbreaking and the children that had their futures taken away from them will never be forgotten.

no matter where she is living or the reason for her death. If people are going to create an uproar over school shootings, they might as well take on world hunger as well.

No life is more valuable than another, especially in the case of children.

Just as the kids in Newtown should not have died, neither should the thousands of



Photo Courtesy of cseindiaportal.wordpress.com

lost — not just American lives, but all lives. We are all human beings and everyone deserves a chance to thrive.

The real tragedy is that, despite the technology the world has now acquired, the number of hungry people continues to climb. Under-nutrition causes 2.6 million deaths of children under five

each year, a fact that should not be viewed as “the way of the world.”

It is easy to turn a blind eye to the rest of the world; however, people need to remember that there are numerous catastrophes going on every day in other parts of the globe. No death should be marked as more tragic than another.

“ Just as the kids in Newton should not have died, neither should the thousands of children around the world born into poverty. ”

However, why is it that a school shooting in America provokes so many fiery emotions from people, yet the children starving throughout the world are forgotten?

Anywhere from 16,000 to 18,000 children die from hunger-related causes every day. That is one child every five seconds. A child is a child,

children around the world born into poverty. A multitude of people starving to death every day is just as tragic as any disaster that occurs in the United States.

Rather than fighting over whether or not to place guns in the classroom, humankind should be figuring out how to prevent young lives from being

“ If people are going to create an uproar over school shootings, they might as well take on world hunger as well. ”

By Lilly Glenister and Misha Kabbage
Staff Writers

January 1st marked the beginning of a new year along with a fresh start for many students at La Jolla High School. Some may argue that 2013’s New Year’s resolutions will fall through just like in years past, and although this may be true for most, it definitely does not have to apply to all. A simple resolution could branch out to a visit new place around San Diego that may be more off the beaten path. Some students like to call low-key places like these “holes in the wall.”

Ranging from trendy clothing boutiques, to a variety of restaurants, and even record stores that can provide a new sense of music; San Diego clearly has many undiscovered places that are just itching to be explored. Why be hesitant to try new places when we live in such a culturally rich area? LJHS students should take advantage of their surroundings and expand not only their comfort zones, but their minds as well.

By Izzie Melvin
Staff Writer

Perhaps the most crucial part of applying for a position at any company or school is the interview. Unlike a written application, an interview makes you formulate your answers and opinions quickly without proofreading them beforehand. Despite the fact that your literal answers during the interview and written applications are momentous, small actions can make a huge impact for the interviewer. The following are common tips regarding items that are left out of the process and can even make up for a verbal mistake.

1. Eye Contact:

This seems like an obvious must during an interview, but it is surprising how difficult and intimidating it can be during the actual encounter. It is not necessary to stare into the interviewers eye to the point where they are uncomfortable, but try to keep steady, casual eye contact while giving an answer, or listening to the other person.

2. Firm Hand Shake:

A firm handshake is a very valuable feature when meeting a potential employer because it demonstrates confidence and respect.

3. Personal Presentation:

Attire is often one of the biggest question marks when preparing for an interview. It is difficult to decide on an appropriate outfit, but if you are aware of the overall environment of the business or school, it can become a significantly easier task. Dressing too casual is not acceptable, simply because it exemplifies a lack of interest, even if unintentional. However, dressing overly fancy can be uncomfortable to the interviewer. Achieving a balance between the two is key.

For males especially achieving a “business casual” look is difficult: slacks, nice shoes, and a collared shirt is a good idea. For females, an appropriate skirt or dress with a blouse or sweater and flats or reasonable heels will be acceptable.

4. Time Consciousness:

Arriving late to any interview indicates that the interview is not a first priority, no matter the excuse. Coming around ten minutes early exemplifies attentiveness, even if it means watching paint dry for a few minutes, the interviewer will be pleased to begin on time.

5. Following Through:

It may appear to be an unnecessary action at the time, but following through to thank the interviewer or company for their time will only create increasingly positive effects. Sending a thank you note, an email, or calling the interviewer and thanking them for their consideration could be a determining factor.

6. Memorable Interview:

Creating a single moment that will stick in the interviewers mind is very valuable, but can be hard to execute, depending on the company or school. For example, if searching for a position at a creative company, wear or bring something slightly unusual, but still acceptable, like an accessory or prop, so that the interviewer will remember you when making the final decision. However, if looking to be accepted into a prestigious school, knowledge of their background or tying in an interesting anecdote that relates to a question, such as an interesting story from when you initially visited the school campus, works well.

7. Preparedness:

Preparing for an interview is by far the most significant step to take. Composing a list of predicted questions and practicing the answers will make a colossal difference in the quality of answers.

Being aware of the company or schools purpose can be very impressive to the interviewer, as it shows a genuine interest and dedication. Having a general idea of the company or schools mission or what they pursue is also important.

8. Know Your Goals:

Having knowledge of what important qualities and ethics that would be brought to the school or company if accepted is imperative. Do not brag about admirable self-qualities, but know what would be contributed in a positive manner if accepted.

RICA GIRARD AVE

A popular trend that has caught the attention of many girls at LJHS is small clothing boutiques that are a bit off the radar. One such store is located very close to home for many students. This boutique is a relatively new “hole in the wall” in downtown La Jolla, which is located at 7456 Girard. The store has created a lot of buzz between some groups of La Jolla High girls, but can still be considered rather inconspicuous because it is not an over populated chain. The store consists of many well-known collections that seem to be trending all over the country for girls who keep up with fashion. Remarkably, the prices are quite reasonable for the quality and material offered. Rica Boutique also features accessories such as jewelry, handbags, and more. Next time you are cruising around downtown La Jolla, avoid browsing through the busy, more popular, and pricey stores, and check out Rica Boutique to find cool alternatives for great prices.

M THEORY AND THIRSTY MOON MISSION HILLS HILLCREST

Music is another useful tool that students use to distance themselves from the average day- to-day routine. LJHS students can find their favorite bands and also discover the new music they have at music stores all around San Diego. Record stores, like M-Theory located at 915 W. Washington Street in Mission Hills and Thirsty Moon located at 525 A Evans Place in Hillcrest, are two stores “hole in the walls.” Many students may have never even stepped foot into an actual record store, however, M-Theory and Thirsty Moon are both very inviting and can give students a new and eye opening experience to music they may have never heard before. Although iPods and similar devices have been dominating the music world as of late, record players and vinyl have been resurfacing and are making a huge comeback. By visiting stores like M-Theory and Thirsty Moon, LJHS students can not only get a feel for what different areas around San Diego are like, but they can also be exposed to different forms of music

POKEZ E STREET

A list of hole-in-the-wall eateries must certainly include *Pokéz*. This restaurant has a great laid-back atmosphere and features both traditional Mexican food and vegetarian cuisine. *Pokéz* also has reasonable prices for the large portions that it boasts. La Jolla High students may often find themselves feeling stuck in a rut by visiting a lot of the same places around the La Jolla area. Taking a trip downtown to visit *Pokéz* for lunch or dinner with friends would be a great way to avoid the oppressive normality that everyday life can seem to offer.

SAN DIEGO'S UNEXPLORED GEMS



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RELAY FOR LIFE: TEENS FOR A CURE

By **Chance Abbott**
Contributor

LJHS will be holding the 2013 Relay for Life: Teens for a Cure. It will take place on February 23 at the La Jolla High Track. Registration will begin at 8:00a.m. and the walk will commence at 9:00a.m. and continue until 3:00p.m.

All proceeds will go to the American Cancer Society.

There will be local businesses there selling their products as well as other forms of

entertainment for people of all ages, including a musical performance by La Jolla's own Saline Solutions, among others.

There will be a bounce house and other activities for children. Local performing artists will be there to provide music for the duration of the walk.

If anyone would like to help out or have their band come and play they can contact me at chance@abbott.bz.



Photo Courtesy of Chance Abbott

TOURIST GO HOME: Winter Edition

By **Ali Davallou**
Staff Writer

Lately, La Jolla has been seeing an increased number of tourists around town and residents have definitely had something to say about them. We all see them, the cars with the out-of-state license plates that are taking up those golden, village parking spaces that we so desperately desire.

Parking aside, the real issue lies somewhere else entirely. Their clothing. There is nothing wrong with tourism, really, it helps support our local shops and restaurants, and helps keep businesses afloat. Nonetheless, it does not keep us from thinking "what are they wearing?!" as they strut down the streets of Prospect, Girard, and Fay in the Village of La Jolla.

As with anything, there are two sides to look at here. Let us take a step back and look at it from a touristy point of view. It is a new city, there is going to be some walking involved, and the weather could transform from freezing cold to bright and sunny within a half hour. Pictures are a must, and having a map can always help you out when you are trying to get to the beach or are having

trouble finding a certain street. It is cold right now, so I will wear my gloves and I will just take them off later if it gets warmer. But where is all of this going to go? In my fanny pack and backpack, of course! The physical outcome of such thinking becomes what us La Jollans are religiously disgusted by, the dreaded "tourist" look.

Some of us also wonder whether or not the tourists themselves are aware of what they look like. A La Jolla tourist who wished to remain anonymous said this, "I'm pretty sure we all know we look completely ridiculous, or at least I know how I look. It's just so comfortable and so convenient. Everything I need is on my back, and I wouldn't be able to make it through the day without looking like this. I would not dream of stepping

out like this in my hometown, though!"

From a residents' point of view, the thoughts are quite similar and universal. Seeing a fanny pack, running shoes, sweatpants, and giant backpack is definitely not what we want to stare at while we are waiting in line at Starbucks.

We have to understand where the tourists are coming from, and realize that there must be a method to their madness. I am sure if we were put in a similar situation, we would make some of, if not all, of the same clothing decisions the tourists we see here made. Although it is a slight annoyance, there really is nothing any of us can do about what they are wearing or how they look. As far as the tourists in La Jolla go, they definitely provide much more good than they do bad.



Photo Courtesy of imageobjecttext.com

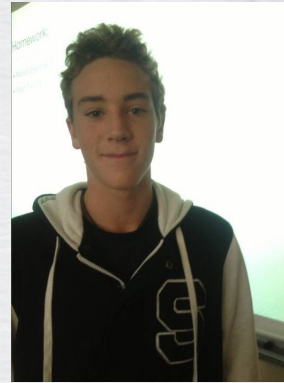
CELEB CRUSHES

By Nasim Kasiri and Haley Richards
Staff Writers

With Valentines Day just around the corner, La Jolla High students are gushing about their celebrity crushes. After interviewing several students, here is what we found:



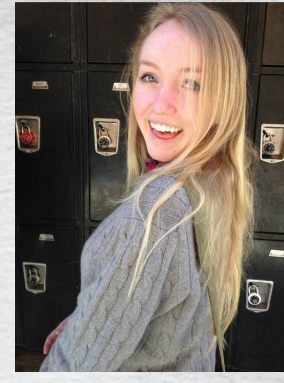
"My celebrity crush is definitely Miranda Kerr... I don't even know what to say about her, I'm speechless," said senior Myles Dalton.



"Taylor Swift, because she's a good singer," said sophomore James Whelan.



"My celebrity crush is Demi Lovato because she is really pretty and is a very talented artist," said sophomore Henry Xiao



"My celebrity crush was Heath Ledger because he's dreamy," said senior Maddy Andrews



"Ryan Reynolds, I'd do anything to go on a date with him!" said junior Nicolette Bodine.



"Probably Zac Efron, he's really hot!!" said sophomore Addison Seale.



"Adriana Lima is gorgeous. I'd like to put a ring on that," said junior Preston Abnos.



"My celebrity crush is definitely Mila Kunis because she is hot and has pretty eyes," said freshman Luke Talman



"My celebrity crush is Channing Tatum because he is beautiful and is a really good actor," said Sophomore Nika Ostovar



"Paul Walker, I love his eyes!" said senior Sammi Warzniak.



"Definitely Ashton Kutcher, he's so hot!" said freshman Brooks Whitney.



Mr. Quesnell answered his celebrity crush question with Parker Posey. When asked why he crushes on her, his response was "She's.....Uh..... I'm speechless".

BEST PLACES FOR DATES

By Megan Carroll
Staff Writer

San Diego is filled with a ton of great places to go on dates. Here are just a few places to bring that special someone:

Solid Rock Gym: An outstanding place to bring a date is the Solid Rock Gym for some rock climbing. Rock climbing is an entertaining way to be active and to get know another person. Located in Old Town at 2074 Hancock Street, have a thrilling time rock climbing, and then grab a bite to eat at one of the many delicious restaurants in the area. Prices and hours can be found at solidrockgym.com.

Belmont Park: This amusement park is an excellent place to take a date. It is located at 3146 Mission Boulevard, right next to the beach. Ride the historic roller coaster, win your date a huge stuffed animal in the arcade, and then walk down to the sand to enjoy a beautiful sunset. Tickets and pricing can be found at belmontpark.com.

Ultrazone Laser Tag: Mid-night laser tag makes for an exciting date. Located at 3146 Sports Arena Boulevard, Friday midnight laser tag only costs \$5.50 per person. Have fun while working together to avoid getting tagged and get the highest score. Directions and hours can be found at ultrazonesandiego.com. In-N-Out is in the same parking lot, so after having a fantastic time playing laser tag, enjoy some tasty burgers and fries.

Full Moon Drive-In: Located at 1500 Felspar Street, in the parking lot of Pacific Beach Elementary School, this drive-in movie theater is the perfect place to snuggle up with a date. The movies occur about once a month on Friday, Saturday, and Sunday. The schedule and prices can be found at fullmoondrivein.com. Mr. Frostie's is a short walk away, so the night can be finished off with a sweet treat.

We would like to credit Lauren Robertson and Heidi Moreland for collecting the doodles and writing the introduction for our December issue.

ROMANTIC SONGS

A Thousand Years
Christina Perri
Maybe I'm Amazed
Paul McCartney
Your Song
Elton John
Today was a Fairytale
Taylor Swift
Kiss Me
Ed Sheeran
I'm Gonna Be (500 miles)
The Proclaimers
And I Love Her
The Beatles
I Would Do Anything for You
Foster the People
Two is better than One
Boys like Girls
I've Had the Time of My Life
Bill Medley & Jennifer Warnes
Summer Nights
John Travolta & Olivia Newton John
Someone Like You
Adele
Friday I'm in Love
The Cure
Every Breath You Take
The Police

WHAT A GIRL WANTS

Waverly Richards
Staff Writer

When love is in the air, students at La Jolla High School tend to ponder what they like in a significant other. To all boys and girls, here is a list of qualities to keep in mind to attract your Valentine's Day crush...

FOR GIRLS:

1. Don't be fake. Nobody likes a poser.
2. Carry yourself with confidence. Don't hold back your beliefs, even if those surrounding you disagree.
3. Don't overdo your appearance. Keep a good balance; you should know what your limit is. Try not to wear too much makeup for those of you who do wear it.
4. Don't be obnoxious. Nobody likes a loud, annoying, "look at me, I'm full of myself" type of person. Be humble with your talents.
5. Stay away from stupid, pointless drama. Guys DON'T care! And they definitely do not want to be involved. Stop talking about your problems... it's not attractive to guys.
6. Don't give up on other relationships with your friends and family to be with this "special someone". If they want to be with you bad enough, they need to understand that there has to be a good balance in a healthy relationship.

FOR BOYS:

1. Stop trying to be cool. Girls are NOT attracted to people who are in the mind-set that they are better than everyone else.
2. It wouldn't hurt to try to be chivalrous once in a while! Open the door for your girl, respect her, and ask her if she needs help carrying all of those books.
3. Look clean cut. Girls are not attracted to dirty, smelly bums. You may think, "Who cares, it is just school,"... but you'll be surprised when your crush tells you she likes your new haircut or your button-up flannel.
4. Be nice to the people around you. Nothing is MORE attractive to a girl than a sweet, genuine guy. Boys- you'll know you are winning her over when she gives you "that look".
5. Stop the fighting, bickering, and cussing. Don't try to compete with people... that is unattractive. Be confident with who you are, but don't overdo it!

ALL THE SINGLE LADIES ...AND LADS

Being single on Valentine's Day may seem as if it is the end of the world, but there are plenty of fun things you can do with friends or even make it a day focused on yourself. Valentine's Day does not have to be a depressing occasion. You can still treat yourself and feel good about where you are in life. While I can't hand you the perfect special someone to shower you with love and gifts, there are plenty of fun ways to make it through this Valentine's Day without a guy or lady on your arm. Here are some tips for doing things in that "Valentine's Day spirit" while keeping up your spirit.

By Erin Riley
Staff Writer



Eat chocolate. Chocolate releases endorphins in the brain to make you feel good! So who says you need someone to buy it for you? Buy yourself a box of chocolate and get into a better mood.



Treat yourself. For girls, take a spa day or go get a Mani Pedi. For guys, go buy that gadget you've been wanting or have a feast with your buds.



Spend time with people you love- the love that you have towards your family and friends. Go out for dinner with some friends or see a movie with the family. "If you are single there is always one thing you should take out with you on a Saturday night... your friends," (And on Valentine's Day). -Sex in the City



Guys: think of the money you will be saving. "Box of chocolate, \$20; dinner for two, \$80; dozen roses, \$100; being single this year on Valentine's Day and saving \$200, priceless!" -Unknown.



Don't compare yourself to other people. Just because you may see snuggling, hand holding couples everywhere, this does not necessarily mean that those partnered up on Valentine's Day are full of bliss or even remotely content. So focus on your happiness, not that of others.



Pig Out. Eat some ice cream. No, it doesn't make you sad and pathetic. It makes you awesome because you can handle the sugar and you deserve it. And don't get some sugar-free sorbet. Get the really good stuff - cookies and cream, mini chocolate chip, or anything that your heart desires.



Acknowledge your heart. There is one love you should always honor on this day: your own. Everything you do and all of the love you give to friends and family flows from it. So why not take the day to celebrate it?



Live your life. It's just another day. The only difference is that infatuated couples buy each other insanely expensive gifts and drool all over each other. Get a group of friends and hang out, or just chill at home. Instead of calling it Valentine's Day, call it Tuesday. Live it like any other normal day!



Do something nice for another person. It is a day about compassion and love we all appreciate both giving and getting back from others. So open the door for a stranger, hand a stranger a rose, or buy a friend's dinner.



There is one important ritual everyone should focus on this Valentine's Day. So, to the Hallmark skeptics, the Singles Awareness Day advocates, and the couples looking to make this holiday their own, celebrate by remembering and honoring the place where this holiday all started - your own beautiful heart.