

Junior Matt Zucca pins a flailing Cathedral wrestler to the mat. The La Jolla Vikings beat the Cathedral Dons yesterday 45-33. This puts La Jolla and University City, which the team will duel on Wednesday, as the two undefeated teams in league.

Photo Courtesy of Wendy Nettleton

CIF Competitors

By **Nessie Navarro**
Staff Writer

The California Interscholastic Federation (CIF), is the center of all high school sports in California. It governs nearly all of the public and private high schools’ sports teams. It is broken up into ten sections. At the end of sports’ seasons, there is a championship tournament for each of the ten sections. As the players head deeper into playoffs, they face some of their greatest competitors. At La Jolla High School, many sports teams including women’s varsity water polo, women’s varsity basketball, and wrestling have been very successful in the past.

Women’s Varsity Water Polo

The women’s varsity water polo team has always been strong. Despite this, another team in the San Diego section that has always posed as a great competitor in water polo is Bishop’s.

“Bishop’s has always been our biggest rival. We have not been able to beat them in the past,” said varsity senior captain Kathryn Andrews.

With the season in full swing, there will be another chance for La Jolla to compete against Bishop’s.

Andrews mentions that, “If we keep practicing and working like we have, I think we will be able to beat them.”

Freshman Lexi Atwell, another varsity player, recognizes Bishop’s as La Jolla’s biggest competition because, “Bishop’s is the strongest team in the league besides us.”

Atwell adds that, “As long as we work on the fundamentals, communicating, and playing as a team, we should be able to beat them.”



Photo Courtesy of Wendy Nettleton

Junior goalie Lauren Silver played a crucial role in a win against Patrick Henry last week.



Working hard to better their season, the women’s varsity basketball practice every day after school.

Women’s Varsity Basketball

The season for women’s basketball this year should be filled with exhilarating competition and a high level of play. La Jolla has a strong team this year, but so does its biggest rival, Cathedral.

“Cathedral is the basketball powerhouse in our league,” said freshman, Madeleine Gates.

Junior captain Sierra Westem said, “We are currently sitting in the middle of our league. Teams like Cathedral and OLP are ahead of us but with proper preparation we can beat them. We have a very talented team this year and if we can play at the top of our game, we could make it pretty far into CIF.”

The Lady Vikes have proven victorious over numerous teams in the league like Scripps Ranch, Mission Bay, and Lincoln. To beat the better teams in league and win CIF, the team agrees that its heart has to be present. The team believes its heart is there and it will be ready to face its competitors.

Wrestling

The wrestling team this year is looking to improve on last year’s already impressive performance. Last year’s CIF Runner-Ups shed light on their biggest competitors.

Senior Matt Vasquez mentions that, “Poway [is our biggest rival] because they just have a really huge program.”

Wrestling coach Mr. Lindenblatt, thinks differently. “[In] CIF, Brawley is the toughest Team in Division III. They beat us last year by a wide margin. We have never been able to beat them as a whole; however, many of our wrestlers have beaten the specific wrestlers for their weight class.”

Freshman Antonio Chavez believes that the team can beat its competitors if, “We practice more and work on our technique.”

Coach Lindenblatt also wants to focus on the individuals, “We are more concerned about having each of our wrestlers work on the issues specific to themselves and be able to beat the best wrestlers in their weight class.”

Kicking and Winning

By Rachel Carroll
Staff Writer

This season is a very exciting one for the La Jolla women's varsity soccer team. The team of 19 girls comprises eight seniors, seven juniors, three sophomores, and a freshman, with twelve players returning and seven new members. The team is coached by Kristen "Jonesy" Jones, who is also the assistant coach of the UCSD women's soccer team and a

two-time All-American.

Jones has placed a special emphasis on teamwork this season. Senior captain Jenny Kirby said, "I think our team has a lot of potential this year. We have a new energy and everyone always works really hard. To top it off, we all get along and are friends."

The team has worked especially hard on their fitness. Many of the workouts are extremely hard and involve many

long runs and sprints.

Captain Melanie Lock, a four-year varsity player, said, "We have a lot of good young players and we are fast this year and have had the most competitive spirit in a while."

The team has played several non-league games with mixed results. It plays several difficult schools, including Coronado, Cathedral, and University City. Despite this challenging lineup, the team is on track to have a victorious season.

The team is currently leading its league due to a tie against Coronado and two big wins against University City and Cathedral, the latter being 2012 CIF Champions. Senior Ellie Dye said, "We all have the same goal: win league and win CIF."

This 2013 varsity team is highly motivated to, not only have a great season, but to use their teamwork and competitive edge to hopefully win a CIF championship.

Come watch the Lady Vikes take on their biggest rival, Coronado, today at 3:30.



Senior Karly Zlatich zips by a University City defender and barrels down the field to the opposing goal. The Lady Vikes beat UC last week 4-1.

Sports Injuries

Do athletes and coaches take them seriously enough?

By Stephanie Buchbinder
Staff Writer

From a bruise to a broken arm, all injuries need rest and attention to heal correctly. However, not all coaches realize the seriousness of some ailments. Pushing athletes to play through their pain can be beneficial in the short run but, is there a point when "getting a tough skin" is taken too far?

Freshman Sydney Davey, a JV soccer player, believes coaches know when an injury needs rest. "When I injured my ankle at a soccer game, my coach forced me to come off even though I wanted to keep playing because he didn't want me to reinjure it. I thought it was a good decision because it was sprained and I ended up not being able to play for awhile," said Davey.

Three-sport varsity athlete Katie Harmeyer believes each assessment of an injury depends on the coach and the severity of the injury.

"I think they take it somewhat seriously but a lot of times they're very competitive about winning so sometimes

they try to rush your healing along so you can get back in there. Freshman year I pulled my hip flexor and I was out from running track for around two months. As soon as I was feeling a little bit better [my coach] put me back into running. I think it affected my injury a little bit because I don't think it healed fully because I had to go right back to running," said Harmeyer.

Although athletes may sometimes feel frustrated by the lack of empathy from their coaches, coaches typically have their players' best interest in mind.

P.E. Coach Paula Conway, who has been a field hockey coach for fifteen years at the high school, collegiate, and national level, believes she has to make the decision that is right for each player and situation because no two players are alike.

"Every situation is different and each player is very different. As a coach, it's your job to know a player's pain threshold. Some athletes have difficulty pushing themselves through minor injuries, while others are mentally tougher. I would never play an athlete if the result were further injury or harm. I talk to the athlete first and have them assess their own pain level and

desire to play. Ultimately, at the high school level, I err on the side of caution. I feel that no game is worth long-term injury or pain," Conway said.

Conway also realizes that athletes may be pushing themselves too hard. Athletes often want to stay in a game while pushing through an injury. This situation has to be taken very seriously because an adrenaline rush during the intensity of a game can often cloud an athlete's judgement in assessing their own pain.

"There is a fine line of pushing your players through tough situations. I feel that it is important to push players at times because it teaches them valuable lessons. For example, it teaches them to persevere through adversity and not to quit when things get difficult or uncomfortable," Conway added.

Coaches are not only there to guide players on the field, but also to be a source of knowledge, support, and help as well. Therefore, when an athlete suffers an injury, no matter the severity, it is up to the coach as well as the player to make the best, most educated decision they can.

#athleteproblems

By Megan Carroll
Staff Writer

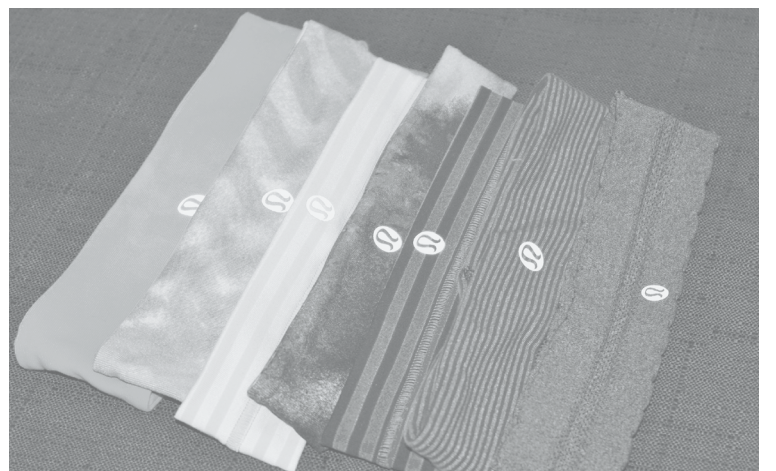
There are many benefits to being an athlete; hot bodies, cute uniforms, and screaming fans are just a few. However, the life that comes along with these benefits can also be very difficult. Here are just a few of the hardships athletes face daily:

- Inquiries as to whether you are abused due to the number of bruises you sport.
- Clothing never fits over your arms or legs.
- When your closet consists of 75% workout clothes, and 25% normal clothes.
- Freaking out at every new Nike Free model that comes out.
- Turf rocks in your shoes, shower, car, bag, hair... everywhere.
- The stairs do not lead to heaven, they lead to hell.
- Having beautiful feet, minus the callouses, missing toenails, and blisters.
- Wanting to yell at the referee because he is clearly wrong and you are always superior.
- The words, "bring your running shoes to practice" instill an extreme amount of fear and dread.
- Never getting to sleep in on the weekends.



The definition of awkward tan lines.

- When you play a terrible team and play at their level causing the game to be much closer than needed.
- Being so immensely confused by the recruiting process and guidelines.
- Chaffing.
- If your clothes smell clean, they are clean.



All Photos Courtesy of Wendy Nettleton

Selecting which headband to wear is nothing short of a life decision.

- Having to "touch the line" is taken way too seriously.
- Messing up in front of a college coach at a tournament is the worst feeling in the world.
- Going through mouthguards like Taylor Swift goes through boys.



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By Amanda Menas
News Editor

On January 11, 2013 internet activist Aaron Swartz committed suicide by hanging. In his early years, he took part in creating the computer code RSS, which automatically updates and notifies people of news and posts, and Reddit, an internet user news site.

Although he was rarely mentioned, his most acknowledged accomplishment to date was founding “Demand Process,” which stopped the internet censorship bills Stop Online Piracy Act(SOPA) and Protect Intellectual Property Act(PIPA). The debate was most famously known as the “Google Blackout,” mentioned last year in the January issue of the *Hi-Tide*. Activists argued against the bill claiming it prohibited their freedom of speech. Since Facebook and Wikipedia are still up and running, it can be rightfully assumed that Swartz and his team stopped SOPA.

After the hearings, the world agreed with Swartz’s comment, “It’s no longer okay to not know how the internet works.”

Along these lines, parents and teachers are heard whispering,

“don’t believe anything from the internet,” and “the internet is a dangerous place.” In the case of Swartz’s suicide, they were right.

After SOPA, Swartz worked with his father and World Wide Web creator, Tim Berners-Lee at MIT, to standardize how individuals share online information. According to the New York Times, he was then prosecuted by the Computer Fraud and Abuse Act(CFAA) for “downloading nearly 20 million pages of court documents” followed by the publishing of his own FBI investigation file with the intent to post them on P2P(peer-to-peer sharing sites). His suicide occurred before the cases were processed.

After January 11, the internet community was thrown into a hurricane of comments surrounding CFAA, Swartz, MIT and SOPA. It was then easy to make a correlation between Swartz and Bradley Manning, who is also prosecuted by the CFAA.

As mentioned in the November issue of the *Hi-Tide*, Manning was accused of being Wikileaks’ source to the American government’s foreign policy documents. He has 22 felony counts against him where Swartz had 13; however, there is talk of charges being thrown out due to

Manning’s living conditions and the outcome of Swartz’s case. For nine months, Manning was on suicide watch(23 hours a day in a six foot by eight foot, windowless room) without psychiatrist recommendation. His trial is set for March 6.

In Swartz’s respect, “Aaron’s Law” has been introduced by California Representative Zoe Lofgren to reduce the power of the CFAA. This bill would discount 12 of Swartz’s felonies. The hacking Swartz was accused of however was much different from that under which Manning is being prosecuted.

In the end, the actions taken from this point forward are working “to prevent a repeat of the abuses of power [Swartz] experienced,” said Lofgren. This includes protecting Manning and other “hackers.” As the internet generation, it is easier than ever for LJHS students to mindlessly click away and not consider the fact that the is not always web a safe place.

Swartz’s father said at the funeral “Aaron did not commit suicide but was killed by the government.” His statement illuminates the necessity of being aware of the dangers of technology, as well as teaching others how the internet works.

New Faculty at LJHS

By Izzie Melvin
Staff Writer

There is no doubt that nearly every student walking the La Jolla High School hallways has knowledge of the retirement of both former vice principals, however, most are unaware of the arrival of the new vice principals and their backgrounds. Their hiring situation was unusual, as it occurred in the middle of the school year, and they were not chosen at the same time.

“The process would’ve been one that selected both [vice] principals simultaneously, except for the fact that the administrators have a bargaining unit...all of the applicants from Administrators Association of San Diego (AASD) that applied then had first right to come to the table,” explained Mr. Shelburne when prompted with the question of the process of selection he underwent to choose the new vice principals.

The first new vice principal to be selected was Ms. Margaret Joseph, a former vice principal of Challenger Middle School, Keiller Leadership Academy, and English teacher of twenty years.

“Trying to ensure that students have those opportunities and try to maintain the fun things of school as well as the things that really do prepare them for college and beyond” Joseph replied

regarding her goals for her career here at La Jolla High. Joseph later added that her first impression of LJHS the moment she walked onto the campus was a sense of care.

When asked what her feelings were so far about her new position, Joseph said, “I’m also confident that I can do the job...I really would like that K-12 experience, I’ve had elementary, middle school and I would really like that high school experience.”

The second new vice principal, William Hawthorn, is transferring to La Jolla from Madison High School.

“He has been dean of students, he has been a coach, he has worked with second language students, he’s done all kinds of things that make him a good fit for here.” Shelburne said of Mr. Hawthorn’s qualifications of being vice principals.

Shelburne also added, “The other four candidates were equally well qualified, we just found him to be the one [the committee] we thought would fit in here best for what we need,” while addressing the selection of the second vice principal.

New vice principals bring along new goals and hopes both for the students and the school. Mr. Shelburne looks forward to successes with the staff additions.



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Hitchcock:

The Master of Suspense Strikes Again

By Hannah Orr
Staff Writer

Many people have seen the movie *Psycho* since it was first debuted in theaters in 1960, but few know anything about its making. *Hitchcock* gives the moviegoer a glimpse of Hitchcock's trials and tribulations while filming *Psycho*. Starring Anthony Hopkins as Alfred Hitchcock and Helen Mirren as his wife Alma Reville, this movie portrays their relationship and the ups and downs that follow them while capturing the director's most famous motion picture.

The casting for *Hitchcock* is fairly spot-on; Hopkins is a convincing Hitchcock, Mirren portrays a very down-to-earth Alma Reville, and James D'Arcy is not only the spitting image of Anthony Perkins circa 1959, but also acts the part with such nuance that it really seems as if he is a 1959 Perkins playing the role of Norman Bates.

There are many gimmicks in this independent film that range from funny (Hitchcock conducting the audience's screams during the infamous shower scene in *Psycho*) to macabre (the various scenes between the director and Ed Gein, the serial killer who



Photo Courtesy of www.wikipedia.com

served as the real-life inspiration for the film), but they all add to the movie experience in some way.

Watching the movie without prior knowledge about Alfred Hitchcock is not recommended, however. If a viewer has not seen *Psycho*, then they will miss out on many aspects and references that are made throughout the movie, such as the filming of the shower scene or the mentions of Bernard Herrmann's soundtrack.

However, the little gems of knowledge that the audience learns, such as when they discover that Alma Reville helped with the editing of *Psycho*, more than make up for any lack of familiarity. *Hitchcock* is a very unique movie that truly is something to scream about.

EVEOKE DANCE THEATRE PRESENTS AGAPE

INSPIRED BY THE TIMELESS SPEECHES OF MARTIN LUTHER KING JR.

By Trevor Menders
Copy Editor

People have described Eveoke Dance Theatre as having "righteous grace" and being "great" and "amazing." These are all suited adjectives for the contemporary troupe comfortably settled in its North Park home, yet they do not do justice to the company's most recent show, *Agape*.

Erica Aisha Moore, the artistic director of Eveoke, describes *Agape* as a treatise on nonviolent activism, with inspiration from such figures as Martin Luther King Jr. and Mahatma Gandhi, and even the ancient Greeks: The title, "agape," is the old Greek word for compassionate love and feeling, and occurs in Dr. King's "The Drum Major Instinct" speech from February 4, 1968.

Moore says that the purpose of *Agape* is "to honor those voices and those people who rose up to the challenge to make change in an environment not ready for change —those people who were willing to put their lives on the line in order to gain a future they knew was rightfully theirs."

For accompaniment, Moore combines speeches of Dr. King with modern electronic, acoustic, and atonal music to



FEATURED: EVEOKE COMPANY MEMBERS DURING THE SHOW

create a melodic packaging surrounding each speech.

In movement, Moore incorporates actions reminiscent of everyday life, and mirrors emotions with physicality, invoking rhythmic, heavy breathing with her dancers and the occasional well-placed shriek for maximum emotional communication. Her company's powerful and grounded movements add a feeling of reality to the almost cerebral choreography.

The performance follows Dr. King's six principles of nonviolent action while at the same time bringing to the surface the inner turmoil which accompanies the struggle to embrace nonviolent protest. The dancers express the fight, the self-empowerment, the self-doubt, and the self-acceptance needed to fully embrace and live out the six principles.

In such an intimate setting as the 10th Avenue Theatre and Arts Center, it is difficult not to experience the heaviness of each feeling along with the dancers. Fully committed to their roles, the eyes of dancers pierce through each and every audience member with absolute and sustained eye contact, and each quivering lip, shrug, and smile of relief plays to the audience as clear as would spoken word.

Eveoke's intense intimacy will continue this season with the apprentice company's presentation of *One Wish!* May 10-13 and the concert company's *Blurred Borders* on May 25. Along with these performances, Eveoke will hold its annual fundraiser, Delicious Dance, an evening of performance and dining, on April 6.



Photos Courtesy of Eveoke Dance Theatre

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VALENTINE'S DAY MOVIES

By Misha Kabbage
Staff Writer

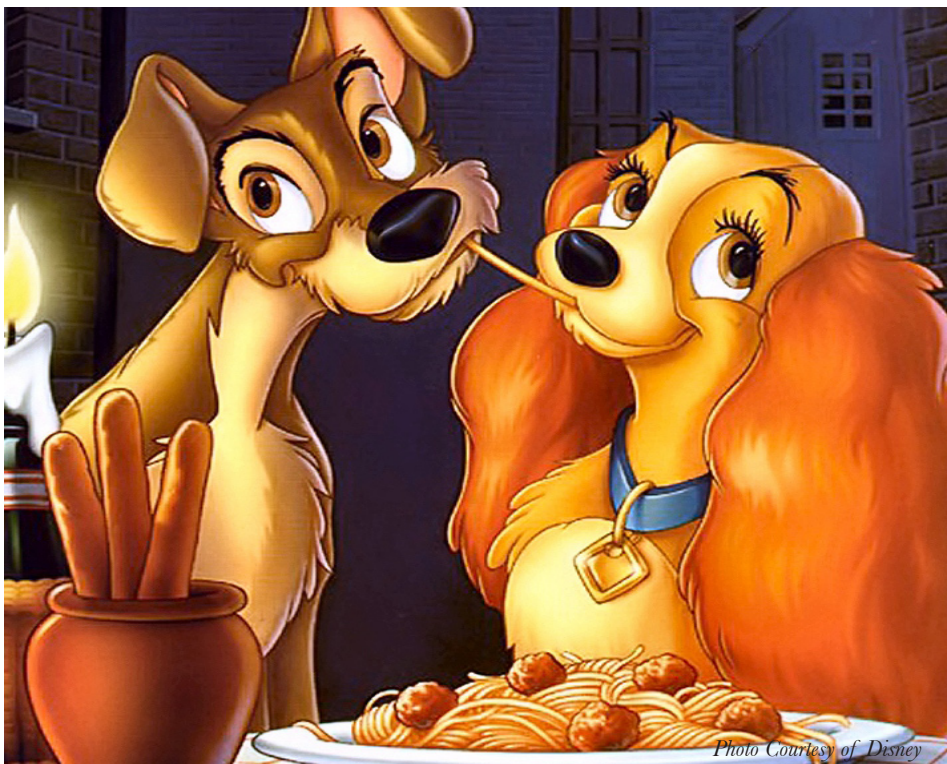
Valentine's Day is coming up; what better way to get in the mood than to watch some great movies? Whether they are classics or completely obscure, romantic movies are always a cheerful and comforting way to get in the mood for Valentine's Day. One prime example is *Valentine's Day*: a series of people with different intertwined love stories. In addition, there is a whole world of other movies out there made for the romantic spirit.

When asked about his favorite, freshman Griffin McCarty said, "I'm a guy so I probably won't give the best input, but I would have to say *Lady and the Tramp*. It's a classic from when I was a kid and probably the only romantic movie I know." Although classified as a kid's movie, *Lady and the Tramp* has garnered much popularity for all age groups through the years. As a classic masterpiece, this movie warms hearts

just as well as it jerks tears from people all over the world.

Sophomore Nicki Mashayekan told us that her favorite romantic movie is *Crazy, Stupid, Love*, because of how it combines romance and comedy. "I love the raw humor and cute romance and love portrayed in different kinds of people," she added. Starring Steve Carell, Emma Stone, Ryan Gosling, Marisa Tomei and Julianne Moore, this movie is a shoe-in for being both funny and "mushy-gushy."

Senior Sariann Lemon has two favorite Valentine's Day movies. One is *Love Actually*, and the other is *Holiday Inn*. Lemon said, "*Love Actually* is great because it shows the love stories of five different people and how it (love) affects their lives, and *Holiday Inn* is one of my favorites because of the music. There is a different song for each holiday in the movie and it's very cute." These two low-key movies can give people different insight about romance in



place of classic tearjerkers.

Overall, there is a myriad of romantic movies to see, and a multitude of ways to incorporate them into your Valentine's Day. Will you watch a movie with a friend or loved one in pajamas on the couch at home while eating

chocolates? Or will you go out to a nice restaurant then go to a theatre and warm your heart to a sappy romance? Either way, there are a lot of films out there meant to be watched in the spirit of Valentine's Day.

Mardi Gras: The Feast Before the Fast

By Sarah Schug
Staff Writer

Mardi Gras, which means "Fat Tuesday" in French, is a day of celebration, parades, carnivals, costumes, mask wearing, and dancing. It takes place on February 12th this year, the day before Ash Wednesday. It is known as "the feast before the fast" for Catholics because it is the last day to indulge before Lent begins. Mardi Gras is the last day of the Carnival Season, which is a time for merrymaking and partying. Originally a Pagan ritual, Mardi Gras was adapted to become a Christian tradition when Rome embraced Christianity.

Mardi Gras is not celebrated nationally in the United States, but a number of traditionally ethnic French cities have notable festivals. New Orleans, the city where Mardi Gras became a legal holiday in 1875, draws millions to its colorful parades and balls every year.

Rio de Janeiro in Brazil, Port of Spain in Trinidad, Mazatlan in Mexico, Venice in Italy, and Quebec City in Canada also are known for their Mardi Gras celebrations. San Diego has the biggest Mardi Gras celebration on the west coast in the historic Gaslamp Quarter. There is a block party downtown every year with live music, street performers, DJs, and thousands of colorful beaded necklaces.

The official colors of Mardi Gras are purple (representing justice), green (representing faith), and gold (representing power).

In Ireland, Australia, England, and Canada Mardi Gras is also known as "Pancake Day" because the celebration calls for eating profuse amounts of pancakes. Mardi Gras is celebrated in countries all over the world. It is an ancient holiday that has acquired many traditions over the years.

Photo Courtesy of cartoonistgroup.com
Cartoon by Steve Kelley



From Records to Remixes

By Lilly Glenister
Staff Writer

It is no secret that devices for listening to music have progressively advanced over the years. From record players to iPods, society has been reveling in the diverse ways to experience music for decades. It is the start of another year and 2013 shows the promise of even more progress. However, whether the more recent breakthroughs in music technology are good or bad is definitely debatable.

Looking around the halls of La Jolla High School, an outsider could see much of the student body with ear buds either around their necks or in their ears. With portable music players such as the iPod or the iPhone, students have easy access to music whenever and wherever they may find it appropriate. A little over a decade back, iPods and easily accessible music downloads may have been incomprehensible for some. Similarly, in today's society so accustomed to instant gratification, it is not a far cry to assume that a student's world might crumble at the slightest thought of not being able to play their favorite song at the push of a button.

MP3 player fan, junior Lindsey Young, believes that the ease of downloading music from online sources exposes people in society to forms of music that otherwise would not be available to them. "Using programs like iTunes gives people a chance to own more music as well as providing many more options to music lovers," she commented.

Although there is a clear element of convenience in listening to music through many of the advanced MP3 players now available, there are also several possible downfalls that are rarely considered. Some may find music devices such as record or CD players tiresome, but according to junior Jonna Schreiber, they have



important characteristics that are often overlooked. "Being able to physically hold an album and read the inside covers and lyrics to songs can bring more of a personal connection between the listener and the artist or band."

Another La Jolla High junior, Scarlett Hallahan, elaborated by urging the importance of listening to an entire album rather than just one song from an artist. "With iPods, a lot of the time a person will just download one of the popular songs they hear on the radio by an artist. Listening to records, CDs, or tapes enables a person to listen to every song and obtain a better understanding of what a band or artist is all about," she argued. Most often, progress is looked at as having a positive outcome in society. However, the continued innovation in the way society listens to music can lead to an indefinite disconnection between the actual music and the listener.

Students at LJHS may have mixed views on the subject of listening to music; however, as the ways of listening to music continue to evolve, there are at least three different outlooks that can be counted on in regards to the controversial topic. There are the people who will always be on board for the new technology, the people who would rather stick to the classics, and granted, there are some people who choose to be middlemen, showing their love for both the new and the old.